

Enterprise

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New Stratford School opening & enrolling in Milpitas

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November 15, 2022

Vol. 20 No. 45



Oan Ordo exhibit highlights displacement and hope

SUBMITTED BY CITY OF FREMONT

Olive Hyde Art Gallery presents Kristin Lindseth-Rivera's "San Ardo," a series of sensitive works exploring the ideas and issues of displacement and community. The exhibit will include heavy bronze sculptures and intricate models of functioning buildings. Come to the reception on Friday, November 18 to meet the artist and enjoy the night with other art enthusiasts.

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Niles Festival of Lights Parade

SUBMITTED BY NILES MAIN **STREET ASSOCIATION**

The Christmas season kicks off in Niles with the annual Festival of Lights Parade on November 25, the Friday after Thanksgiving. Sponsored by members of the Niles community and Fremont community at large, this wonderful holiday tradition features over 60 unique floats and other entries, marching bands, specialty service units, costumed characters—and of

course, an appearance by Santa Claus himself. The parade has been a tradition since 2001, and draws more than 10,000 spectators along the half-mile route in downtown Niles.

The parade will march down Niles Boulevard, from F Street to J Street, with an announcer stand near Niles Town Plaza. Streets used for the parade route will be closed from 4 p.m. - 9 p.m. on the day of the event. Attendees can set up early, but no chairs are allowed before noon on Friday. For the safety of guests and volunteers, no drones are allowed at the parade.

> Niles Festival of Lights Parade Friday, Nov 25 6 p.m. Tree Lighting 6:30 p.m. Parade kicks off Niles Blvd, Fremont (510) 857-6512 www.nilesfestivaloflightsparade.org

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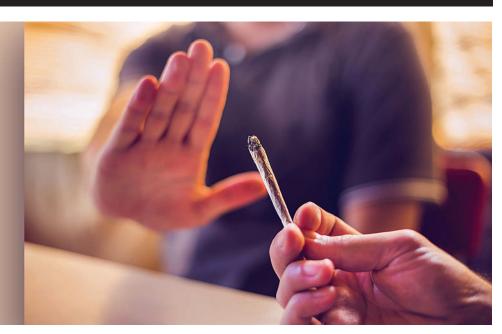
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Tips to **Quit Smoking** and What about Vaping?

Washington Township Medical Foundation Pulmonologist Weighs In



You probably already know that smoking cigarettes is not good for your health. But you may not realize how harmful it is. Consider that cigarette smoking is still the leading cause of preventable death and disease, according to the American Cancer Society.

"Quitting smoking is the single most important thing you can do to improve your health," said Dr. Jason Chu, a pulmonologist with Washington Township Medical Foundation. "Smoking is responsible for about 480,000 deaths in the United States each year, or about one in five deaths. Up to half of all smokers can expect to die of a tobacco-related illness. Quitting is the only way to significantly reduce your risk of dying from tobacco use.'

According to Dr. Chu, cigarette smoking can cause cardiovascular disease, lung cancer and chronic obstructive pulmonary disease. He said it's also a factor in other cancers, and increases the risk for heart attacks and strokes as well as blood clots.

"Smoking contributes to lung infections like influenza, pneumonia and tuberculosis," he added. "It's associated with an increased risk of diabetes due to impaired insulin sensitivity. It raises the risk of bone loss and fractures in women. It's also associated with an increased risk of complications during pregnancy and low birth weights, and affects fertility in both men and women. Smoking increases the likelihood of developing gastric ulcers and gum disease, and makes it harder to recover from surgery because wounds don't heal as fast."

Never Too Late to Quit

While there are better health gains for those who stop smoking before age 40, it's never too late to quit.

"Quitting before 40 is associated with a sharp decline in premature death," Dr. Chu said. "That's the age when the biological aging process starts to accelerate. But the risk of death is reduced even when you quit after age 60.

Reducing the number of cigarettes you smoke isn't enough. We don't see a significant benefit for people who just cut back on their smoking."

Great American Smoke Out

He encouraged people to take the first step on Nov. 17 during the American Cancer Society's Great American Smoke Out. The day is dedicated to raising awareness about the dangers of smoking and helping people quit.

"It's not easy to quit smoking because nicotine is highly addictive," Dr. Chu explained. "Smokers develop a physical dependency on nicotine. Those who quit, develop strong cravings for nicotine that peak the first three days, but can last three to four weeks, or even months or years for some people. Withdrawal can cause depression, insomnia, irritability, anxiety, restlessness and weight gain - very unpleasant feelings that are hard

The two main ways to quit are through nicotine replacement therapy and behavior modification, or a combination of the two, he added.

"Nicotine replacement medications do not contain nicotine," Dr. Chu explained. "Instead, they reduce the cravings by inhibiting certain pathways in the brain. You should consult your doctor to find the best one for you."

Behavior modification includes quit-smoking programs, support groups and other ways to help you break the habit.

"There are some basic steps you can take to help modify your behavior and create new, healthier habits," he added. "It's also important to reward yourself for good behavior like getting a massage, going to a sporting event, or doing something else you enjoy. You can create a plan for quitting that includes your quit day and ways you will cope with some of your cravings. Determine when you smoke and what triggers your smoking, then find other

activities you can do instead. Plan to take a long walk, exercise, or find something else to do other than smoking. But don't replace it with vaping or e-cigarettes."

Vaping is Not the Answer

E-cigarettes – also known as vaping – have been touted as a way to quit smoking cigarettes. But Dr. Chu warns that vaping is also harmful to your health.

"Just like regular cigarettes, e-cigarettes have the potential to cause cancer," he said. "They can contain toxic compounds like arsenic, lead, nickel, chromium and volatile organic compounds."

There have been more than 2,000 cases of e-cigarette or vaping-associated lung injury (EVALI) reported to the Centers for Disease Control (CDC). The CDC recently reported that vitamin E acetate contained in some products appears to be associated with EVALI, but added that the evidence is not yet sufficient to rule out other chemicals that may also be contributing.

"The vaping problem has skyrocketed since 2010, particularly among middle and high school students," Dr. Chu said. "And the data shows they don't help with smoking cessation. Among those who abstained from smoking by vaping, 80 percent are still using e-cigarettes after one year. For those who used nicotine replacement, only 8 percent are still using it after a year."

There are a lot of resources available to help you quit smoking, including the California Smokers' Helpline at 800-NO-BUTTS.

For more information about the dangers of smoking and additional resources for quitting, visit www.cdc.gov and search "quit smoking." For information on Washington Hospital's pulmonary rehabilitation program, visit whhs.com/PulmonaryReHab.



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Diabetes Matters: Diagnostic Tests & Examinations

Lean the ABCs of diabetes diagnostics through this clear and concise presentation.



It's Flu Season—Just Say No

Family physician, Dr. Kevin Porciuncula shares tips for avoiding influenza.



Medicare: What You Need to Know This seminar provides an overview of coverage provided by Medicare as well as options for

additional coverage.



Happy Heart InHealth

Happy Heart: Treatment Options for Aortic Stenosis Dec. 1, 3:30 p.m.

Coming Soon!

Blood flow from the heart to the rest of the body is reduced with narrowing of the aortic valve. This condition is aortic stenosis. Acclaimed cardiologist will share symptoms and treatment

Other Video Topics:

- Joint Pain • Stroke Awareness
- Washington Township Health Care District monthly board meetings

Events Information

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





Diabetes: Understanding and Controlling Complications Dec. 8, 6:30 p.m.

Diabetes complications reach much further than low blood sugar levels. Endocrinologist, Prasad Katta, MD, will share tips to control complications.

- Diabetes Education
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Diabetes Education through Washington Hospital

November is Diabetes Awareness Month



Diabetes is a chronic disease that can have a major impact on long-term health. The Centers for Disease Control and Prevention (CDC) estimates that more than 37 million people in the U.S. have the disease. To avoid life-threatening complications, it's critical to keep diabetes under control, but that can be difficult without support.

November is Diabetes Awareness Month – a good time to learn more about the disease and the resources available to help manage it.

Diabetes occurs when the body does not produce enough insulin or is not able to use it properly. Insulin is a hormone needed to convert food into energy. When this process doesn't work right, glucose (sugar) in the blood can get too high and cause serious health problems.

"Diabetes can be very dangerous because it affects so many organs, including your eyes, heart and kidneys," said Lina Huang, clinical manager of the Diabetes Program at Washington Hospital. "The problem is a person doesn't feel it. There aren't any real symptoms, so someone could have diabetes and may not even realize it." Huang said health complications include cardiovascular disease, stroke, cataracts, glaucoma, blindness, kidney failure, and foot sores that can lead to amputation.

"You also need to be concerned if you have what we call pre-diabetes," Huang added. "That happens when your blood sugar is too high, but not high enough to be considered full-blown diabetes. You are at higher risk for these health problems too, so you need to get your glucose levels under control."

Get the Basics

Washington Hospital offers a range of services to Tri-City residents, including diabetes self-management, medical nutrition therapy, a monthly support group and educational seminars as well as specialized diabetes care for pregnant women and inpatient care for those staying in the hospital.

"We help people get the tools they need to better manage their diabetes on a day-to-day basis," Huang explained. "Diabetes is a lifelong condition, so it's something you constantly have to think about and make the right choices for your health. Diabetes comes with a lot of stress,

because the information can be overwhelming. We provide ongoing support to help you through it."

According to Huang, when patients are diagnosed with diabetes, nearly everything can impact blood glucose levels, including diet, activity levels, and how much stress they are experiencing. Washington Hospital uses the BASICS Program, a comprehensive curriculum that provides just about everything necessary to know about living successfully with diabetes. This includes meal planning, carbohydrate counting, glucose monitoring, exercising, medications, blood pressure and cholesterol control, and dealing with stress, as well as tips for staying out of the hospital and caring for feet, eyes and teeth.

"I'm proud to say we offer medical nutrition therapy (MNT) – very intensive nutrition assessment and planning," Huang added. "Patients receive an individualized diet plan. Studies show that diabetes education coupled with MNT helps patients achieve more effective outcomes. Our diabetes educators include specially trained RNs and dietitians who can provide both types of interventions."

Specialized Care for Moms-to-be

Washington Hospital also provides specialized education and support to pregnant women with diabetes. Diabetes raises some health risks for moms and their babies. It is especially important for pregnant women to keep their blood sugar levels under control.

"High glucose levels put pregnant women at risk for miscarriage, high blood pressure, preterm birth, and an extra large baby, which can make delivery very difficult," she said. "The baby is at higher risk for birth defects, cardiovascular issues, diabetes and obesity."

Anyone staying at Washington Hospital benefits from inpatient diabetes care that includes a multidisciplinary approach to helping patients control their glucose levels while getting the care they need. Dietitians meet with patients and develop an individualized meal plan, nurses monitor

glucose levels, and diabetes educators help patients learn how to better manage the disease and connect them to outpatient diabetes services.

Diabetes Matters

Washington Hospital's Diabetes Matters offers ongoing educational support with expert speakers who provide science-based information about diabetes. The free seminars are held the first Thursday of every other month from 7 to 8 p.m. A special Health & Wellness seminar titled "Diabetes: Understanding and Controlling Complications" is scheduled for Thursday, Dec. 8, from 6:30 to 7:30 p.m. For more information, visit www.whhs.com/events.

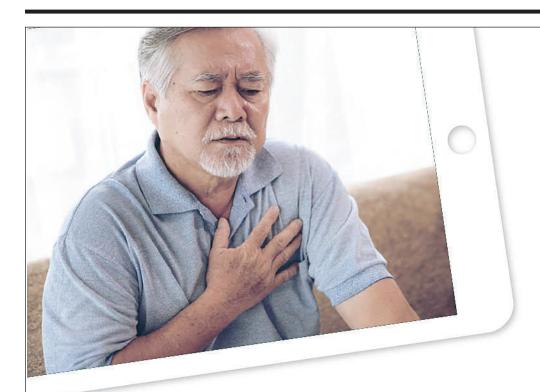
"All of our seminars are available on YouTube," Huang added. "We encourage people to include their family members. It takes a good support system to be successful at controlling diabetes."

Support Group Makes a Difference

She said loved ones are also welcome to join the diabetes support group, held the first Thursday of every month from 8 to 9 p.m. through Zoom. The group gives people with diabetes the opportunity to share their successes as well as their struggles with the disease.

"There are people who have been involved with the group for many years," Huang said. "It's nice to have a support group to talk about the disease, share tips, and even commiserate. It can be difficult maintaining a certain lifestyle that support diabetes management, especially during the holidays. There are a lot of food events coming up. There is also a lot of stress surrounding the holidays. It helps to talk to others who understand what you're going through."

To learn more about diabetes programs and services at Washington Hospital, visit www.whhs.com/diabetes or call 510.818.6556.



Virtual Health& Wellness

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Thursday, Dec. 1 3:30 p.m.

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SUBMITTED BY DENISE LAMOTT

After a two-year hiatus, "The Great Dickens Christmas Fair & Victorian Holiday Party" returns to the historic Cow Palace in Daly City from November 19 to December 18, 2022.

The 38th edition of this one-of-a-kind event has expanded to include a whole new 50,000-square-foot exhibit hall adjacent to the main arena. This pre-show area - known as "Vauxhall Gardens" - features a beautifully decorated Victorian park setting with a skating rink and

Christmas tree sales. Guests with tickets may continue to the lower exhibit hall to immerse themselves in the wonders and delights of Dickensian London.

This year's Dickens Christmas Fair is filled with holiday-themed shops, pubs, stages, and dance halls. Guests are greeted by the aroma of roasted sugar almonds, and swept into the fun by hundreds of colorful characters acting as shopkeepers, street merchants, and holiday merrymakers.

Theatrical Entertainment

Step into Ebenezer Scrooge's youth at Fezziwig's Christmas Party, join Sherlock Holmes as he gathers clues to solve a mystery, take kids to enjoy the pantomime The Tale of Puss in Boots, craft a comedic tale with Jim Chiminey, or catch Charles Dickens himself reading from A Christmas Carol.

Amusements and Activities

The fair overflows with holiday magic for guests young and old: Punch & Judy and The Bold Tailor puppet shows, Dart Parlour, fencing lessons, hand-powered Adventure Carousel, and even a chance to build your own Fairy House to take home.

Food & Drink

Traditional fare and libations are back, including: fish and chips, bangers and mash, East Indian delicacies, traditional English tea service, and five pubs (including Bohemian Absinthe Bar). Takeaway items include handmade chocolates, gourmet salts, Christmas cakes and puddings, and specialty teas.

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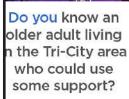
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Holiday Market

Nearly 100 shops and carts offer crafts, fanciful clothing and accessories, ceramics, drinkware, jewelry, toys, antiquarian books, and more. Making their debut this season: The Curious Wonder Caravan; Roses, Ribbons & Reticules, Natalie's Jewels, and Time Traveler.

"We are grateful for the opportunity to bring back this beloved holiday tradition," says new Fair general manager, Drew Patterson. "We will continue to do everything we can to make this much-loved event a safe, enjoyable, and accessible experience for all our guests and participants."

Tickets range from \$7 - \$45, depending on level of admission. For the comfort of guests, attendance is limited via online-only ticket sales, date-specific ticketing, and increased ventilation.

> Great Dickens Christmas Fair & Victorian Holiday Party Saturdays & Sundays, Nov 19 - Dec 18 10 a.m. – 6 p.m. **Cow Palace Exhibition Halls** 2600 Geneva Ave., Daly City www.dickensfair.com Tickets: \$7 - \$45 Parking: \$15

Homeless Help **Enterprise**

By Madhvika Singh PHOTOS COURTESY OF HOMELESS HELP ENTERPRISE

After seeing the condition of the homeless population in the midst of the pandemic, something inside Amirali Bazdar's mind told him to act. Bazdar, a senior at Mission San Jose High School in Fremont, started reaching out to his classmates and friends to see who might be interested. Many students, who shared the same intention of helping the homeless population, stepped forward to become part of the effort. To consolidate the efforts, Bazdar founded an organization called Homeless Help Enterprise (HHE) with the mission help alleviate some of the struggles faced by homeless populations. "HHE is an organization driven by progressive ideas, bold actions, and a strong foundation of support from the community. We truly believe that change starts from us," shared Bazdar, who is also the CEO of HHE.

The HHE platform has allowed Bazdar and the team to interact with individuals affected by homelessness. "I have learned that homelessness is an unfortunate circumstance that could occur to anybody no matter how rich, successful, or motivated he or she once was," shared Bazdar. "You could be one day working and have a steady source of income and the next minute you are in an unfortunate accident robbing you of your skills and leaving you homeless," he added. These personal interactions with individuals also brought a wider understanding of the issue to Bazdar, and how difficult it becomes to climb out of the cycle of poverty and homelessness once you fall into it. "Without a permanent home, it is hard to



find opportunities, and any money attained is usually used up by necessities, leaving nothing for savings or investing," shared Bazdar. "Some individuals share their stories and are comfortable answering personal questions, while others do not want to open up for various reasons. We do not want to intrude in their personal space."

While helping those in need springs from good intentions, it can bring challenges too. For example, if you run into an individual who has mental and behavioral health issues, you are exposing yourself and your team to risk. "While we have been attacked and shouted at, we have been able to stay safe and were fortunate enough not to have encountered any injuries," shared Bazdar. He believes that "dealing with the challenges of today requires problem-solvers who bring different perspectives and are willing to take risks."

Realizing that food, clothing and sanitation are the bare necessities, HHE tries to purchase these supplies from local grocery stores. "Canned food is better due to its longer shelf life and ease of use," shared Bazdar. Although HHE also distributes nuts and vegetables for their superior nutritional content, these don't allow much time as they spoil faster. "Aside from food, we have found that some of the other most needed supplies

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tend to be sanitary products such as soap and toothpaste, and warm clothing for winter months," he added. Another aspect of running this effort is the need for storage and transportation of supplies, along with making time during the school year.

"I am very fortunate to have support from my extended family," shared Bazdar.

HHE is also hoping to partner with local organizations and do a fundraising event to gather donations and supplies for the effort. The ways to get involved are by partnering, volunteering and donating – for more information please visit https://www.homelesshelpenterprise.com/get-involved.

"The experience we have gained through HHE has allowed us to see and understand the problem with a closer lens," shared Bazdar, who is passionate about working in the healthcare industry. The organization sees itself expanding to contain multiple chapters across different cities throughout California with the intention to help a greater number of affected individuals.

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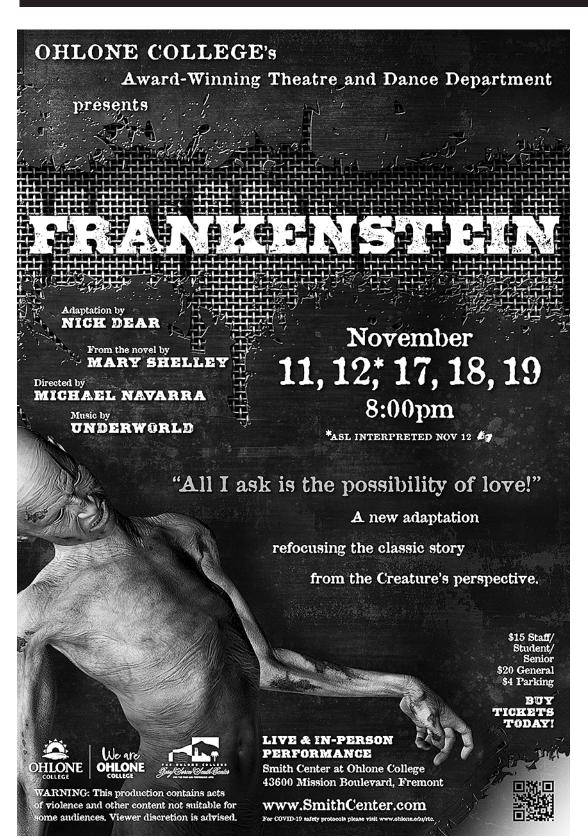
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Quiet Quitting: A Challenge to Managers

By Anne Chan, PhD, MFT

The focus of last month's article was on quiet quitting – the phenomenon of employees who are doing the bare minimum on the job. A finding from Gallup indicates that as many as half of American workers may be quiet quitting. I provided practical strategies for quiet quitting employees so they can feel more engaged and motivated in their work as well as in their personal lives.

Quiet quitting is certainly not a new phenomenon. As one Tri City Voice reader observed: "I have been retired for almost 10 years now and have witnessed this phenomenon firsthand at the final place I worked. I do know a number of individuals that still work there, usually walking around with sullen looks on their faces. Most of them try to bear with the unwholesome environment and wish they were older so they could retire. Witnessing this I would often advise them that this is their life and even if they anticipate a substantial pension upon retirement, they may not survive long enough to experience it. Most of the problem lies with the fact that unqualified individuals are placed in management based on their ability to bolster someone higher up's weak self-esteem (aka "ass kissing") and not for their qualifications. This leads to a lack of inspiration and ultimately constant 'Quiet Quitting' as you put it. I witnessed numerous instances where the heavy hand of foolishness on the part of the management staff was outright incongruous with the task at hand."

As this local reader observes, quiet quitting is not just an issue of problem employees – poor management is an equal part of the problem. Indeed, pervasive quiet quitting in a work environment is likely an indicator of poor management.

The good news is this problem can be fixed. If you are a manager or a senior leader concerned about quiet quitting, take a deep look at yourself first. Current statistics suggest that as many as two-thirds of managers themselves are disengaged and might themselves be quiet quitting. Many employees and managers have felt disconnected from their work because of uncaring and insensitive treatment on the part of senior leadership during the pandemic. If managers are feeling disengaged and setting a standard of indifference, it is hardly surprising that their employees would be disengaged as well. Hence, I suggest a top-down approach of addressing this problem at the management level first, starting with a clear objective from senior leadership to make sure that all managers are engaged at work and that all employees understand their value to the larger organization. In particular, managers need support for themselves and for their employees on how to thrive in virtual or hybrid work situations.

Many managers, surprisingly, are not trained on how to be good managers. Many are promoted simply because they did well in their previous job, not because they had managerial skills or even aspirations. Sadly, others are promoted because they flattered their way into management. There are several key things that managers must do in order to minimize quiet quitting:

Know Your Employees

Managers must get to know their employees as individuals with unique strengths, dreams, and experiences. Gallup has found that successful managers regularly engage with each employee in one meaningful and positive weekly conversation that lasts for about 15 to 30 minutes. This conversation achieves many things, including building trust with the employee, preventing burnout, and strengthening the employee's ties to the company.

Express Appreciation:

Many managers have no idea what it takes to do their employees' jobs. They might pile on extra work, not recognizing that their employees are overloaded. It is vitally important that they express appreciation on a regular basis. This can happen at the weekly meeting.

Create Standards for Individual Performance and Accountability:

Take a look at the work culture in the organization. Is it one that tolerates or even rewards subpar performance? Are employees held accountable for their behaviors at work? The standards for performance and accountability, including teamwork and communication, need to be made clear.

Seek Input from Employees:

Unilateral decisions that affect employees are often made without the employees' needs in mind, such as the ongoing issue of whether to continue working remotely. In order to feel that the organization cares, employees need to see management actively seek their input and care about their well-being.

Effective management is critical to solving the problem of quiet quitting. A Harvard Business Review study found that poor managers have as many as four times the number of quiet quitting employees compared to effective managers. Hence, I challenge the managers and senior leadership of all organizations to take a hard look at what goes on in your workplaces and implement the above four practices to alleviate quiet quitting.

Anne Chan is a career counselor and licensed psychotherapist in Union City. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com © Anne Chan, 2022



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Top, Lite-Brite, Masters of the Universe in toy hall of fame

ASSOCIATED PRESS

The National Toy Hall of Fame's new honorees include an object dating to ancient times, a line of muscle-bound action figures and an iconic art set whose medium is colorful pegs. The hall on Thursday announced the top, Masters of the Universe and Lite-Brite as this year's inductees.

The trio was chosen from a field of 12 finalists that also included bingo, Breyer Horses, Catan, Nerf, the pinata, Phase 10, Pound Puppies, Rack-O and Spirograph. The Toy Hall of Fame inducts a new class of toys each year in a ceremony at The Strong National Museum of Play in Rochester, where the hall is housed.

The top earned a place by being a childhood staple of cultures in Asia, Europe, the Americas, and Australia, according to the hall, which noted that ancient Greek pottery shows people playing with the twirling objects more than 2,000 years ago.

"The top is one of the oldest toys and an integral part of many cultures, where it developed independently as a plaything," Chief Curator Christopher Bensch said in a news release. "With more than 5,000 years of history behind it, it's about time that the top spun its way into the National Toy Hall of Fame!"

The hall recognizes toys that have inspired creativity and endured over time.

Hasbro's Lite-Brite has maintained its popularity for more than 50 years, after being introduced 1966. Marketed in 1968 as a "magic light box," the toy encourages kids to create glowing pictures by pushing colorful pegs into an illuminated black background.

Masters of the Universe grew in popularity in the 1980s, when the cartoon series "He-Man and the Masters of the Universe" allowed Mattel to introduce new characters and toys to the line, hall of fame experts said. A 2021 Netflix series underscored the franchise's staying power.

"The team at Mattel understood that kids spend lots of time in fantasy play and like the opportunity to project themselves into the role of the hero," curator Michelle Parnett-Dwyer said. "Masters of the Universe characters had the strength, weapons, and power to defeat the villain and give kids confidence."

The honor comes as Mattel marks the 40th anniversary of the franchise, which includes action figures like He-Man and Skeletor, movies and video games, said PJ Lewis, the toymaker's vice president and global head of action figures.

"We can't think of a better way to commemorate this historic milestone for Masters of the Universe than being inducted into the National Toy Hall of Fame," Lewis said in a statement.

The new inductees will be displayed alongside past honorees that range from everyday objects like the stick and cardboard box to technologic entries like Nintendo's Game Boy. American Girl Dolls, Risk and sand were inducted last year. Anyone can nominate a toy. A panel of experts votes in the winners.

The Strong Museum also houses the World Video Game Hall of Fame, the Brian Sutton-Smith Library and Archives of Play, the Woodbury School, and the American Journal of Play.





SUBMITTED BY ARATHI SATISH

Continuing our series on this year's Flash Fiction Contest, below is the 5th place entry. Read more about the contest at fremontculturalartscouncil.org.

My Super Sibling

By Karina Sapkota

They say never meet your heroes, but I wholeheartedly disagree. Actually, I wouldn't call her my hero, but nonetheless, I still disagree. Maybe not wholeheartedly, but you know. Enough.

I came to this realization on a Tuesday. I was walking home from one of my lectures when I saw her. Immediately, I turn around, opting to take the long route home. As soon as I spin on my heel, I crash into what feels like a brick wall, and my butt hits the floor.

"Owwww!" I look up to see the very person I tried to avoid.

"Why are you avoiding me?" She asks as she looks down at me.

"I'm not avoiding you! I realized that I needed... more exercise. You know, to be more fit, like you"

"Okay, up you go" She reaches down with a grin and pulls me up to my feet.

Before I can say anything, she easily picks me up with her superstrength and flies us home, depositing me on the balcony. As she opens the door to the balcony we share, she dramatically swings her arms, letting me walk in first. I roll my eyes and thank her for the ride home.

I look at my sister in admiration. I remember the day we woke up on our 18th birthday, her hands glowing with the newfound potential she had. Though the powers run in the family, I guess it doesn't work with twins. She can sometimes be annoying about the fact that she got the powers, but I still love her to death. She now uses her powers for good, helping others whenever she can. That day, a hero was born, but I didn't need to meet her, since I had known mine since the moment that I was born.

Anyone can help their neighbor this Thanksgiving

SUBMITTED BY SHARON SLAYTON

LOV – The League of Volunteers – has created Thanksgiving opportunities for everyone to make a difference this year. Food donations are now being accepted to help feed hundreds of families.

Items needed include: canned cranberry sauce, boxed or bagged stuffing mix, chicken broth, black olives, pickles, applesauce, canned and shelf-stable soups, shelf stable milk boxes, canned corn, green beans and peas, ground coffee & variety tea bags, white and dark sugar, small bags of flour, and small spice packages with traditional flavors like parsley, sage, rosemary, thyme, cinnamon pumpkin pie spice, salt & pepper.

Bring your food donations to the LOV office in Newark, or call to make arrangements for a LOV Food Barrel at your business, office or

Contact LOV for more information, or visit their website to find more ways you can participate this year.

> Donate to LOV Thanksgiving **Until November 18 LOV Office** 8440 Central Ave., Suite A/B, Newark (510) 793-5683 www.lov.org/thanksgiving



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Hayward names new HR leader

SUBMITTED BY CITY OF HAYWARD

Brittney Frye, an experienced executive with extensive human resources and management experience has been appointed as Human Resources Director for City of Hayward.

In a November 7 announcement, Hayward City Manager Kelly McAdoo said that Frye will begin her new position January 3. "Brittney will bring familiarity with Hayward and strong Human Resources experience to our organization at an important time as our community and municipal government continue to evolve and prepare for a post-pandemic future," McAdoo said. "We are excited to have Brittney join the city and we look forward to welcoming her in the new year."

Since September 2021, Frye has been Human Resources Director of First 5 Alameda, which operates and supports services focused on early development and the health and well-being of children during their first five years. From November 2016 to September 2021, she served in interim and permanent roles as Human Resources Manager of the Alameda County Fire District, as well as a Labor Relations Analyst for the County of Alameda from November 2016 to February 2019.



"I am honored to join the city as the Director of Human Resources and to have the opportunity to help build upon the great work in place while continuing to drive an inclusive culture, attract top talent, and create meaningful and positive work experiences for the City," Frye said.

Frye is a graduate of Saint Mary's College of California where she earned a bachelor of arts degree in leadership and organizational studies.

Police detain man after eggs thrown at King Charles III

ASSOCIATED PRESS

British police say a man was detained Nov. 9 after appearing to throw eggs at King Charles III and Camilla, the queen consort, as they walked in the northern England city of York.

The incident happened as the monarch and his wife were entering York through Micklegate Bar, a medieval gateway where monarchs are traditionally welcomed to the city. Video footage showed several eggs in motion and smashed on the ground. None appeared to hit the royal couple.

Several police officers could be seen grappling with a man at a crowd barrier. Britain's PA news agency reported that he shouted "this country was built on the blood of slaves" as he was being detained.

Charles and Camilla also are due to visit the city's cathedral, York Minster, and unveil a statue of Queen Elizabeth II, who died in September.



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Child Nutrition Assistant 1: https://www.edjoin.org/Home/DistrictJobPosting/1631254 Child Nutrition Assistant 2: https://www.edjoin.org/Home/DistrictJobPosting/1631255 Salary Range: \$20.09 - \$24.90//hr: (5 Steps; Maximum Reached in 3.5 years)

What makes the research on asteroid 'Psyche' worthwhile?

KAILASH KALIDOSS, AEROSPACE ENTHUSIAST

Psyche is an all-metal asteroid in the main asteroid belt between the orbits of Mars and Jupiter. Psyche follows an orbit in the outer part of the main asteroid belt, at an average distance from the Sun of 3 astronomical units (AU). The asteroid Psyche was discovered by Italian astronomer Annibale de Gasparis in 1852, who named it the goddess of the soul in ancient Greek mythology.

Psyche has intrigued the scientific community but remained a mysterious point of light in the distance. It is about 140 miles across and shaped like a potato. It is likely rich in metals mixed with rock, which are the fundamental characteristics of a terrestrial planet's core. It may consist of metal from the core of a planetesimal, one of the building blocks of the Sun's planetary system. It is believed that long ago, a planetesimal that had separated internally into a rocky mantle and iron core suffered violent impacts that stripped away its mantle, leaving behind core material.

The science goals of the Psyche Mission are to understand these building blocks of planet formation and to explore first-hand a new and unexplored type of world. The mission team seeks to determine whether Psyche is remnant core material, how old it is, whether it formed in conditions similar to those the Earth's core did, and what its surface is like.

NASA, in partnership with its academic and scientific community at Arizona State University, was keen to explore this new type of world and examine the metal-rich asteroid up close. NASA developed the spacecraft "Psyche" to accomplish this goal. The Psyche spacecraft and solar panels are about the size of a singles tennis court. The body of the spacecraft is slightly bigger than a family SUV and about as tall as a regulation basketball hoop.

The Psyche spacecraft will travel to the asteroid using solar-electric (low-thrust) propulsion, following a Mars flyby and gravity assist. After arrival, the mission plan calls for mapping the asteroid and studying its properties from its four designated orbits. Special scientific instruments onboard the spacecraft will help determine the contents of the asteroid and whether it is part of the core of a planetesimal, the building block of an early planet.

The spacecraft will include a Gamma Ray and Neutron Spectrometer, a Multispectral Imager, a Magnetometer, and an x-band radio telecommunications system. The Psyche mission will also evaluate a sophisticated new laser communication technology, called Deep Space Optical Communication (DSOC), that encodes data in photons to communicate between the spacecraft and Earth.

As of November 2022, the team is looking for a new 2023 launch date after missing its planned launch opportunity earlier this year because of mission development problems. The mission team continues to complete testing of the spacecraft's flight software in preparation for the 2023 launch date.

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

Campesinos screening highlights migrant farmworkers

SUBMITTED BY LINDA GOLDSMITH PHOTOS COURTESY OF THE SVL AGENCY

Bay Area Community Health and On Lok, two of the Bay Area's leading community healthcare organizations, are presenting on Tuesday, November 15 a special screening of the award-winning documentary short film Campesinos: America's Unsung Heroes which tells vivid, compelling stories of California farmworkers during the COVID-19 pandemic.

Essential farmworkers continue to face income inequality, racial tension, a lack of resources and affordable housing, as they work hard to bring fresh produce to tables throughout California and the country. This moving documentary documents their dedication, courage, and perseverance during the pandemic, shines a light on their daily lives and recognizes their outstanding contributions with gratitude and appreciation.

Campesinos has received a tremendous response from viewers at film festivals and private showings, garnering numerous awards, including "Best Film Winner" at this year's Los Angeles Documentary Film Festival.

The event begins at 5:30 p.m. with a welcoming session and light refreshments, followed by the film



screening at 6:30 p.m. A panel discussion and Q&A session with the filmmakers will follow. The panel will be moderated by On Lok COO, Nicole Torres, and includes Joe Poni, director, and filmmaker; Alex Ontiveros, producer, and Silicon Valley Latino founder & CEO; and Dr. Victor Salazar, medical director, Bay Area Community Health.

Many farmworkers live and work in the areas served by Bay Area Community Health and On Lok. Both organizations hope to expand awareness of their services to farmworkers as an essential part of their community outreach efforts.

"Migrant farmworkers are particularly vulnerable to illness because high rates of respiratory diseases are an occupational hazard, they have low rates of health insurance coverage, and many have substandard living and working conditions," said Dr. Salazar. "Bay Area Community Health hopes to increase awareness of the

plight of migrant farmworkers and to gain support for developing a stronger public health infrastructure that improves their quality of life."

On Lok currently serves some seniors who were formerly farmworkers. "We feel confident that Campesinos will help us raise awareness of On Lok among that population and attract even more farmworkers who will benefit from our services," added Torres.

The screening is free and open to the public, but registration is required.

> **Campesinos Screening** Tuesday, Nov 15 5:30 p.m. - 8:30 p.m. Mexican Heritage Plaza 1700 Alum Rock Ave., San Jose RSVP: https://tinyurl.com/Campesinos1115



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Living the New American Dream

SUBMITTED BY EVELYN LATORRE AND JANE MUELLER

The American dream appears to be a moving target. The concept is thought to have originated during the Great Depression, when James Truslow Adams wrote in his book Epic of America (1931) that the American dream is "of a land in which life should be better and richer and fuller for everyone with opportunity for each according to ability or achievement." An ad running during the just-ended political season defined it more specifically when it mourned the demise of the American dream of owning a single-family house with two cars in a neighborhood designed to ensure privacy.

If the latter ever was the American dream, it may be out of date for contemporary Americans, according to a new documentary film called Out of Reach. Milwaukee director Faith Kohler, cinematographer Colin Sytsma, and writer John W. Miller spent three years in search of what the American dream means in 2022 and discovered quite a different definition. The filmmakers found signs that current generations of Americans dream of building community and reducing isolation as much as they do getting rich.

"I think the true American dream is to see your neighbors succeed and to live in a country where not everything sucks all the time," a young restaurant cook told them. "Give back to your community. Support small businesses. Get to know your neighbors. That's the American dream."

People who are attracted to cohousing communities seem to align more with the updated version. Members of Mission Peak Village, Fremont's first planned cohousing community of 32 households, are drawn to the idea of owning a smaller footprint, socializing by sharing often with neighbors, and living a more economical,

mutually supportive, and environmentally friendly lifestyle.

Less to Buy and Store

Households with a lawnmower or a gas grill—even a hot tub—don't use them all the time. Mission Peak Village members wonder why they should own them individually if they can share them. In cohousing, sharing allows each member to buy, store, and maintain less equipment. "I would even like to share a car," says future Mission Peak Village resident Donna Schroder. "My car just sits in the garage most of the day. If I owned a car with someone else, we could be making better use of it, especially when I'm off traveling."

Less to Maintain

A combination of self-contained dwelling units with numerous shared amenities lies at the core of the cohousing design concept. Like conventional condominiums, each household has its own entry, living areas, and kitchen and can operate independently. Augmenting this in cohousing are extensive shared facilities that residents can use together or reserve individually.

Sharing is the central theme for the Common House of the Mission Peak Village grounds. Members have designed the space for activities such as hosting board games, meetings and poker nights. The 5,000 square feet of common space also include a laundry room, guest rooms, work-from-home office space, and a dining area with large kitchen for entertaining and sharing meals a few times a week. Plans for the outdoor area include a patio with barbecue, roof deck, fire pit, playground and community garden with a shared tool shed. All of these set the scene for getting to know neighbors well.

Because these facilities are shared, individual units can be smaller and more easily maintained. Having guest rooms available to reserve in the Common House, for example, means there is less

idle space within individual homes to pay for and maintain.

Living More Sustainably on the Earth

Located in an area with easily-accessible local businesses, services and transportation corridors makes it possible to reduce automobile usage and support the local economy. This was a prime consideration when Mission Peak Village selected its location. It's in a residential neighborhood within easy walking distance of Irvington Farmers Market, the future Irvington BART station, and Fremont's Central Park/Lake Elizabeth.

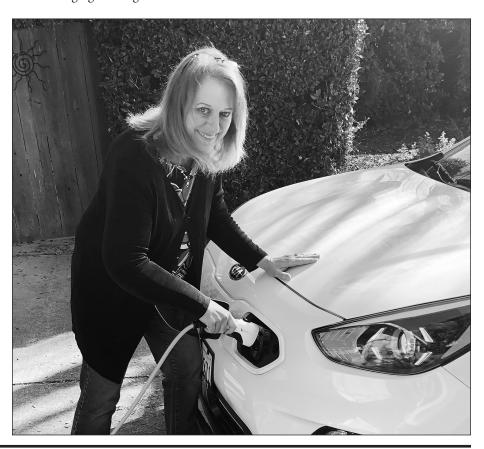
Carpooling, sharing childcare, growing food onsite, and making group purchases help to reduce day-to-day living costs. A cohousing group can be more economical than a single household, with sustainable energy, water conservation and electric vehicle charging. Having more social

contacts and work opportunities where you live reduces the need for car use.

Cohousing is a way of living the updated concept of the American dream of building community and reducing isolation.

This article is part of an ongoing series on cohousing. To learn more, visit
Mission Peak Village on Facebook or www.missionpeakcohousing.org. Join us on our monthly walk to explore the neighborhood around our future site in the Irvington district of Fremont.

Mission Peak Village is a group of friends forming Fremont's first cohousing community. Memberships are still available. 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.





SUBMITTED BY JOY BARNITZ

The 61st annual Tri-City Interfaith Thanksgiving Service will be held on Monday, November 21 at Niles Discovery Church. The program is sponsored by the Tri-City Interfaith Council (TCIC). This year's theme, "Embracing Hope, Expressing Gratitude," focuses on hope for our fractured society and gratitude for our opportunities, freedoms, families and faith. You may attend in person or on Zoom.

The liturgical fabric of the service is rich in readings from sacred text, prayers, songs, traditional costumes, dances, and music from many of the various faith and spiritual traditions represented in the Tri-Cities. There will be an interfaith choir composed of local singers. The importance of passing our sacred traditions to the next generation is highlighted at the conclusion of the service when a symbol is passed from an adult to a younger member of one of the Tri-City's many faith traditions.

The focus of this year's offering is Safe Alternatives to Violent Environments, better known as SAVE; you can learn more about this community organization at the service. TCIC President Joy Barnitz will share a Thanksgiving reflection.

Parents are encouraged to bring children and youth for this inspiring and educational program. The Thanksgiving service provides a unique opportunity to become acquainted with the varied cultural and religious traditions that are such a valuable part of our community.

Registration is required for people attending on Zoom; register at https://bit.ly/TCICThanksgiving2022.

People who plan to attend in person are strongly encouraged to pre-register at https://bit.ly/ITS2022InPerson. Details about COVID-19 protocols are available at the registration link.

This year, the Interfaith Thanksgiving Service is part of Bay Area United Against Hate Week, a movement supported by governments and non-governmental organizations around the Bay Area in November. You can learn more about it at https://unitedagainsthateweek.org/. Learn more about the Tri-City Interfaith Council at https://tcicouncil.weebly.com/.

Interfaith Thanksgiving Service

Monday, Nov 21

7:30 p.m.

Niles Discovery Church

36600 Niles Blvd., Fremont

In-person registration link: https://bit.ly/ITS2022InPerson

Zoom registration link: https://bit.ly/TCICThanksgiving2022

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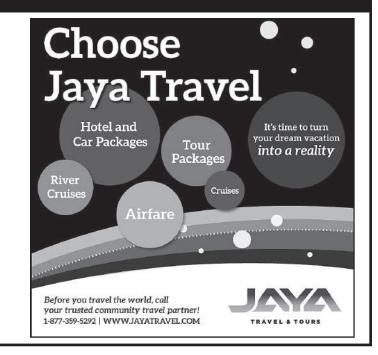
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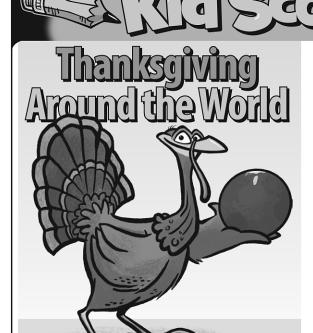
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People around the world are grateful for a good harvest. A good harvest in the fall means there will be plenty of food for all.

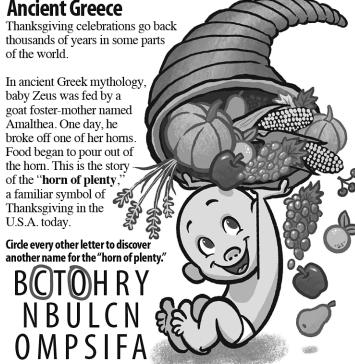
China: Moon Festival

China's harvest celebration is called the Mid-Autumn Festival, the Moon Festival or the Mooncake Festival.

Families gather to eat different kinds of round foods that symbolize the moon. These include eggs and mooncakes. Tea is served in round cups.

Mooncakes are round pastries that are filled with a sweet filling.

All but one of these mooncakes has an identical twin. Can you find the unique mooncake?



AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Find Kid Scoop on

Facebook | © 2022 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 38, No. 50

Hold this page up to a mirror to read this paragraph!

United Kingdom

In the United Kingdom, people celebrate a Harvest Festival each autumn. They bring food to schools and sing together. Children learn about farming and how food is harvested.

Which Country?

On the first full moon in autumn, people in this country celebrate a thanksgiving holiday. Families get together to share food and give thanks for the harvest. In the evening, they take walks to enjoy the beauty of the full harvest moon. They call the holiday Chuseok.

Unscramble the letters to discover which country celebrates Chuseok.



Canadian Thanksgiving

Thanksgiving Day in Canada is celebrated on the second Monday in October. It was originally celebrated by an English explorer, Sir Martin Frobisher. When his ship reached Canada, he gave thanks for a safe arrival.

What year did Sir Martin Frobisher reach Canada? Complete this math problem to reveal the year.

1020



Long ago, people in Japan celebrated the harvest. As time went on, their day of giving thanks became a time to thank the workers who grew and harvested their food.



Today, Japan celebrates a Labor Thanksgiving Day. It's a day to show gratitude for the workers in the community. School children make colorful thank you cards and

gifts for the police, firefighters and hospital workers.



Thank the Helpers

Write a letter to the editor of your local newspaper thanking the community helpers such as police, firefighters, teachers, hospital workers and more.

Standards Link: Language Arts: Communicate ideas in letter format.

Ghana: Hooting at Hunger In parts of Ghana, people celebrate a festival called Hooting at Hunger. Years ago, a severe famine broke out among the people The people put all of their energy into growing yams and soon had a big crop. Their hunger ended, and, with great joy, they "hooted at hunger." This is the meaning of their name for their day of thanksgiving. Write down the letters on the correct path of the maze to the celebration's name.

Double Find the words in the puzzle. ARRIVAL

CROP FARMING FOOD FULL **GOAT HARVEST HORN** HOSPITAL LABOR POLICE TEACHERS WALKS

WRITE

YAMS

How many of them can you find on this page? XWRITETAOG

TEACHERSHF YBPOLICEOO FTSEVRAHRO URSKLAWEND LWLATIPSOH LALABORCRM YAMSYJCROP CEVGNIMRAF DSSARRIVAL

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

Kid Scoop Together

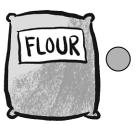
How Wheat

Becomes Bread

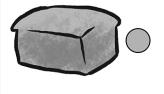
Work with a family member to number the pictures in order to show how wheat grows from a seed to become bread. It takes workers at every step to get the bread to people.

- 1. Seeds are planted.
- 2. Wheat grows from seed.
- 3. Grain is removed from the plant.
- 4. Wheat grains are ground into flour.
- 5. Flour is made into bread.











Erntedankfest

Germany calls its Thanksgiving Erntedankfest. People take to the streets in parades. Some carry harvest crowns made of grains, fruit and flowers.



The noun **gratitude** means the feeling of being grateful or thankful

People around the world show their gratitude for a good harvest with a celebration.

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

Thankfulness is Caring

Use crayons or markers to create a newspaper advertisement to convince people to donate food or clothing to needy families during the holidays. Send your completed ad to the editor of the newspaper.

Standards Link: Reading Comprehension: Follow simple



How do little pumpkins cross the street?

ANSWER: With the help of a crossing gourd.

Write On! 🐗

Think back on things that have happened since last Thanksgiving. What are you thankful for that happened this past year?

Sisters of the Holy Family Celebrate 150 years of caring for families and children



The Gardens of Palmdale is the legacy gift to future generations from Sisters of the Holy Family.

SUBMITTED BY CHARLOTTE HALL

Hundreds of people gathered Saturday, November 5 at St. Joseph's Church in Fremont to celebrate Sisters of the Holy Family's 150th Jubilee. The Sisters, whose Motherhouse is in the Mission District, have been a fixture in Fremont since the 1940s and are well known for their caring and advocacy for the under-privileged in the area.

The Jubilee celebration included Bishops from the Oakland and Stockton Diocese and nine other priests who have served with the Sisters and wanted to



their "Cloud of Witnesses" display that included individual photos of most of their Sisters from 1872 until present day.

RI-CITY WASTEWATER

honor them for their important work in the Bay Area. Sister Gladys Guenther, President of the Sisters, said gratitude best signified her feelings that day, knowing that "for 150 years we members of the Sisters of the Holy Family have been committed to the vision of our founders: to seek out and advocate for the poor and needy, especially families. That seeking has found us serving in places and with people we could never have imagined."

Speakers looked back to 1872 founding in San Francisco when the city was a wild frontier town exploding with an influx of people, many who were living in great poverty. In that atmosphere two young women, Dolores Armer and Teresa O'Connor, with the support of Archbishop Alemany and Father Prendergast, founded Sisters of the Holy Family, dedicated to relieving the suffering of poor families and children.



Sisters of the Holy Family Leadership Team (L to R) Michaela O'Connor, Kathy Littrell, Sandra Ann Silva, President Gladys Guenther.

Decorating the church for the celebration was a display of their "Cloud of Witnesses" ... almost 400 individual photos of the founding Sisters and most of the Sisters and Associates who have been part of their Sisterhood.

One of the Sisters' early concerns was poor children who were often left home alone. In 1878 the Sisters opened a Day Home to care for young children while their parents worked, often at menial jobs. It was the first such facility in San Francisco and the Sisters very soon were opening more Day Homes, including St. Elizabeth's in San Jose and St. Vincent's in Oakland. Their Day Home ministry spread to other cities in California and Nevada, and eventually the Sisters were providing care to over a thousand children every day.

People also remembered Sisters of the Holy Family for their ongoing efforts to improve the lives of all people. "Sister John Marie's Pantry" brought On Lok health services to Fremont, collaborating on building affordable housing projects such as Oroysom Village and City Center Apartments, teaching religious education throughout the Bay Area. Sisters of the Holy Family were innovators and leaders in religious education and in offering spiritual services to the developmentally disadvantaged.

The Sisters' property, Palmdale Estates, with acres of magnificent trees and gardens, holds a special place in the hearts of many. For decades it was a popular site for weddings and parties, and as a peaceful retreat in nature. A few years ago, in recognition of Palmdale's importance to the people of Fremont and in keeping with their commitment to the Earth Charter, the Sisters created a new non-profit, The Gardens of Palmdale Inc. with a Board of Directors responsible for overseeing maintenance and preservation in perpetuity through an endowment from the Sisters. In addition, The Gardens were placed in a conservation easement held by the Garden Conservancy. In doing so the people of Fremont received The Gardens of Palmdale as a gift from Sisters of the Holy Family, which will be their legacy in a city they call home.

Sisters of the Holy Family, Fremont 43543 Mission Blvd., Fremont (510) 624-4596 https://holyfamilysisters.org/

The Gardens at Palmdale 43202 Calle Dolorosa, Fremont (Park near Mission Coffee Roasting Company on Washington Blvd.) www.gardensatpalmdale.org

Sister Gladys Geunther, President of Sisters of the Holy Family welcome family and friends to their celebration.





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Avoid sloppy, costly backups into your home and overflows that can enter local waterways, harming wildlife and the environment. NEVER put fats, oils, or grease down your drains or into storm drains, which flow untreated to our creeks and San Francisco Bay. Bring your used cooking oil to the Republic Services Customer Service Center at 42600 Boyce Road in Fremont for FREE disposal Monday through Friday, 8 AM to 5 PM. Pour used cooking oil into the receptacle and dispose of your empty jug in the provided container.

For more information, call Union Sanitary District at (510) 477-7500, visit www.StopFOG.com, or call Republic Services at (510) 657-3500.





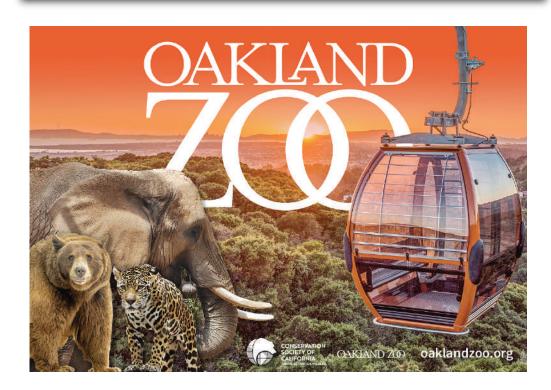
3340 Walnut Ave. #110, Fremont, CA 94538

BEAUTIFULLY UPDATED 28 PALMS HOME

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- 5,800 Square foot lot
- Open floor plan
- Central heating & air
- Dual pane windows
- Freshly painted interior & exterior
- Remodeled kitchen & bathrooms
- Formal dining room
- Beautiful flooring throughout
- Recently replaced roof, electrical panel, & water heater
- Automatic sprinklers in front
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- Near 880 freeway with easy access to BART, local schools, shopping, dining, and entertainment

Information is deemed reliable but not guaranteed

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FAIRVIEW AREA IN THE HAYWARD HILLS

- ♦ 4 Bedrooms, 2 Baths
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- Restaurants
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List Price: \$949,999

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

Dominican Sisters Holiday Boutique



SUBMITTED BY SISTER JANE RUDOLPH, O.P.

The Dominican Sisters' in-person Holiday Boutique is back after a two-year hiatus due to the pandemic. The boutique will be held at the Sisters' Motherhouse in Fremont on Saturday, November 19 from 9 a.m. to 4 p.m.

All ages are welcome to join the Sisters for this annual tradition. The boutique is a great opportunity for children, parents, grandparents, families - everyone - to shop for their loved ones.

At the boutique, you will find items for your Christmas stockings. The Sisters' signature items will be available for sale: fruitcakes, olive oil, bourbon balls, holy honey and honey soap. Many other items will also be offered, such as crocheted baby wear, knitwear, blankets for pets, afghans, scarfs and hats, holiday

decor, religious goods, crafts, aprons, other household specialties, country jams and a wide variety of plants too! Also available are the Sisters' fabulous baked goods such as cookies, apple strudels and more.

During the boutique, the Sisters will host a cafe where people can connect, enjoy lunch or dessert, and be entertained by the Sisters' School of Music teachers. There will also be a raffle and a visit by Santa Claus!

For more information, contact Sister Jane Rudolph at (213) 926-2387. Looking forward to seeing you there!

Dominican Sisters Holiday Boutique Saturday, Nov 19 9 a.m. - 4 p.m. Sisters' Motherhouse 43326 Mission Cir., Fremont (213) 926-2387 www.msjdominicans.org







SUBMITTED BY ANJALI PRABHU, ALICIA PENG

On October 21, BASIS Independent Fremont Upper School held its annual Diwali celebration event. Associated with the gods of wisdom and prosperity, Diwali is a holiday to commemorate the triumph of good over evil and knowledge over ignorance. While it is a Hindu festival, it is also celebrated by people of many faiths and has become a symbol of community and harmony.

Parent volunteers began planning the decorations, dance, activities, and fundraising for the Diwali celebration a month in advance — attending weekly Zoom meetings, coordinating volunteers, and encouraging students and teachers of all backgrounds to dress in traditional Indian clothing and celebrate Diwali

together as a community.

Parents began work early in the morning to decorate the campus as many students and staff arrived wearing traditional Indian attire. Flower garlands hung from the patio, and a photo booth with a diya backdrop stood on the field. Umbrellas embedded with traditional Indian designs and colors adorned the school, while lotus centerpieces decked the lunch tables.

Indian snacks were catered, including samosas (a fried, savory triangular pastry) and gulab jamun (fried dessert balls dipped in sugar syrup). After eating, students had the opportunity to partake in a variety of fun activities to celebrate cultural traditions, including rangoli and diya-crafting stations and bingo games set up by parents. There was also a temporary tattoo (mehndi) station that showcased both stylized and traditional designs.

While other activities were fun and engaging, the Bollywood flash mob ultimately became the highlight of the event. Parents assembled on the field and led students and staff in dance to some of Bollywood's most popular songs, including Kala Chasma from the movie Baar Baar Dekho, Lungi Dance from Chennai Express, and Kamariya from Mitron. Not only was the flash mob an exhilarating experience, it also reflected the

modernization and evolution of this traditional festival.

The Diwali event served as a wonderful opportunity to celebrate the rich heritage of BASIS Independent Fremont's school community. The happiness and enthusiasm that filled the school that day was indicative of the Diwali spirit in the air — a celebration of the love and light we share with the people closest to us.



Home & Garden

Real chai is worth a try

By Daniel O'Donnell

The World Cup is about to start at the end of November after four years since the last tournament. There is a rugby World Cup, cricket World Cup, and field hockey World Cup that also happen every four years. Only here in the US is the football World Cup referred to as the soccer World Cup. Similarly, chai is a word for tea in many languages, but in the US and many European countries the word tea is used. When chai is offered on coffee shop menus in America it is almost always a variation of a Masala chai.

Chai is derived from the Chinese word chá. The use of the word chai versus tea in western countries can be traced back to who imported it. The Dutch East India Company in the 1600s was a large importer of tea to Europe. The Dutch word for tea was 'thee', which was derived from Malay, a Southeast Asian language. Different forms of the word--French 'thé', Spanish 'te', German 'tee', and English 'tea'—were used for the imported tea. When tea leaves were imported overland by different traders, they retained hybrid forms of the Mandarin word ch'a. Russians use 'chai', Persians use 'cha', Greeks use 'tsai', and Turks use 'çay'. Because of America's history with western Europe, here we use tea as the generic term, while chai refers to a particular spice flavored beverage.

Masala means spice and chai means tea. Masala chai is an Indian black tea and milk beverage flavored with different spices. Cardamom, cinnamon, ginger, and black pepper are frequently included. Variations may include nutmeg, fennel, cloves, star anise, mace, rose, mint, ajwain, lemongrass, and tulsi. Some recipes use ground allspice berries which might not be considered a traditional Indian spice. Each chai recipe varies according to preferred taste, tradition, and affordability or availability of certain spices. All strive to



create well-balanced flavor and creamy texture.

Starbucks introduced a sweetened version of a Masala chai made from a concentrate that caters to what they think American palettes would like. The term 'chai tea' would be redundant in other countries. Here, it has come to represent a black tea and milk drink flavored with masala chai spices. It lacks the intricate process for making a traditional masala chai. There is room in the world for both types, just like there is space for lite and craft beer, instant and French press coffee, and imitation and Dungeness crab. The difference is in the quality of the drink. Masala chais have more complex flavors and creamier textures.

Purchasing readymade Masala chai packets or concentrates from an Indian grocery store is a great way to sample different recipes. After finding one you prefer, you can determine what spices might best suit making chai from scratch. Many independent coffee houses also have their own house chai, which is another way to sample different recipes before trying to develop your own.



There are tips for making masala chai to maximize the flavor and texture. Whole milk will make the creamiest chai, and oat milk or cashew cream are the best non-dairy alternatives. Crushed whole spices rather than ground spices can make it easier to control and predict flavors. Sugar seems to bring out the flavors of the spices better than honey or other sweeteners. Black CTC (crush, tear, and curl) processed teas are more flavorful than black teas processed into rolled strips, and fresh ginger has a fresher and more subtle taste compared to powdered ginger.

Making masala chais always involves evaporating the water and milk, aerating the chai, and simmering the spices. Start by putting two cups of water, the desired crushed spices, and fresh ginger in a stainless-steel pot for two cups of masala chai. Bring to a boil and then add two black tea bags or the equivalent amount of loose black tea. Reduce the heat to a simmer and after two minutes add a cup of milk.

There are two different techniques of aerating chai to develop flavor. The first

method is a double boil. Bring the chai back to a boil until it bubbles. Reduce the heat until the bubbles come down and then repeat. The second method is to "pull" the chai by scooping it up with a ladle and pouring it back into the pot from a high enough position to create bubbles. This should be repeated a few times. Once the chai is aerated from either method, let it simmer over a low heat for five to seven minutes until it is smooth and creamy. Strain it into a stainless steel, clay, or glass cup, all of which are commonly used, and enjoy.

Language is always changing. The word chai will probably never replace the word tea in the US. However, as masala chais become more popular, the term "chai tea" may or may not fall by the wayside. But no matter what Americans call them, masala chais are here to stay.

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







THE ACWD CONNECTION

RAIN BARREL REBATES

Save water this season! The Bay Area Water Supply and Conservation Agency (BAWSCA) is offering rebates on behalf of ACWD for the purchase and installation of qualifying rain barrels. Receive up to \$50 per rain barrel (2 barrel maximum).

Learn about rain barrel rebates and more water saving solutions at www.acwd.org/rebates.





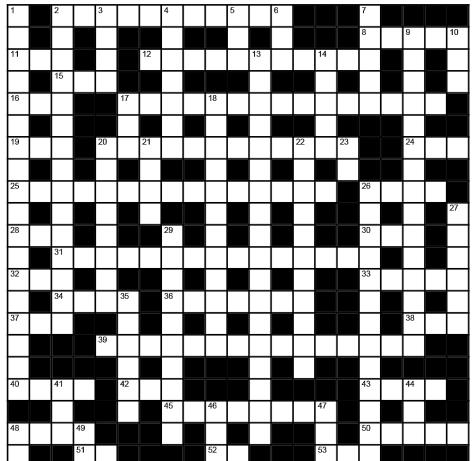






wind Twisters

Crossword Puzzle



Across		37	Comm. device for the deaf (3)
2	Summer arctic phenomenon	38	Addition (3)
	(8,3)	39	Obstructive sort (1,3,2,3,6)
8	"The Orphan" playwright	40	Alas!: Lat. (4)
	Thomas (5)	42	In-flight info, for short (3)
11	April 20th substance, and a hint	43	Fluidity units (4)
	to this puzzle's theme (3)	45	"Chinatown" director (8)
12	Arizona attraction (5,6)	48	Father of Menahem (2 Kings
15	New Testament book: Abbr. (3)		15:14) (4)
16	N.Y.C. airport (3)	50	Pioneer in military robotics (5)
17	Smollett hero (9,6)	51	Initials of the Rough Rider (2)
19	Debt: Abbr. (3)	52	"Captain" (1986 Michael
20	Q: "How did you know I was a		Jackson role) (2)
	tea connoisseur?" A: ""	53	Carl XVI Gustaf's kingdom:
	(2-4-6)		Abbr. (3)
24	A pint, maybe (3)		
25	Get rich at others' expense	Down	
	(7,4,4)	1	"You can't" (3,5,4,1,5)
26	Bad golf shot (4)	2	Aster (10,5)
28	Aged (3)	3	Asinine (4)
30	Eskimo knife (3)	4	"Rico Suave" rapper (7)
31	Quite some time (1,5,2,7)	5	Half-brother of Tom Sawyer (3)
32	"Gimme!" (start of an Iowa	6	Actress Vardalos of "My Big Fat
	State cheer) (3)		Greek Wedding" (3)
33	Nonsense (5)	7	Charged, in a way (5)
34	Institution of learning (4)	9	Nobel Prize winner for

		ļ
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	"Huzzah!" (3)	ŀ
	Law book (1866) (5,3,10)	ŀ
	"Woo-hoo!" (5)	İ
	Be worthwhile (3)	
	Place of downfall (6,2,4)	ı
	Huge creature (8)	ļ
	Backwoods possessive (4)	ŀ
	Portuguese explorer (5,2,4)	L
	Therefore (2)	
	Member of a wedding party	
	(8,5)	
	Bat, cat, or rat (6)	
	Needle holder (10)	
	Hierarchy (6)	
	Byrnes of "77 Sunset Strip" (3)	
	Goddess of healing (3)	
	Big: Abbr. (3)	
	Contacts someone on a buddy	
	list, perhaps (3)	
	Depart (2)	
	That thing (2)	

Sudoku:

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

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Tri-City Stargazer for week: NOVEMBER 15, 2022

2326

48 49

All Signs: This is a tricky week. Some wonderful planetary influences will help you be productive. However, there are some counteractive influences that will encourage some people to steal your light and even work against you. Therefore, your best option this week is to work as independently as possible. Only hang out with people who have your best interests at heart. And if you think something fishy is going on – it is! Life is too short for people who don't have your back.

Aries the Ram (March 21-April 20):

Prodding (7)

36

With Mars in your House of Communications, you have been gangbusters on a daily basis since mid-August. Lots of energy to get things done! You've also been effective in working and talking to others. However, now that Mars is retrograde, the shine of your communications has dimmed. Nevertheless, you can still attract money, favors and help from others this week. Do not let power struggles at home and possibly with your kids, hold you back.

Taurus the Bull (April 21-May 20):

This is a popular time for you, which means you are enjoying seeing friends as well as interacting with clubs and organizations. In fact, these interactions can influence you to modify future goals. Right now, your involvement with spouses, partners and close friends is important. Fortunately, they are supportive. Nevertheless, do not let your relations with those who are closest to you be threatened.

Gemini the Twins (May 21-June 20):

You might feel stalled in the water because Mars is retrograde in your sign. You simply have to recalibrate your expectations of yourself and others. Cut yourself some slack. In fact, give yourself a pat on the back for what you do accomplish. Ironically, this week, you are all systems go because you will be productive, and coworkers will be supportive. Don't let financial restraints, or siblings and relatives, create problems for you. Go with what works and steer clear

of negative energy that might get in have a busy schedule with errands, your way.

have a busy schedule with errands, appointments and visits with

Literature, 1949 (7,8)

Cancer the Crab (June 21-July 21):

It's important for you to remain independent this week. Do your own thing. Trust your judgment. This is a lovely week to enjoy schmoozing with others, and checking out music, the theatre and the arts, as well as exciting sports events and fun times with children. Romance is also favored! Accept invitations from positive people whom you trust. The trick is to avoid power struggles, especially work-related. And also, stop being your own worst critic. Don't listen to that voice that says you don't deserve this much fun.

Leo the Lion (July 22-August 22):

Family relations and events at home will be positive this week. You might tweak your digs and redecorate a bit. (After all, Leos are royalty and their home is their castle.) It's a great week to entertain at home, especially Monday, Friday, Saturday and Sunday. You have a generous heart, but don't let yourself be exploited by others. Avoid takers or those who are envious of you. But don't let this stop you from being a host to those who are grateful for your company and generosity.

Virgo the Virgin (August 23-September 22):

This is an optimistic, upbeat week for you! You're keen to travel and talk to others. Many of you are writing and studying more than usual because this is an excellent time to learn something. You also have a busy schedule with errands, appointments and visits with relatives. Enjoy talking to others and don't let anyone else rain on your parade. Avoid a power struggle with a friend. Someone or something behind the scenes might try to guilt trip you, but you are entitled to make your own decisions.

Libra the Scales (September 23-October 22):

Rewarding news! Encouraging events related to your your work might boost your income. Or perhaps, you are making an exciting purchase. Whatever the case, you are pleased with financial news this week. Nevertheless, a parent or an authority figure might give you some static or try a power struggle. Don't let this hold you back. This is the year for you to improve your existing job or get a better job and make more money.

Scorpio the Scorpion (October 23-November 21):

You are empowered because as this week begins, the Sun, Mercury and Venus are in your sign. As the week progresses, you will attract money and probably spend it on beautiful things for yourself and loved ones. Meanwhile, avoid power struggles about controversial subjects, travel plans, publishing, the media or the law. Don't let this get to you! Whether it's an authority figure or someone else who tries to bring you down – avoid these people. Stick with people who are truly on your side.

Sagittarius the Archer (November 22-December 21):

This week things are relatively low key for you. Nevertheless, this

is also an excellent time to make future plans, especially setting goals for your personal year ahead (birthday to birthday). Avoid power struggles about money, cash flow, salaries and purchases. Likewise, responding to controversial subjects (perhaps on Facebook?) might depress you. Optimism and physical activity are survival issues for Sagittarians. It's important for you to maintain a positive frame of mind and believe that something better is just around the corner. Protect your sunny heart.

Capricorn the Goat (December 22-January 19):

You are enjoying dealing with friends and groups, especially in your community, because you like to make a positive difference in the lives of others. Right now, you have a chance to do this. In particular, you might work with younger, creative people. Meanwhile, it so happens this is an excellent time for you to set goals. And your enthusiasm this week shape your ideas for your future. However, you might get ambushed by someone. Steer clear of negative vibes!

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

You continue to look great because a handful of planets are at the top of your chart, which makes you look competent, especially in the eyes of authority figures. Use it to go after what you want, But be aware that there might be jealous people out there. Or you may encounter power struggles with partners, close friends, and even your kids. Don't let this break your stride because if you can distance

yourself from negative energy, this is a very strong week for you. Go after what you want.

Pisces the Fish (February 19-March 20):

This is a positive week for you, and many of you are already starting to see that you're getting richer. Believe in your ability to boost your earnings. You have a lot of watery, touchy-feely energy that taps into the energy of the universe Therefore, it's important for you to stay positive and believe in yourself. Do not listen to the naysayers this week, because they will be lurking. This is your best chance in over a decade to earn more money or attract financial good fortune.



By Georgia Nicols www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 14	2605 Northern Cross Rd 94545 885,000 3 1867 2008 9/15/22	
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45 Via Malaga 94539 709,000 2 968 1971 9/16/22	1257 Monte Drive 95035 1,440,000 3 1528 1991 10/7/22	
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4319 Westerly Common 94538 1,115,000 3 1292 2007 9/12/22	7860 Hazelnut Drive 94560 1,180,000 4 1725 1964 9/14/22	A 1
2540 Tassajara Terrace 94538 1,140,000 3 1712 2014 9/16/22	7651 Aspen Place 94560 1,185,000 4 1494 1963 9/16/22	20
34470 Benedick Lane 94555 1,215,000 3 1446 1986 9/13/22 36803 Oak Street 94536 1,230,000 3 1404 1961 9/16/22	6281 Tourraine Drive 94560 1,258,000 3 1526 1959 9/16/22	
36803 Oak Street 94536 1,230,000 3 1404 1961 9/16/22 3505 Braxton Common 94538 1,250,000 3 1637 2000 9/14/22	8548 Waveside Way 94560 1,399,000 4 2142 2017 9/16/22	
42671 Philadelphia Pl 94538 1,275,000 3 1151 1958 9/13/22	35474 Farnham Drive 94560 1,450,000 4 1822 1969 9/16/22	
4154 Lombard Ave #B 94536 1,400,000 4 1982 1964 9/15/22	36097 Crystal Springs Dr 94560 2,000,000 5 2724 1998 9/15/22	
3453 Router Common 94538 1,443,000 0 9/12/22	SAN LEANDRO TOTAL SALES: 14	
35836 Killorglin Cmn 94536 1,450,000 4 1664 1997 9/15/22	Highest \$: 1,300,000 Median \$: 817,500	S
48317 Hackberry Street 94539 1,560,000 4 1272 1972 9/16/22		
	Lowest \$: 525,000 Average \$: 880,357 ADDRESS ZIP SOLD FOR BDS SOFT BUILT CLOSED	
3572 Monmouth Place 94538 1,579,000 4 1412 1958 9/16/22	ADDRESS ZIP SOLD FOR BDS SQFT BUILT CLOSED	
3572 Monmouth Place 94538 1,579,000 4 1412 1958 9/16/22 35381 Terra Cotta Circle 94536 1,600,000 5 2669 1999 9/14/22	ADDRESS ZIP SOLD FOR BDS SQFT BUILT CLOSED 1506 138th Avenue #1 94578 525,000 2 811 1970 9/15/22	
	ADDRESS ZIP SOLD FOR BDS SQFT BUILT CLOSED 1506 138th Avenue #1 94578 525,000 2 811 1970 9/15/22	∇
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35381 Terra Cotta Circle 94536 1,600,000 5 2669 1999 9/14/22 41118 Thurston Street 94538 1,638,000 4 1867 1959 9/16/22 47560 Kinner Falls Cmn 94539 1,749,000 0 9/14/22	ADDRESS ZIP SOLD FOR BDS SQFT BUILT CLOSED 1506 138th Avenue #1 94578 525,000 2 811 1970 9/15/22 14209 Seagate Dr #141 94577 625,000 2 1033 1987 9/13/22 409 Lloyd Avenue 94578 725,000 3 1008 1952 9/16/22 1981 Nome Street 94577 738,000 3 1008 1950 9/13/22	Re
35381 Terra Cotta Circle 94536 1,600,000 5 2669 1999 9/14/22 41118 Thurston Street 94538 1,638,000 4 1867 1959 9/16/22 47560 Kinner Falls Cmn 94539 1,749,000 0 9/14/22 47684 Hoyt Street 94539 1,800,000 4 1544 1969 9/16/22 34372 Eucalyptus Ter 94555 1,830,000 4 1929 1993 9/16/22 38619 Kimbro Street 94536 1,850,000 3 1694 1961 9/13/22	ADDRESS ZIP SOLD FOR BDS SQFT BUILT CLOSED 1506 138th Avenue #1 94578 525,000 2 811 1970 9/15/22 14209 Seagate Dr #141 94577 625,000 2 1033 1987 9/13/22 409 Lloyd Avenue 94578 725,000 3 1008 1952 9/16/22 1981 Nome Street 94577 738,000 3 1008 1950 9/13/22 1763 143rd Avenue 94578 760,000 2 968 1946 9/12/22	Re
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SUBMITTED BY THE ASSOCIATION OF MATURE AMERICAN CITIZENS

This trick was a real treat

In the good old days, Halloween displays might feature a bigger-than-life pumpkin or an oversized wicked witch on a broom. But says the Association of Mature American Citizens (AMAC), this is the 21st Century and technology and an overactive imagination might compel some of us to up the ante. Take the Halloween display Dave and Aubrey Appel created in Plainfield, Illinois. It attracted crowds of onlookers so big that it got them into trouble with their neighbors. The gawkers scratched their heads as they watched a "real life" levitation display, as a no-strings-attached mannequin floated over the Appel's front yard. How did they do it? They're not telling. See video of the Appel's mysterious Halloween display on YouTube: www.youtube.com/watch?v=NRRY7eeLe24.

Wild life in the city

The wild life in most of America's big cities might include a wild rat or two, nut-chasing squirrels and messy pigeons. But, according to National Geographic, "Los Angeles is the only major metropolitan area in the world with a bevy of mountain lions [cougars]." And so, it comes as no surprise that the Los Angeles Police Department was called out to track down and capture one of those lions recently, reports AMAC. It was causing consternation, at best, for the residents of the Brentwood neighborhood. The cops found the big cat, shot it three times with tranquilizer darts but it got away. It was finally cornered and captured in a back yard and relocated to the Angeles National Forest. See video of the wayward mountain lion on YouTube: www.youtube.com/watch?v=X414z71v-vQ.

Not so scary story for Halloween

It was Halloween and Kristina Kallman of Waconia, Minnesota was off to a party. So, she left a bowl of candy on her porch so that trick-or-treaters could help themselves, according to AMAC. Along came 12-year-old Abby and her younger brother Levi and found that other kids had already emptied the bowl. So, what did they do? Abby and Levi reached into the candies they had already collected and refilled bowl. When their mom told them that it was the right thing to do, Abby replied, "Well I didn't want other kids to not have candy." See surveillance camera video of the kids refilling the Halloween candy box on YouTube: www.youtube.com/watch?v=CT7o_6w-R8A.

The Association of Mature American Citizens is a 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.

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Liuing Vell MASONIC HOMES OF CALIFORNIA MASONICHOME.ORG • NOV. 2022



This October, a Walk to Remember

THE MASONIC HOMES OF CALIFORNIA JOINS THE NATIONWIDE WALK TO END ALZHEIMER'S.

IT WAS AN UNFORGETTABLE day of hope and celebration for the more than 1,500 people comprising 200-plus teams that gathered October 29 for the 2022 East Bay **Walk to End Alzheimer's** at Bishop Ranch in San Ramon.

All told, participants raised \$511,755 to fund research into and raise awareness of Alzheimer's disease, which is already the sixth-leading cause of death in the United States—that's more than breast cancer and prostate cancer combined. As a leader in the field of

memory care, the Masonic Homes of California was well-represented at the walk, fielding a 15-walker team who together raised \$1,800.

As a major sponsor of the Walk to End Alzheimer's,

Joseph Pritchard, Chief Operating Officer of Masonic Homes of California, was able to address the participants during opening ceremony.

"The Masonic Homes of California holds our partnership with the Alzheimer's Association as one of the most important pillars in our community support" said Pritchard. "Dementia in all of its forms, including Alzheimer's disease, ravages the senior population and often younger adults. Friends, family, and loved ones have all needed to become heroes while fighting this horrible disease. This is why the Walk to End Alzheimer's is so important. We walk not only to support everyone diagnosed with dementia, but everyone affected by it."

The Alzheimer's Association's Walk to End Alzheimer's, which is held annually in 600 communities across the country, is the world's largest event to raise funds for



We walk not only to support everyone diagnosed with dementia, but everyone affected by it."

— Joseph Pritchard, Chief Clinical Officer, Masonic Homes of California

Alzheimer's care, support, and research. Today, more than 5 million people in the U.S. are living with Alzheimer's—and another 16 million are working as either paid or unpaid caregivers for people with the disease or another form of dementia. One in three seniors ultimately dies with Alzheimer's or dementia, and close to two-thirds of all Americans with the disease are women.

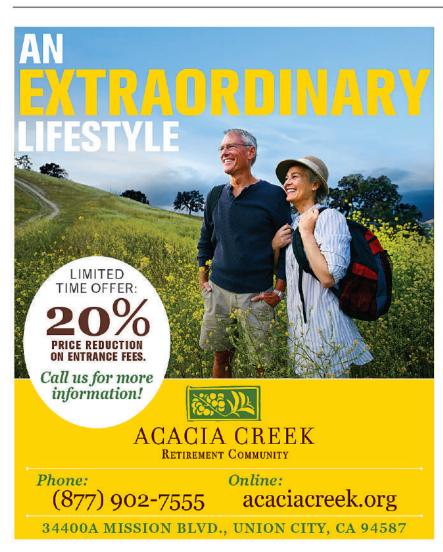
"It is with grace and compassion that Masonic Homes residents and staff join the Walk to End Alzheimer's to support and watch 96-year old resident Dorothy Holloman walk for her husband, Larry, and his caregivers in memory," said Soledad Martinez, executive director for the Masonic Homes.

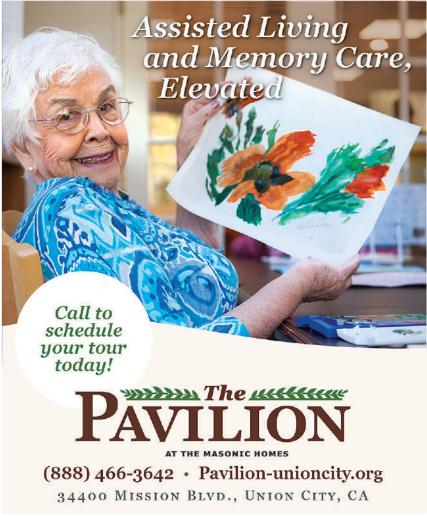
As the presenting sponsor of the 2022 event, the Masonic Homes of California are particularly invested in supporting research into Alzheimer's Disease

and other forms of dementia. That's reflected in a wide range of programming offered at the Masonic Homes designed as early interventions or to treat existing memory conditions. The **Brain Fitness Gym** helps residents' cognitive abilities through neurologist-designed software, while the **Compass Club** memory program allows those at early stages of memory loss and living independently to focus on social engagement and alternative forms of care like art therapy.

On the other end of the spectrum, the Masonic Homes Traditions program provides assisted-living care and around-the-clock support for those dealing with advanced-stage memory loss. And its newly opened Pavilion at the Masonic Homes—which is open to all members of the public—is a state-of-the-art residence with on-site skilled nursing care geared specifically toward seniors dealing with memory loss. •

For more information about the Masonic Homes of California and its memory-care services, visit MasonicHome.org.





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Shadow is a 2 year old male pit bull mix who is a goofy, lovable boy. He likes tennis balls, squeaky toys, and cuddles. He loves treats and learns quickly. He would like a home with older kids and other dogs. To adopt call Hayward **Animal Shelter (510) 293 - 7200**



Kenny is a laid back male bunny who is easy to handle and enjoys treat puzzle toys and timothy biscuit treats. His adoption is free, sponsored by a generous volunteer. To adopt **call Hayward Animal Shelter** (510) 293 - 7200.

Schedules are subject to change.

R= Reservations Required

\$ = Entrance or Activity Fee

Call to confirm activities shown in these listings

Arts & Entertainment

CONTINUING **EVENTS**

Tuesdays

Practice Your English-Tuesday Chat! R

4:00 pm - 5:00 pm Improve your English by talking with native speakers bit.ly/3TH2keU jliu@aclibrary.org

Second Tuesdays

The Page Turners

7:00 pm - 8:00 pm Book discussion for adults facilitated by librarian Chris Selig Castro Valley Library 3600 Norbridge Ave, Castro Valley (510) 667-7900 aclibrary.org castrovalley@aclibrary.org

Wednesdays

Tropics Bingo

7:00 pm Flash games Tropics Mobile Home Park 33000 Almaden Blvd, Union City (510) 471-8550 the-tropics.net

First Wednesdays

Talkin' Dirt

7:00 pm - 8:00 pm Online Gathering of Gardeners Local Ecology and Agriculture Fremont (LEAF) 6501 Niles Blvd, Fremont fremontleaf.org/talkindirt

First Thursdays

Plethos Comedy Lab \$

8:00 pm - 10:00 pm Ever-changing lineup of Bay Area comics (18+) Castro Valley Market Place 3295 Castro Valley Blvd, Castro Valley (510) 901-1001 castrovalleymarketplace.com,

Ticket: \$10

Thursdays Chair Yoga R

10:00 am - 11:00 am Consists of breathing and stretching Age Well Center at South Fremont 47111 Mission Falls Ct, Fremont (510) 742-7529 bit.ly/3rAEdSC

Thursdays, Fridays, Saturdays, and Sundays

Ride the Rails \$

10:20 am - 1:55 pm Travel through the eucalyptus groves Ardenwood Historic Farm 34600 Ardenwood Blvd, Fremont (888) 327-2757 ebparks.org/parks/ardenwood

Thursdays, Saturdays, and Sundays

Rockin' Tots \$

10:00 am - 12:00 pm Saturday: 8:00 am - 10:00 am Sunday: 9:00 am - 11 am Rockin' Jump Trampoline Park 39177 Farwell Drive, Fremont (510) 246-3098 rockinjump.com/Fremont \$10 for a parent and child under 6 for an hour

First Fridays

Chabot Space \$

6:00 pm - 10:00 pm Door open for discovery with planetarium shows, telescope viewings and after-hours access Chabot Space and Science Center 10000 Skyline Blvd, Oakland (510) 336-7300 chabotspace.org Ticket: \$15 adults, \$10 seniors/kids,

Fridays

Fiber Arts R\$

1:00 pm - 3:00 pm Learn knitted arts Age Well Center at South Fremont 47111 Mission Falls Ct, Fremont (510) 742-7529 bit.ly/3rAEdSC Member - \$24.50 Non-Member - \$44.50 Material fee: \$10

Fridays

Knitting Class in Mandarin

9:45 am - 10:45 am Learn about knitting Age Well Center at South Fremont 47111 Mission Falls Ct, Fremont (510) 742-7529 bit.ly/3rAEdSC

Saturdays

Laugh Track City \$

8:00 pm Improvised games and scenes (Please show proof of vaccination) Made Up Theatre 4000 Bay St suite B, Fremont (510) 573-3633 madeuptheatre.com

Saturdays and Sundays

Open Recreation Swim "Water Park" In Silliman \$

12:30 pm - 3:00 pm Activity pool, Water slides, Lazy River Silliman Activity and Family Aquatic Center 6800 Mowry Ave, Newark (510) 578-4620 https://bit.ly/3rYybve

Second Saturday

Lazy Saturdays? 9:00 am - 12:00 pm

Join members of LEAF and tackle various projects Local Ecology and Agriculture Fremont (LEAF) 6501 Niles Blvd, Fremont fremontleaf.org/volunteer volunteer@fremontleaf.org

Fridays and Saturdays

Investigating Space \$

7:30 am - 10:30 pm Explore stars, planets and more through Chabot's historic telescopes Chabot Space and Science Center 10000 Skyline Blvd, Oakland (510) 336-7300 chabotspace.org

Mondays

Advanced Math + Tutoring 5:30 pm - 7:00 pm

Free High School and College-Level tutoring Castro Valley Library 3600 Norbridge Ave, Castro Valley (510) 667-7900 aclibrary.org castrovalley@aclibrary.org

Second Thursdays, September 8 - June 9

6:00 pm

Father and father figures to obtain resources HUSD Parent Resource Center Hub 24823 Soto Rd, Hayward (510) 723-3857 husd.us/hub

Thursdays - Sundays, October 6 - December 4

Shape, Form, and Color:

Modern Expressionism 1:00 pm - 5:00 pm

Art exhibit at the UNCLE Union Art Gallery Art 2400 2400 First St, Livermore (510) 373-6800 livermorearts.org

Tuesdays, October 11 -**December 27**

Needle Time

6:00 pm - 7:00 pm Bring your latest sewing, or knitting project to craft San Lorenzo Library 395 Paseo Grande, San Lorenzo (510) 284-0640 aclibrary.org/locations/SLZ

Saturdays and Sundays

Discovery On Demand

10:30 am - 03:30 pm Explore, investigate, and craft to satisfy your natural curiosities Coyote Hills Visitors Center 8000 Patterson Ranch Rd, Fremont (510) 544-3220 bit.ly/3UGfdGr

Friday - Thursday, October 21 - November 17

Celebrate Women! Art Exhibit

9:00 am - 5:00 pm John O'Lague Galleria Hayward City Hall 777 Hayward, Hayward (510) 583-4000

Sundays, Tuesdays, and Thursdays, October 30 -**December 2**

ACT math review bootcamps

8:00 pm - 9:30 pm Exam Prep for December ACT Test Date 6-week camp je411.com/act

Sundays, October 3 - December 18

Snake talk \$

2:30 pm - 3:00 pm Learn important role snakes play in the ecosystem Sunol Regional Wilderness Visitor Center 1895 Geary Rd, Sunol (510) 544-3245 ebparks.org/parks/Sunol

Thursdays, November 03 -**November 17**

Exploring the World of Wine

1:00 pm - 3:00 pm Join Wine Educator to learn more about wine Age Well Center at South Fremont 47111 Mission Falls Ct, Fremont (510) 742-7529 bit.ly/3rAEdSC Member: \$17.50 Non-Member: \$37.50

Thursdays, November 3 -**December 8**

Calling all Carolers! R

Sing with Bay Area Showcase Chorus Mount Olive Ministries 1989 E Calaveras Blvd, Milpitas (408) 973-1555 info@singharmony.org

Saturdays, November 12 -February 5

13 Weekly (Grief Share) **Sessions R**

9:00 am - 10:30 am Prince of peace church 38451 Fremont Blvd, Fremont (510) 793-3366 popfremont.org

Friday - Tuesday, November **18 - November 22**

Food baskets pickup R

2:00 pm - 7:00 pm Thanksgiving ingredients ready for pickup, activity packs Grocery Outlet 36601 Newark Blvd, Newark (510) 793-5683 Select pick up date at www.lov.org

UPCOMING EVENTS

Tuesday, November 15

Kid's Craft Night 4:00 pm - 6:00 pm

Make your own turkey Thanksgiving activities Chick-fil-A Mowry Avenue 5245 Mowry Ave, Fremont (510) 608-5771 bit.ly/3WpRmw2 Free to attend, food for purchase

Wednesday, November 16 **Diversity Circle**

10:00 am - 12:30 pm Make new friends, become an ally by joining "Celebrating Diversity Circle'

Age Well Center at Lake Elizabeth 40086 Paseo Padre Pkwy, Fremont (510) 790-6606

Wednesday, November 16 **Teen Poetry Workshop**

4:30 pm

Meet up with other teen poets to get inspired and workshop your poetry Hayward Public Library 888 C St, Hayward (510) 293-8685 hayward-ca.gov/public-library ariana.nussbaum@hayward-ca

Wednesday, November 16

Family Storytime

10:30 am In-person Storytime, learn through stories, songs and movement Union City Library 34007 Alvarado-Niles Rd, Union City (510) 745-1464 aclibrary.org/locations/UCY

Wednesday, November 16

Online STEM Crafts: Salt, Crystal, Leaves R

4:00 pm - 5:00 pm Learn about crystal formation while making festive decoration bit.ly/3G7VDPi

Wednesday, November 16 **Apprenticeship Career Fair R**

3:00 pm - 6:00 pm Paid job + training in a wide variety of industries Tri-Valley Career Center 5860 Owens Dr 3rd Floor, Pleasanton

Thursday - Saturday, November 17, 18, 19

Frankenstein R\$

bit.ly/3GaFk4h

8:00 pm A new adaptation refocusing the classic story Smith Center Ohlone College 43600 Mission Blvd, Fremont www.ohlone.edu

Thursday, November 17

Birding Basic Walk \$

8:30 am - 10:00 am Discover the basics of birding and common birds of Sunol Sunol Regional Wilderness Visitor Center 1895 Geary Rd, Sunol (510) 544-3245 ebparks.org/parks/Sunol Parking: \$5

Thursday, November 17

NaNoWriMo Write-In

4:00 pm - 6:00 pm Aspiring and professional authors get together Centerville library 3801 Nicolet Ave, Fremont (510) 795-2629 aclibrary.org/locations/CTV

Thursday, November 17 Virtual Nature Journaling Workshop

2:00 pm - 3:00 pm Embark step-by-step nature journaling adventure through observation and practical techniques virtually Sunol Wilderness Regional Preserve Zoom link: us02web.zoom.us/i/87297119804F

Friday, November 18

Mobile Food Distribution - TCV

10:30 am - 11:30 am Available for first 80 families; please bring your own reusable bag Fremont Main Library 2400 Stevenson Blvd, Fremont (510) 745-1400 aclibrary.org/locations/FRM

Friday, November 18

Self-Care and Self-compassion

1:00 pm Keys to well-being youtube.com/whhsInHealth facebook.com/WashingtonHosp

Friday, November 18

Jose Feliciano Show \$

8:00 pm Bankhead Theatre 2400 First St, Livermore (510) 373-6800 livermorearts.org Ticket: \$20-\$105 (\$20 student/military personnel)

Saturday, November 19 Rabbit Rendezvous

10:30 am - 11:00 pm Learn why rabbits are great hoppers and how they use their ears to sense danger

Ardenwood Historic Farm 34600 Ardenwood Blvd, Fremont (888) 327-2757 ebparks.org/parks/ardenwood

Saturday, November 19 "Pop Up on the Promenade"

fall edition!

11:00 am - 5:00 pm

Enjoy kid's activities, music, and shopping handmade goods Studio 11 34626 11th St, Union City (510) 675-5825 instagram.com/studio11gallery

Saturday, November 19 Poops and Paws R

1:00 pm - 2:00 pm Learn the signs animals leave behind to identify them Sunol Regional Wilderness Visitor Center 1895 Geary Rd, Sunol (510) 544-3245 ebparks.org/parks/Sunol

Saturday, November 19

Kids Fall Craft Time

11:00 am - 2:00 pm Create fun crafts for kids Dale Hardware

3700 Thronton Avenue, Fremont (510) 797-3700

Saturday, November 19 Pawlik-Merks-Wyrick: Piano

Violin Cello R\$

7:30 pm Finest musician of Bay area combined for a trio Bankhead Theatre 2400 2400 First St, Livermore (510) 373-6800 livermorearts.org Ticket: \$35 and above

Saturday, November 19

Investigating Space: Supersonic Flight \$

1:00 pm - 2:00 pm Get to know about the unique features of supersonic airplane "the X-59" Chabot Space and Science Center 10000 Skyline Blvd, Oakland (510) 336-7300 chabotspace.org Free with general admission

Saturday, November 19 **Homebuyer Education** Workshop R

6:00 am - 5:00 pm Learn how to create a budget, repair credit, and how to select for a lender bit.lv/3EoHT1m Register by November 17

Saturday, November 19

Dancing Turkey Toy Workshop

9:00 am - 12:00 pm Bring your mini-DIYEr for building their own Turkey LOWE'S Union City 32040 Union Landing Blvd, Union City low.es/3hwDHDE

Saturday, November 19 **Cannine Capers R**

9:00 am - 11:00 am

Hike Park Trails Sunol Regional Wilderness Visitor 1895 Geary Rd, Sunol (510) 544-3245 ebparks.org/parks/Sunol

Sunday, November 20 **Teen Figure Drawing R**

1:30 pm - 2:30 pm Practice figure drawing skill Fremont Main Library 2400 Stevenson Blvd, Fremont (510) 745-1400 aclibrary.org/locations/FRM

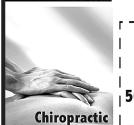
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Sunday, November 20

Turkey Tournament

10:00 am - 11:00 am Explore the work of turkeys through some light movement and games Coyote Hills Visitors Center 8000 Patterson Ranch Rd, Fremont (510) 544-3220 bit.ly/3UGfdGr

Sunday, November 20 **Felted Pumpkins at Mindy** Castle

11:00 am - 12:00 pm Create some felted fall fun and decorate your home Ardenwood Historic Farm 34600 Ardenwood Blvd, Fremont ebparks.org/parks/ardenwood

Sunday, November 20 Chris Perondi's Stunt Dog Ex-

perience \$

3:00 pm "Dog Gone Fun" for the entire family Bankhead Theatre 2400 2400 First St, Livermore (510) 373-6800 livermorearts.org Tickets: \$20-\$35 (\$20 student/military personnel)

Tuesday, November 22

Free Holiday Dinner

4:00 pm - 6:00 pm 22nd Annual Taiwanese Free Thanksgiving Dinner Centerville Presbyterian Church 4360 Central Ave, Fremont (510) 793-3575 Jckh3402@gmail.comcpcfremont.org

Boutique Calendar **Fall Art Show & Sale**

Thursday, Nov 17

2:30 p.m. - 5:00 p.m. Get your shopping done and support student art programs Mt. Eden High School, Room L4 2300 Panama St., Hayward

Dominican Sisters of Mission San Jose Holiday Boutique Saturday, Nov 19

9 a.m. - 4 p.m. Fruitcake, honey, olive oil, and handmade items SDMSJ Motherhouse 43326 Mission Cir, Fremont www.msjdominicans.org

Holiday Boutique Saturday, Nov 19

10 a.m. - 4 p.m. Handcrafted items for holiday gift, Raffle prizes Georgian Manor Mobile Home Park 1419 Buckingham Way, Hayward (510) 785-2212 harleneatvip@comcast.net

Mistletoe Madness Saturday, Nov 26

10 a.m. - 4 p.m.70+ booths from local crafters and artisans

Marina Community Center 15301 Wicks Blvd., San Leandro www.mistletoemadness.net

Oakland Cottage Industry Saturday, Dec 3

10 a.m. - 4 p.m.30 local artist and makers Park Boulevard Presbyterian Church 4101 Park Blvd., Oakland www.oaklandcottageindustry.com

Pruma Center's First Craft Fair Saturday, Dec 3

5 p.m. – 10 p.m. Pruma Center 616 E St., Union City

The Menagerie Oddities and **Curiosities Holiday Market** Saturday, Dec 3 – Sunday,

10 a.m. - 5 p.m.No one does Christmas, the occult, and the odd like Victorians Winchester Mystery House 525 South Winchester Blvd., San Jose www.themenagerieodditiesmarket.com

Holiday Fest Sunday, Dec 4

Tickets: \$5

11 a.m. – 4 p.m. 25 local artists, authors, and crafters, including Judaica items Temple Israel 3183 Mecartney Rd., Alameda (Harbor Bay Isle) www.templeisraelalameda.org

Tree Lighting Ceremony Thursday, Dec 1

7 p.m. - 9 p.mMilpitas Civic Center Plaza 455 E. Calaveras Blvd., Milpitas (408) 586-3210 www.milpitas.gov

Bright up the Night Friday, Dec 2

6 p.m. – 8 p.m. Laser light shows set to holiday music, selfies with Santa and other characters Courtyard near Old Navy, Fremont

Argonaut Way & Mowry Ave. fremonthub.shopkimco.com

It's a Wonderful Night Friday, Dec 2

5:30 p.m. – 9:00 p.m. Estudillo Plaza Estudillo Ave., between E 14th St., and Washington Ave., San Leandro Kids' crafts, holiday drone show, holiday market, movies, Santa and Mrs. Claus

(510) 281-0703 downtownsanleandro.com/events/itsa-wonderful-night/

Hayward Light up the Season Saturday, Dec 3

5 p.m. City Hall Plaza 777 B St., Hayward Tree lighting, toy drive, bookmobile, and more https://www.hayward-ca.gov/residents/arts-leisure/light-up-the-season

Holiday Celebration and Tree Lighting Saturday, Dec 3

6 p.m. – 9 p.m. Carolers, holiday treat, visit with Santa and elves Courtyard near Market Broiler 43406 Christy St., Fremont https://pacificcommons.com/



Newark Tree Lighting Monday, Dec 5

5:30 p.m. – 7:30 p.m. 7 p.m.: Tree Lighting Games, crafts, hot cocoa & cookies, photobooth, toy drive Newark Civic Center 37101 Newark Blvd., Newark www.newark.org

Mission San Jose Tree Lighting Ceremony Saturday, Dec 10

5 p.m. – 8 p.m. Live band, cookies, hot chocolate. Fremont Fire Station 4 will deliver Santa Claus! Old School Business Center 43571 Mission Blvd., Fremont (Next to Subway Sandwiches) www.msjchamber.org



Tree Lighting Calendar

Niles Festival of Lights Parade Friday, Nov 25

6 p.m. Tree Lighting 6:30 p.m. Parade starts Downtown Niles Niles Blvd., from G St. to J St., Fremont (510) 857-6512

www.nilesfestivaloflightsparade.org



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LEGO discontinues Mindstorms product line

By MIKE OITZMAN

The news that LEGO has discontinued the Mindstorms product line is bittersweet for me. I bought my daughter a LEGO Mindstorms kit for Christmas in 2000 when she was only three years old. My aunt, who was in town for the holidays, accused me of buying it for myself.

Guilty.

However, my daughter and I had lots of fun building things that moved with that initial LEGO RCX Mindstorms kit, even if my daughter didn't know how to program the robot at the time. Fast forward to 2013, I volunteered to help mentor and start a FIRST LEGO League team at my son's elementary school. My passion for all things FIRST-related has only grown in the 10 years since that first team.

It's what reignited my passion for robotics, inspired me to take a job leading the mobile robotics product team at Adept Technology (now OMRON) in 2014, and it's what inspired me to found The Mobile Robot Guide publication in 2018.

So yeah, LEGO Mindstorms had a big impact on my career and my passion for mobile robots. One of the founding members of our original FIRST Tech Challenge team recently graduated from Yale with a degree in computer science and started his career on the perception engineering team at Skydio Drones.

I am proud to say that I have inspired more than a hundred kids in our community to consider careers in a STEM-related field, through the excitement of competitive robotics.

Alas, all is not lost. While LEGO has decided to retire the LEGO Mindstorms brand, the LEGO Spike Essentials Kit is now the centerpiece for the FIRST LEGO League competitions, although any of the prior released Mindstorms components are legal for competition.

The LEGO SPIKE "brain" is a bit smaller than the Mindstorms EV3 brain. Both use the same software and the motors and encoders have similar power and resolution.

The big difference is that the SPIKE kits' motors and sensors are more rectangular than the earlier Mindstorm models. This feature enables the construction of much more compact robots with SPIKE than with prior generations of Mindstorms kits.

The Lego Mindstorms system has three generations. The Robotics Invention System, which was released in 1998, was the first. The next generation, called Mindstorms NXT was released in 2006. This was followed by the Mindstorms EV3, which was launched in 2013. There were a number of both retail and educational kits at each generation of Mindstorms.

When it came out in 1998, the first Robotics Invention System used the RCX programmable brick (Robotic Command eXplorers). It could be programmed with RCX or ROBOLAB based on LabVIEW. Chris Rogers' software from Tufts University was sold by National Instruments. The RCX had 32K RAM and ran at 16 MHz. The brick came with two motors, two touch sensors, and one light sensor.

The LEGO NXT kit of the next generation had three servo motors and one sensor for light, sound, distance, and touch. Another touch sensor was added to NXT 2.0. The NXT brick had 64 KB of RAM and ran at 48 MHz. ROBOLAB was in the education kit, but NXT-G was in the retail set.

Linux is the core operating system of the last generation of LEGO EV3 brick. It included a processor with 300 MHz, 64 MB RAM, and 16 MB Flash memory. It was able to connect to WiFi, Bluetooth, USB, and Micro SD. The teaching set ran on LabView and had two big motors, one medium motor, two touch sensors, one color sensor, one gyroscopic sensor, and one ultrasonic sensor.

If you have any of these original Mindstorms kits, there is an active secondary market on Ebay as well as other LEGO brick-selling services for used LEGO items. Or you can just hang on to them for the grandkids, like I am doing.

Mike Oitzman is Editor of WTWH's Robotics Group and founder of the Mobile Robot Guide. He can be reached at moitzman@wtwhmedia.com.

Park It: Talkin' Turkey

By NED MACKAY

It's time again for my annual primer on turkeys, those birds that appear in parks, open spaces, suburban streets, and on dinner tables the fourth Thursday in November

Turkeys are native to eastern and central North America. A variety existed in what is now California about 10,000 years ago, but the species died out. The turkeys we see in the wild these days are descendants of birds that were introduced to the state many years ago for hunting purposes, with the approval of the California Department of Fish and Wildlife. There is a turkey-hunting season in California, but no hunting of any kind is allowed in the East Bay Regional Parks. For turkey-hunting regulations, visit wildlife.ca.gov.

Wild turkeys live in oak woodlands. They are ground nesters, but can fly up into trees to escape predators. Their diet consists of seeds, bugs, berries, acorns in the fall and clover in the spring. Their predators include mountain lions, bobcats, coyotes and golden eagles. Adult wild turkeys weigh 15 to 20 pounds. They have strong chest muscles, enabling rapid flight, and can run as fast as 18 miles per hour. The position of their eyes gives them a visual range of 270 degrees. Their hearing is acute, too.

Wild tom turkeys assemble a harem of 14 to 20 hens between mid and late February. Breeding is in March, eggs are laid in April, and the poults (baby birds) hatch in May. Female turkeys nest amid rocks and brush. The freshly hatched poults can't fly for their first two weeks of life, so they are most vulnerable to predators during that period.

If you see turkeys in the parks, please do not approach them or try to feed them. Just enjoy watching them from a distance.

The next session of "Canine Capers," a monthly hike on park trails for folks and their furry friends, will be from 9 a.m. to 11 a.m. on Saturday, November 19 at Sunol Regional Wilderness with naturalist Kristina Parkison. Meet at the visitor center. People without dogs are welcome, too, as long as they are comfortable with off-leash dogs around them. All children must be accompanied by an adult.

Sunol Regional Wilderness is located at the end of Geary Road off Calaveras Road about five miles south of I-680 and the town of Sunol. The hike is free; there's a parking fee of \$6 per vehicle. For information, call (510) 544-3249.

Learn all about rabbits and their habits – why they are great hoppers and how they use those long ears -- during a naturalist-led program from 10:30 a.m. to 11:00 a.m. on Saturday, November 19 at Ardenwood Historic Farm in Fremont. Ardenwood is located at 34600 Ardenwood Boulevard, just north of Highway 84. The program is free and disabled accessible. No registration is required. Ardenwood admission fee applies. For information, call (510) 544-2797.

Plants and animals of a tidal marshland habitat will be the stars of a program from 9 a.m. to 11 a.m. on Sunday, November 20 at Radke Martinez Regional Shoreline in Martinez, led by naturalist Kevin Dixon. It's a three-mile flat walk to view the wildlife, including time at a pocket beach as the tide rolls back through Carquinez Strait to the Pacific Ocean. Meet Kevin in the parking lot on the left off N. Court Street just past Joe DiMaggio Drive. No registration is required. For information call (510) 544-2751.

There's a free, nature-themed craft activity from 12 noon to 2 p.m. every Saturday and Sunday in the visitor center at Big Break Regional Shoreline in Oakley. It's a drop-in program and families are welcome. Parent participation is required. Big Break is at 69 Big Break Road off Main Street in Oakley. For information, call (510) 544-3050.

These are just a few of the Park District's programs. For a full program list, visit www.ebparks.org/things-to-do.

Community Bulletin Board

FREMONT COIN CLUB

Established 1971 Meets 2nd Tues in person 7pm Meets 4nd Tues with Zoom 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365

Hope Evangelical-Lutheran Church 3800 Beard Rd, Fremont, CA 94555

A church of the Unaltered Augsburg Confession AD 1530 and The Book of Concord AD 1580/1584 Lutheran Church Missouri Synod (LC-MS) - English District Incarnational. Sacramental. Liturgical. Find our service times and social media links on our website:

www.hopelutheranfremont.org Rev. Ray Hulett (510) 793-8691 reverendhulett@gmail.com

BINGO BINGO BINGO

"We implore you on behalf of Christ, be reconciled to God."

Niles Canyon Mobile Estates 711 Old Canyon Road, Fremont (Niles District)

The FIRST MONDAY of Every month in 2022 Doors Open @ 6:00 PM Games Start @ 7:00 PM

\$7.00 - 6 pack; \$1.00 Bonanza; \$1.00 Blackout; \$1.00 Hot Ball; \$2.00 Daubers

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Shout out to your community

Our readers can post information including:

Activities Announcements For sale **Garage sales Group meetings** Lost and found

For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance.

Payment is for one posting

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

The "NO" List:

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

Scholarships for Women **Fremont PEO/UF sponsors** scholarships for women entering college, earning another degree, returning after 2+ years. 2% education loans.

www. peocalifornia.org

peouf150@gmail.com

Are you troubled by someone else's drinking?

Al-Anon and Alateen Family Groups are here to help! Al-anon has but one purpose, to help families and friends of Alcoholics.

We have Zoom meetings during the Shelter in Place. For a full meeting list, please visit http://alanond17.weebly.com You can also email easyduz@gmail.com or call us at 510.276.2270 for more info.

President's **Distinguished Club Newark Toastmasters** can help you improve your speaking and leadership skills.

We meet via Zoom every Tuesday 7 am - 8 am It's FREE to attend as a guest. Info: wmfitts@yahoo.com profricka@gmail.com www.1118.toastmastersclubs.org

LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP!

Zoom meeting 4th Saturday of the month (off July & Dec) 2:00-4:00 PM

Great speakers! * All genres! * Critique groups available! Email scottfrombayside@yahoo.com

for Zoom link before the meeting. Writers' Salon meets 4th Monday of the month (occasional exceptions)

Join us via Zoom 7:00-9:00 PM Read, discuss or just listen. Email up.dragonfly.com@gmail.com for Zoom link before the meeting. Everyone is welcome! www.cwc-fremontareawriters.org

The Friendship Force of the San Francisco Bay Area

Experience a country and its culture with local hosts; meet global visitors. African guests in 2022 Travel to Aust/NZ in 2022

Enjoy our many Bay Area events. www.ffsfba.org www.friendshipforce.org Call or text 510-363-0531

Fremont Cribbage Club

Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 5PM. at BRONCO BILLY'S PIZZA at 41200 Blacow Road, Fremont We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.

Join the American **Association of University Women - Fremont Branch**

Make new friends Create STEM opportunities for girls Arrange STEM summer camps for teens Attend social events Choose students for college scholarships Meet with your book group. Gather for coffee Have Fun https://fremont-ca.aauw.net/

Want to see a collection of vintage buses?

Visit the Pacific Bus Museum in Fremont at 37974 Shinn Street. View and explore these antiques which were built from 1932 to 1995. Open the first and third Saturday of every month from 10am to 2pm. Children always welcome. www.pacbus.org

Mission Peak Fly Anglers

Join us to meet with those who enjoy fly fishing **Programs Casting Lessons** FlyTying

Meetings every 3rd Wednesday 7 pm Fremont Activity Center

3375 Country Dr, Fremont www.missionpeakflyanglers.org email: fremont.mpfa@gmail.com

THE HISTORIC SHINN HOUSE

1251 Peralta Blvd, Fremont, CA Open for public tours \$4 adults, \$2 Children (7-13) on the: First Wednesday of each month, and Third Sunday of each month from 1 PM to 4 PM. Groups of six or more need to make a reservation Groups of five or less are welcome without a reservation We will enforce current local CDC Guidelines All tours are Docent led and last about one hour. More information and large group reservations call: (510) 795-0891

"Believe" Holiday Boutique

Sat. December 3rd, 9am-3pm Fremont's largest! Over 70 artisan vendors FREE admission and parking American High School 36300 Fremont Blvd. Fremont Proceeds benefit the Class of 2023 Safe & Sober Grad Nite celebration https://ahsboutique.weebly.com/

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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 40+ 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 YOU DONT WANT TO MISS IT!!!!!

TRI-CITIES WOMEN'S CLUB

Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:30 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; bridge, lunch bunch, Rummikub, bocce ball & book club. For more info, call 916-217-3074

SPECIAL SCREENING - AWARD-WINNING FILM CAMPESINOS: AMERICA'S UNSUNG HEROES

Bay Area Community Health & On Lok Invite you to a free community event Honoring CA Migrant Farmworkers Winner, Best Film 2022 LA Doc. Film Fest Screening, Panel Discussion, Lite Refreshments Tues, 11/15, 5:30 - 8:30pm Mexican Heritage Plaza, 1700 Alum Rock Ave, San Jose To register and for more info: https://tinyurl.com/Campesinos1115

Tropics BINGO Every Wednesday Games start7pm

33000 Almaden Blvd. Fremont Buy-In \$10 Flash games \$100-\$500 90% Payout Profits go to local Charities the-Tropics.net

Thanksgiving Church Service Nov. 24 at 10-11 AM

The First Church of Christ, Scientist 1351 Driscoll Rd Fremont ALL ARE WELCOME!

A-1 Comm. Housing Svcs. A HUD Approved Agency **Credit and Money**

Mgmt. Workshop

Presented on Zoom For dates, go to our website Please register at www.a1chs.org call 510.674.9227

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is looking for 6th – 12th grade boys to join us in amazing wilderness adventures, merit badge training, community service, and more! Email the troop at EvelynMarieLittle@gmail.com for more info or join us Mondays at 7:15pm at the First Presbyterian Church in Newark"

Afro-American Cultural & Historical Society

Sharing our culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday 5:30-7:30pm begin in October **Newark Library** 37101Newark Blvd. Newark 510-793-8181 aachstricity.org

Coming to the Georgian Manor Mobile home park 1419 Buckingham Hayward 94544

Holiday Boutique Saturday Nov. 19th 10am-4pm

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Saturday December 17, 2022 10-4

Presented by: The SAN LEANDRO HISTORICAL RAILWAY SOCIETY Railroaders Of All Ages Are Welcome Located In Thrasher Park at the Historic 120-Year-Old Southern Pacific Railroad Depot 1302 Orchard Ave., San Leandro, CA. Visit us on the Web: www.slhrs.org

OPINION



WILLIAM MARSHAK

The familiar phrase, All quiet on the Western Front, is borrowed from a German novel by Erich Maria Remarque, a German veteran of World War I, refers to a stalemate with few visible changes. The story reveals the manufactured excitement and stark realities of combat, culminating with peace that only comes at tremendous cost. All quiet on the Western Front, first published by a German newspaper in 1928, has been produced as a movie several times, most recently in 2022. It follows Paul Bäumer, an initially enthusiastic German youth who joins the war as a soldier in World War I. He finds camaraderie but also the horror of the battlefield and trenches. The beginning of the tale cautions readers that this is "...neither an accusation nor a confession, and least of all an adventure..."

All quiet on the Western Front

While the nationalistic excitement of an imagined battle can be exhilarating, the reality is much different and Paul's experience illustrates the result: separation from humanity and construction of an alternate reality that has little room for everyday non-combat roles. Unfortunately, with the close of World War I, conflicts, both regional and worldwide, continued and do so to this day. Our country is not immune to this disease of extreme partisanship and nationalism. Over the past several years, we have witnessed the bloom of such behavior in American politics and questioned whether this alternative reality deluge would irrevocably transform our experiment of democracy.

Faith in the voting process in which all citizens have the right and obligation to participate in selecting local, regional, state and national representatives has been challenged by a wave of sentiment toward authoritarian rule that defers to the whims of a few powerful figures. The question was put to a test in the last election cycle as choices were clearly defined. Fortunately, at the local level and within our immediate communities, issues were confined to important but more mundane, less existential, concerns.

Close races have resulted in some changes as well as the return of familiar faces to city councils and local boards. Without the drama of those preaching fear, hate and distrust, to this point, our elections have been relatively smooth. At a national level, it appears that some sanity is returning to the political stage as well.

With a sigh of relief, we can clear the clutter of signs, brochures and inane commercials. It is time to get back to the business of improving our cities and surrounding areas. Familiar and new faces will greet the next political year with plenty to be done as problems including cost of living, crime, traffic, high tech challenges and homelessness are still present and will not disappear without a concerted public effort. Is it really All

> William Marshak **PUBLISHER**

Quiet on the Western Front?

Musk ends remote work at Twitter, warns of troubles ahead

By MATT O'BRIEN ASSOCIATED PRESS TECHNOLOGY WRITER

Elon Musk has emailed Twitter employees, most working remotely, ordering them to return to the office immediately for at least 40 hours a week and warning of "difficult times ahead."

A pair of evening night missives from Nov. 9 seen by The Associated Press marked Musk's first companywide message to employees who survived last week's mass layoffs. Many have had to rely on the billionaire Tesla CEO's public tweets for clues about Twitter's future.

'Sorry that this is my first email to the whole company, but there is no way to sugarcoat the message," Musk wrote, before he described a dire economic climate for businesses like Twitter that rely almost entirely on advertising to make money.

"Without significant subscription revenue, there is a good chance Twitter will not survive the upcoming economic downturn," Musk

said. "We need roughly half of our revenue to be subscription."

Musk's memo followed a livestreamed conversation trying to assuage major advertisers on Nov. 9, his most expans public comments about Twitter's direction since he closed a \$44 billion deal to buy the social media platform late last month and dismissed its top executives. A number of well-known brands have paused advertising on Twitter as they wait to see how Musk's proposals to relax content rules against hate and misinformation affect the tenor of the platform.

Musk told employees "The priority over the past ten days" was to develop and launch Twitter's new subscription service for \$7.99 a month that includes a blue check mark next to the name of paid members -- the mark was previously only for verified accounts. An executive the previous week said Twitter was cutting roughly 50% of its workforce, which numbered 7,500 earlier this year.

Musk had previously expressed distaste for Twitter's pandemic-era remote work policies that enabled team leaders to decide if

employees had to show up in the office. On Nov. 9, he ordered all employees to return to the office Nov. 10.

Musk told employees in the email that remote work is no longer allowed" and th road ahead is "arduous and will require intense work to succeed." He said he would personally review any request for an exception.

Twitter hasn't disclosed the total number of layoffs across its global workforce but told local and state officials in the U.S. that it was cutting 784 workers at its San Francisco quarters, about 200 elsewhere in California, and more than 400 in New York City, more than 200 in Seattle and about 80 in Atlanta.

The exodus at Twitter is ongoing, including the company's chief information security officer Lea Kissner, who tweeted Nov. 10 that "I've made the hard decision to leave Twitter.'

TRI-CITY VOICE

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New Stratford School opening & enrolling in Milpitas

SUBMITTED BY JODIE FREDERICKS

Stratford School, a leading private school with locations throughout California, is delighted to announce its new campus for preschool - 2nd grade students will open in Milpitas on Monday, November 28. Stratford Milpitas Beresford Square marks the third Stratford School to open in the Milpitas area and is now accepting applications for the 2022/23 and 2023/24 school years.

Stratford School encourages enrolled families to attend the campus' Meet and Greets on Monday, November 21 and Tuesday, November 22. Private tours are also available by appointment to prospective students and parents who are interested in exploring the new campus and learning more about the school.

The newly renovated campus will feature 20 spacious classrooms, a performance-equipped multipurpose room, library and plenty of outdoor playground space. The young students will be inspired to develop a love of learning amidst Stratford School's innovative curriculum, nurturing environment and beautiful new classrooms.

"We are thrilled to continue to expand our Stratford School footprint with the opening of our third location in



Milpitas," said Ashley Lee, Principal of Stratford Milpitas Beresford Square. "Stratford School is known across California for our renowned, STEAM-based curriculum and the passion we hold for inspiring and guiding our students as they learn and grow in our classrooms."

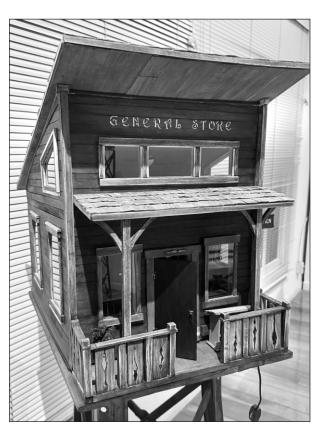
Stratford Milpitas Beresford Square 125 N. Milpitas Blvd, Milpitas (408) 669-4851 www.stratfordschools.com



continued from page 1

San Ardo exhibit

highlights displacement and hope



Lindseth-Rivera has been a sculptor for 25 years, sculpting over a hundred human figures, fragments, and metaphors from wax, clay, wood and bronze. She focuses on themes of displacement and the global refugee crisis.

"San Ardo" is an imagined town, representing a place with no excess but with everything people need. On the exhibit, Lindseth-Rivera says, "When the [California] fires of August 2020 began, the fact of displacement came to our communities in the Bay Area. Several friends lost their homes in the redwoods and many more were evacuated. We were put on alert to evacuate and had our cars packed for immediate departure as the evacuation zone came up to the end of our street.

"I again turned to architecture to express human experience. My idea was to express hope. I decided to build small symbolic homes and a community around them; a town called San Ardo. This town is meant to evoke a place where people come together to rebuild because like the Phoenix, many of us are compelled to rebuild many times in life, sometimes physically, sometimes psychologically."

San Ardo
Until Saturday, Dec 17
Gallery hours: Thur-Sun, 12 noon – 5 p.m.
Artist Reception
Friday, Nov 18
7 p.m. - 9 p.m.

Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
https://www.fremont.gov/Home/Components/Calendar/Event/726/





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Thanksgiving Church Service

Nov. 24 at 10-11 AM

The First Church of Christ, Scientist 1351 Driscoll Rd Fremont

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San Francisco Concertmaster and Musicians Perform in Livermore



SUBMITTED BY DENISE LEDDON

Del Valle Fine Arts presents a trio of the Bay Area's finest musicians on Saturday, November 19 at the Bankhead Theater, in an all-Beethoven Concert.

German-born pianist Markus Pawlik was grand prize winner of the Eurovision Young Musician of the Year and performs in Europe, Asia, and North America. Since moving to the Bay Area in 2013, he has become a leading local performer and music teacher. Cordula Merks is the



concertmaster of the San Francisco Ballet Orchestra, Professor of Violin at San Francisco Conservatory of Music, and has been guest concertmaster for the Houston Symphony, American Ballet Theater at the Met, Dresden Philharmonic, Mahler Chamber Orchestra, and Portuguese National Opera. Peter Wyrick, who performed for DVFA several times, is Associate Principal Cello of the San Francisco Symphony since 1999, and has been principal cello of the Mostly Mozart Festival Orchestra and



associate principal cello of the New York City Opera Orchestra.

The program includes the Violin Sonata No. 5 in F-major op. 24 "Spring Sonata", the Cello Sonata No. 3 in A-major op 69, and the Piano Trio No. 7 in B-flat major op. 97 "Archduke Trio." Tickets start at \$35. Youth tickets are free when obtained at the box office, (925) 372-6800. All other tickets can be purchased online at LivermoreArts.org.



Pawlik-Merks-Wyrick: Piano Violin Cello Saturday, Nov 19 7:30 p.m. **Bankhead Theater** 2400 First St., Livermore (925) 373-6100 Livermorearts.org Tickets start at \$35

LIFE CORNERSTONES

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

Birth

Marriage **Obituaries**



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



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

Nancy F. Kain Courtney Resident of Hayward August 12, 1942 – November 8, 2022 **Fremont Chapel of the Roses**

Nilo C. Flores **Resident of Salinas** September 8, 1940 – November 8, 2022 Fremont Chapel of the Roses

Cristina D. Calandin **Resident of San Francisco** Dec. 23, 1950 – Nov. 9, 2022 **Fremont Chapel of the Roses**

Ann E. Milani Resident of Coos Bay, Oregon July 10, 1944 - October 31, 2022 **Fremont Chapel of the Roses**

Perry M. Hankins Resident of Fremont April 7, 1963 – October 19, 2022 Fremont Chapel of the Roses

Russell Cowenhoven Resident of Alameda March 24, 1976 - October 15, 2022 **Fremont Chapel of the Roses**

Ramon M. Ontiveros **Resident of Fremont** January 2, 1948 - October 22, 2022 **Fremont Chapel of the Roses**



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

Beverly Riveros Resident of Fremont

March 16, 1941 - November 7, 2022

Joseph Silva Jr. **Resident of Fremont** July 14, 1947 - November 5, 2022

Tommy Rhodes Resident of Fremont August 13, 1946 - November 5, 2022

Ruben Rodriguez Jr. **Resident of Fremont**

August 21, 1993 - November 2, 2022 Santosh Nayyer

Resident of Fremont June 22, 1930 - November 1, 2022

Caroline VanLoock Resident of Fremont August 9, 1984 – October 31, 2022

June Jolly

Resident of Fremont June 25, 1947 - October 30, 2022

Shyam Mangi **Resident of Hayward** February 15, 1942 - October 30, 2022

Rajiv Narayan **Resident of Santa Clara** April 28, 1973 - October 29, 2022

Sister Anne Schaeffer Resident of Fremont March 29, 1922 - October 28, 2022

Joseph L Silva, Jr

Resident of Fremont

July 14, 1947 - November 05, 2022

Joseph L. Silva, Jr. of Fremont, passed away on November 5, 2022. He was born on July 14, 1947 in Alameda, California to Joseph and Lucille Silva.

Joseph graduated from St Elizabeth High in Oakland. He then continued his education by attending and graduating from the University of California at Berkeley and the University of California Hastings School of Law. He was a member of the International Brotherhood of Teamsters Local 70 for 44 years and held numerous positions. He was the union President for 22 years until his retirement in 2009 from Alzheimer's Disease.

Joseph is survived by his sisters Sherry Silva and Jackie Silva, Aunt Patricia Silva Acamo, 7

Godchildren, and many family members and friends. He was proceeded in death by his parents Joseph and Lucille, and his brother Robert Silva.

A Visitation will be held at Berge Pappas Smith Chapel of the Angels, 40842 Fremont Blvd, Fremont on Thursday, November 17, 2022 from 4:00 PM to 8:00 PM with a Vigil at 6:00 PM. A Mass of Christian Burial will be held on November 18, 2022 at 10:00 AM at Holy Spirit Catholic Church, 37588 Fremont Blvd, Fremont, CA. Contributions may be made to The Dominican Sisters of Mission San Jose, Smile Train, The Alzheimer's Association or the charity of your choice.

Tommy Ernest Rhodes

Resident of Fremont

August 13, 1946 - November 5, 2022

It is with heartfelt sadness that we announce the passing of Tommy E. Rhodes on November 5, 2022 following a long illness.

Tommy is survived by his wife of 39 years, Pam (Dutra) Rhodes; his sons Rick (Daphne) and Rodney; his daughters Raquel and Renee. Tommy is also survived by his beloved brother Raymond (Doreen) Rhodes; brother-in-law Jim (Christina);

grandchildren Ashley and Peyton; as well as several nieces, great nieces, nephew and great nephews. He is preceded in death by his son Chris in 2018.

A memorial will be held on Tuesday, November 22, 2022 at 2:00 PM at Berge Pappas Smith Chapel of the Angels, 40842 Fremont Blvd., Fremont, CA 94538.

Caroline Emily Vanloock

Resident of Oakland

August 9, 1984 – October 31, 2022

Caroline Vanloock passed on October 31, 2022. Born to Darlyn Vanloock and Jay Regelin Son Prophet Josiah (Vanloock) Skinner Father of child Ronnie Skinner Uncle Frank C Vanlood and Aunt Veronica Vanloock She was a resident of Oakland She was loved by her friends and family She had a kind heart, lovely smile and was always true

God is never more than a prayer away may he guide you safely day to day.



to her heart

"Certain albums become kind of new classics," said Dolan. "It is something that's kind of evolving and up for grabs. And we wanted to kind of at least imply that in doing this one."

The new list is more inclusive of genres other than rock and so pushed some iconic albums down, like AC/DC's "Back in Black" which went from No. 77 to No. 84, now nestled between "Dusty in Memphis" by Dusty Springfield and John Lennon's "Plastic Ono Band." ("I'm pretty sure they would accept that company," Dolan

Some artists' catalogues have also shifted. Bob Dylan's "Blood on the Tracks" leapfrogged his "Blonde on Blonde" and "Highway 61 Revisited" this time, and the Beatles' "Abbey Road" became their top album in the book, over "Sgt. Pepper's Lonely Hearts Club Band," "Rubber Soul" and "Revolver."

"The warmth and the beauty and the sweetness of 'Abbey Road' maybe in a way wins out over this sort of landmark sonic inventiveness of 'Revolver' because people love to listen to it."

There's been some online griping about the list, like that only "The Stranger" from Billy Joel made the list and no entries from non-Western artists, Fans of U2 might be mad that "The Joshua Tree" dropped out of the Top 100 and fans of electronic music might bemoan that there are only eight electronic albums.

But Rolling Stone says the list is a snapshot as music marches onward. While the albums were being tabulated this time, Taylor Swift's "folklore" and Bob Dylan's "Rough and Rowdy Ways" came out, and Dolan suspects both might have made the book if they'd only come

"Because the list is so stylistically diverse and open-ended, I think we're kind of implying that it's always a work in progress," he said. "In 20 years, Rolling Stone, whatever entity it is, will do this again at some point."

What are the 500 best albums? Polling Stone has a

By Mark Kennedy ASSOCIATED PRESS ENTERTAINMENT WRITER

Is Fleetwood Mac's landmark album "Rumours" better than "To Pimp a Butterfly" by Kendrick Lamar? Should "Tapestry" by Carole King be ranked higher or lower than "Thriller" by Michael Jackson?

Rolling Stone magazine has some answers in a new book that's sure to spark conversations - "The 500 Greatest Albums of All Time." It's where you'll find that Bruce Springsteen's "Born to Run" fittingly sits just ahead of "Ready to Die" by The Notorious B.I.G., at No. 21 and No. 22, respectively.

"Every record on here is in some ways on for different reasons," said Jon Dolan, the reviews editor at Rolling Stone who helped create the book. "We are really happy, to be honest, about the whole list."

But if you disagree with the rankings, don't blame the folks at Rolling Stone. Blame Beyonce, Taylor Swift, Iggy Pop. Nile Rodgers, Questlove, Billie Eilish, Herbie Hancock, Saweetie, Carly Rae Jepsen, Lin-Manuel Miranda and members of Metallica and U2, among dozens of other artists. They were among the judges.

The book's editors reached out to about 500 voters from the world of music -- artists, journalists, record label figures and Rolling Stone staffers -- and asked for their top 50 albums (Stevie Nicks kindly offered 80). They got some 4,000 albums and created a spreadsheet with weighed points.

On every page, the artists make a fascinating musical tapestry. Take a section in the lower Top 100 -- at No. 86 is The Doors' self-titled debut, followed by "Bitches Brew" by Miles Davis, "Hunky Dory" by David Bowie and, at No. 89, is "Baduizm" by Erykah Badu, connecting gems of classic rock, jazz, prog-rock and R&B.

"Is there a person who loves all those things equally? Probably not. But we hope there's people who could definitely want to try them all out and see what they think," Dolan said. "That's the goal: making connections and being introduced to new things."

Dolan was impressed by some established artists embracing modern music, like John Cale of the Velvet Underground championing FKA Twigs and Nicks ranking Harry Styles' "Fine Line" quite high.

"It's sweet when these people who have been around are not just pooh-poohing the younger generation," he said. "It's neat when people are voting for things outside of their genre and what you'd expect."

The book's origins started in 2003 when the magazine published its first 500 list, putting The Beatles "Sgt. Pepper's Lonely Hearts Club Band" at No. 1. It was a pretty Beatles-heavy list, with three more Fab Four albums making the top 10.

"It had kind of the perspective of a 45-year-old male rock fan who was open minded, who liked rap a little bit, but kind of patting it on the head, and liked R&B, but was kind of dismissive of the more recent stuff," he said.

"We really wanted to break away from that perspective and think the list could actually have many perspectives converging.'

Joni Mitchell's "Blue" shot up on the new list, going from No. 30 in 2003 to the top 10 now, and Prince and the Revolution's "Purple Rain" went from No. 76 to No. 8. Another big gainer was Lauryn Hill's "The Miseducation of Lauryn Hill," which zoomed up from the 300s in 2003 to Top 10 now.

Shooting Investigation

SUBMITTED BY FREMONT PD

On Saturday, November 12, at approximately 1:18 p.m., officers responded to a shooting on School Street near Bodily Ave. Preliminary investigation indicates the shooting was not a random act. The victim suffered a gunshot wound and is expected to survive. Officers located the suspect shortly after the incident and the suspect is currently in custody. Due to this incident being a targeted act, Fremont Police believes there is currently no public safety concerns. This case remains under active investigation.

SOCIAL SECURITY MATTERS By Russell Gloor, National SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Ask Rusty - How do I handle an overpayment notice from Social Security?

Dear Rusty: Things have gone good for me until now. I got a job and have enjoyed going back to work after being retired. But I just got some bad news - a letter from Social Security saying I owe them \$17,000 because when I went back to work, I earned more than allowed in 2021. They never mentioned that when I told them I was going back to work! They now say they can't pay me benefits in 2022 because I am working. Good job SSA, since I told you when I went back to work! Anyway, I can't repay them all at once, I'm lucky to buy gas to get groceries. They list items for a waiver, but I am not sure what is best for me. I was planning on moving for health reasons, but if I paid them all at once I have nothing left for the move. I just started my research on how to handle this but hoped you would have some insight. Signed: Un-retired Worker

Dear Un-retired Worker: Sorry to hear of the Overpayment Notice you have received from Social Security. Here are my thoughts: The repayment options they offered you are probably a) Remit the entire amount in full, or b) Have your SS benefits withheld until they recover what you owe, or c) Ask for special payment terms because doing either of the above is a hardship.

At this juncture, you can request a waiver of the Overpayment in two ways:

- File form SSA-632, which essentially says you agree you've been overpaid but think you shouldn't be required to pay it back because it wasn't your fault (it was Social Security's fault because you notified them when you returned to work).
- File form SSA-634, which essentially says you agree you've been overpaid and want to pay it back, but you can't afford to pay it back in the manner they've offered.

I suggest you start by filing SSA-632, mainly because you notified them in August of 2021 that you had returned to work and they, nevertheless, continued to pay you, thus causing the overpayment themselves (see Section 3, question.12 of SSA-632). While I can't predict the probability of you having the entire amount waived, I think there's a reasonably good chance they may provide you with some special accommodation because the

NOTICE OF POTENTIAL REPURPOSE OR REIMBURSEMENT OF FUNDS DONATED TO ST. JOSEPH PARISH IN FREMONT, FOR THE "TO BUILD CHURCH" PROJECT FROM 1999-2022.

St. Joseph Parish, 43148 Mission Boulevard, Fremont, wishes to inform donors who donated from 1999-2022 to their "To Build Church" campaign of the opportunity to repurpose donated funds to the current needs of the parish, or to receive a reimbursement of their donated funds. This includes heirs of deceased donors. Donors may contact Gina Mehta, Parish Business Manager, for more information at 510-656-2364 ext. 100 or unwindingprocess@saintjosephmsj.org.

Kaiser scores well on state health care report card

SUBMITTED BY ANTONIA EHLERS

A new Health Care Quality Reprt Card from California's Office of Patient Advocate (OPA) recognizes Kaiser Permanente Northern California for providing quality clinical and mental health care.

Kaiser's Northern California and Southern California health plans are the only two in the state to receive OPA's highest rating -- 5 stars -- for quality of medical care. For the fourth consecutive year, they are also the only plans in the state to achieve 5 stars for clinical effectiveness in behavioral and mental health care.

The 2022-23 report card provides California consumers with side-by-side comparisons of the 16 largest HMOs and PPOs in the state. The report card rates health plans on national standard-of-care measures that involve treatment and prevention of a range of conditions that have significant implications for personal health.

The report card is posted on the OPO website at reportcard.opa.ca.gov/rc/HMO_PPOCombined.aspx

overpayment was, indeed, a result of their own inaction after you notified them you had returned to work.

I suspect what happened is that they simply neglected to act after you notified them, and then when they received your 2021 earnings data from the IRS, they found you had earned more than the 2021 limit, causing them to issue the Overpayment Notice. But their lack of action shouldn't result in a financial hardship for you, which is why I suggest you seek a waiver. Be aware too that if your waiver request is denied you have the right to appeal that denial, including requesting a

hearing by an independent Administrative Law Judge, or by the SS Appeals Council, or even in Federal court if desired.

In any event, while your case is pending, they shouldn't require you to repay them - they should temporarily suspend the repayment demand until your case is adjudicated.

Assuming you are still working full time, it's probable that your benefits are now suspended because your income is too high. FYI, you will later get credit for any months your benefits are suspended, which will result in your benefit amount increasing after you reach your

full retirement age (FRA). Thus, you may be able to, over time, recover some of the SS benefits you've lost because of your earnings prior to reaching your full retirement age.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Tennyson loses to Del Norte in Football Quarter Finals

BY ERIC DONATO

The Del Norte Warriors (Crescent City) defeated the Tennyson Lancers (Hayward) 50-14 on November 12 for the 2022 North Coast Section Football Championships quarter-finals.

Friday night lights at the Tennyson Lancer football field were brighter on this cold evening with game-opening fireworks. However, the fireworks on the ground were subdued for the home team. The Warriors overwhelmed the Lancers with a shock-and-awe offensive at the outset of the match, scoring at will, with blazing rushing touchdowns and a two-point conversion in the

quarter with a rushing touchdown but failed with their rushing TD and extra point, 36-6.

The Warrior's well-oiled rushing offense paid dividends again in the third quarter with another TD but was later matched with a Tennyson passing touchdown and then

some with the two-point conversion that worked this time. The Third Quarter closed at 43-14.

Tennyson couldn't stop the hemorrhaging during the fourth and yielded to another Del Norte rushing touchdown. The match ended with a lopsided victory for the visiting Warriors, 50-14. Del Norte forges on the 2022 North Coast Section playoff road with the semi-finals game against the winner of the Marin Catholic versus Newark Memorial next week.



first quarter alone, 29-0. Tennyson picked up an early surge in the second

two-point conversion attempt, 29-6. The Warriors chalked another 7 points before the half with another

Cougars Report

SUBMITTED BY RACHEL KAHOALII

Champions of Character

The following Newark Memorial High School athletes were recognized as Champions of Character by their teammates this week:

Boys Cross Country

Adrian Ortega always puts in work at practice and improves daily. He pushes himself in races and ensures all the training pays off. Adrian works hard all the time and makes sure to get miles in.

Thomas Cannon works hard, does well during practices and it paid off when the team traveled to Campolindo. He was able to show his grit as he pushed himself the last two laps of the two-mile race.

Girls Cross Country

Isabel Irwin is always consistent when going into races. She is a positive, uplifting and has a hard-working attitude.

Maya Torres always tires her

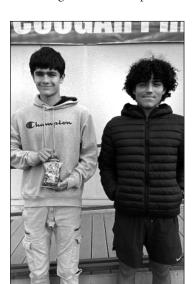
best during the races and improves each week.

Varsity Football

Javen Takhar puts in his full effort at practice and the game. Takhar brings amazing energy everyday and he's the biggest leader on our team. Outside of football, he is one of the nicest people, with a smile always on his face.

Junior Varsity Football

Frank Felix works incredibly hard on and off the field and shows effort everywhere he goes. Although he may be one of the smallest on the team, he doesn't let that get to him. Felix is a positive source for everyone especially when they're feeling down and is a great person to talk to.



Adrian Ortega and Thomas Cannon



Frank Felix

Isabel Irwin





Javen Takhar



Maya Torres

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 22CV021083 Superior Court of California, County of ALAMEDA Petition of: CICLEY WINSTON for Change of

Name
TO ALL INTERESTED PERSONS:
Petitioner CICLEY WINSTON filed a petition with this court for a decree changing names as follows: CICLEY JEANETTE WINSTON to CICLEY JEANETTE MUHAMMAD

JEANETTE MUHAMMAD

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: JAN 13, 2023, Time: 11:00AM, Dept.: 17, Room: —

Room: -The address of the court is 24405 AMADOR
STREET., HAYWARD, CA 94544
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: NOV 07, 2022 CHARLES A SMILEY Judge of the Superior Court 11/15, 11/22, 11/29, 12/6/22

CNS-3643727#

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 22CV0121089 Superior Court of California, County of ALAMEDA Petition of: AUNG HTUT WONG for Change of

Name
TO ALL INTERESTED PERSONS:
Petitioner AUNG HTUT WONG filed a petition with this court for a decree changing names as follows: AUNG HTUT WONG to PETER AUNG HTUT

WONG
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 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: 01/06/2023, Time: 11:00AM, Dept.: 17, Room:—

Notice of Hearing:
Date: 01/06/2023, 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: 11-03-2022
Judge of the Superior Court

Judge of the Superior Court 11/15, 11/22, 11/29, 12/6/22

CNS-3643448#

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. 22CV019596 Superior Court of California, County of ALAMEDA Petition of: ARSHMAN MAJID for Change of

Name
TO ALL INTERESTED PERSONS:
Petitioner RAKHSHANDA BEGUM filed a petition
with this court for a decree changing names as

follows: ARSHMAN MAJID to AYAAN MAJID 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 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: DEC 02, 2022, Time: 11AM, Dept.: 17, Room:—

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: OCTOBER 14, 2022
CHARLES A SMILEY
Judge of the Superior Court

10/25, 11/1, 11/8, 11/15/22

CNS-3637332#

FICTITIOUS BUSINESS **NAMES**

FICTITIOUS BUSINESS NAME STATEMENT File No. 592813
Fictitious Business Name(s):
BAY AREA LUXURY LIMOUSINE SERVICE, 32941 REGENTS BLVD, UNION CITY, CA 94587
County of ALAMEDA Registrant(s):
HSN TRUCKING INC, 32941 REGENTS BLVD, UNION CITY, CA 94587
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 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].)
HSN TRUCKING INC

HSN TRUCKING INC S/.
This statement was filed with the County Clerk of Alameda County on 10/18/2022.
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 filling 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).

FICTITIOUS BUSINESS NAME STATEMENT

FICTITIOUS BUSINESS NAME STATEMENT File No. 593234 Fictitious Business Name(s): BRIDGES REGISTRATION SERVICES, 2216 AMERICAN AVENUE, HAYWARD, CA 94545 County of ALAMEDA

Registrant(s): BUI KRISTY, 1422 SANTONA STREET, MANTECA, CA 95337

Business conducted by: an Individual
The registrant began to transact business using
the fictitious business name(s) listed above on

declare that all information in this statement 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/ BUI KRISTY.

S/BUI KRISTY,
This statement was filed with the County Clerk of Alameda County on 11/04/2022.
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.

new lictitious 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). 11/15, 11/22, 11/29, 12/6/22

CNS-3643442#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 592825
Fictitious Business Name(s):
JD CUSTOM CABINETS, 37400 CEDAR BLVD
STE E, NEWARK, CA 94560 County of ALAMEDA
Registrant(s):
JD CUSTOM CABINETS, 36436 BUCKEYE 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
30/15/2022.
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].)
JD CUSTOM CABINETS
S/ DEYSI CHAMALE,
This statement was filed with the County Clerk of
Alameda County on 10/19/2022.
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).
11/15, 11/22, 11/29, 12/6/22

FICTITIOUS BUSINESS NAME STATEMENT File No. 593049

Fictitious Business Name(s):
TRUE JAM, 715 BERYL PLACE, HAYWARD, CA
94544, County of ALAMEDA
Registrant(s):
LAWRENCE TRUEHILL, 715 BERYL PLACE,

HAYWARD, CA 94544, County of ALAMEDA Business conducted by: AN INDIVIDUAL The registrant began to transact business using the fictitious business name(s) listed above on 01-01-2022

01-01-2022

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/ LAWRENCE TRUEHILL

This statement was filed with the County Clark of

/s/ LAWRENCE I RUEHILL
This statement was filed with the County Clerk of
Alameda County on 10/28/2022
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 date on which it was lited 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.

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).

11/8, 11/15, 11/22, 11/29/22

CNS-3641107#

FICTITIOUS BUSINESS NAME STATEMENT File No. 593047

Fictitious Business Name(s):
AS WE RISE, 29188 DIXON STREET, HAYWARD,
CA 94544, County of ALAMEDA
Registronical

Registrant(s): NAVJOT BRAR, 29188 DIXON STREET, HAYWARD, CA 94544, County of ALAMEDA Business conducted by: AN INDIVIDUAL The registrant began to transact business using the fictitious business name(s) listed above on 06/01/2002.

the fictitious business name(s) listed above on 06/01/2022 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 [81,000]. /s/ NAVJOT BRAR
This statement was filed with the County Clerk of

one thousand oblians [51,000].)

(s/ NAVJOT BRAR

This statement was filed with the County Clerk of Alameda County on 10/28/2022

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 feeral, state, or common law (see Section

under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/8, 11/15, 11/22, 11/29/22

CNS-3641104#

FICTITIOUS BUSINESS NAME STATEMENT File No. 592819 Fictitious Business Name(s): M HAIR, 34380 FREMONT BLVD, FREMONT, CA

MITAIR, 34360 FREMONT BLVD, FREMONT, CA 94555 County of ALAMEDA MAILING ADDRESS: 2720 MURTHA DR, SAN JOSE, CA 95127

JOSE, CA 95127 Registrant(s): CHUONG LANG, 2720 MURTHA DR, SAN JOSE, CA 95127 THUC H LY, 2720 MURTHA DR, SAN JOSE, CA 95127

Business conducted by: a Married Couple The registrant began to transact business using

the fictitious business name(s) listed above on N/A.

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/ CHUONG LANG

one thousand dollars [\$1,000].) S/ CHUONG LANG
This statement was filed with the County Clerk of Alameda County on 10/19/2022.
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).

11/8, 11/15, 11/22, 11/29/22

CNS-3639860#

CNS-3639860#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 592869
Fictitious Business Name(s):
SAMER BY SEALM, 812 STRINGRAY TER,
FREMONT, CA 94536 County of ALAMEDA
Registrant(s):
SELAMAWIT AREGAWI ABADI., 812
STRINGRAY TER, FREMONT, CA 94536
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A.

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/SELAMAWIT AREGAWI ABADI.,
This statement was filed with the County Clerk of Alameda County on 10/21/2022.

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).

FICTITIOUS BUSINESS NAME STATEMENT File No. 592943

Fictitious Business Name(s):
MULTANI FOODS SERVICES INC., 20848
MISSION BLVD #1450, HAYWARD, CA 94541,
County of ALAMEDA

MULTANI FOODS SERVICES INC., 20848
MISSION BLVD #1450, HAYWARD, CA 94541,

County of ALAMEDA
Business conducted by:
The registrant began to transact business using the fictitious business name(s) listed above on 10/25/2022

declare that all information in this statement 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/
This statement was filed with the County Clerk of Alameda County on OCTOBER 25, 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. filed before the expiration.

tiled 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). 11/1, 11/8, 11/15, 11/22/22

CNS-3639474#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 592455
Fictitious Business Name(s):
PROXIMITY PHYSICAL THERAPY, 1335
MARTIN LUTHER KING DR, HAYWARD, CA
94541 County of ALAMEDA
Registrant(s):

Registrant(s):
ANISHA AJGAONKAR, 1335 MARTIN LUTHER
KING DR, HAYWARD, CA 94541
Business conducted by: an Individual
The registrant began to transact business using
the fictitious business name(s) listed above on

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/ ANISHA AJGAONKAR,
This statement was filed with the County Clerk of

This statement was filed with the County Clerk of Alameda County on 10/05/2022.

Alameda County on 10/05/2022.

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).

CNS-3637324#

STATEMENT OF WITHDRAWAL OF PARTNERSHIP OPERATING UNDER FICTITIOUS
BUSINESS NAME
File No. 544399
The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the Fictitious Business Name: The Fictitious Business Name Statement for the Partnership was filed on 04/30/2018 in the County of Alameda.

of Alameda.

DMJ TRANSPORTATION, 34264 ATTERIDGE
PL., FREMONT, CA 94555, County of: ALAMEDA.
Registered Owner(s):
MAYLON PERRY, 24650 AMADOR ST #100,
HAYWARD, CA 94544
I declare that all information in this statement is
true and correct. A registrant who declares as
true any material matter pursuant to this section
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/ DALE PINE

This statement was filed with the County Clerk-Recorder of Alameda County on SEP 23, 2022. 10/25, 11/1, 11/8, 11/15/22

GOVERNMENT

NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on December 6, 2022 Due to the current safety measures in place there will not be a public bid opening for this project. The bids will be opened by Purchasing and the initiating department representative. A preliminary bid result will be posted on the City's website the same day by 4:00 p.m. FREMONT BOULEVARD AND WALNUT AVENUE PROTECTED INTERSECTION PROJECT PWC 9044
A PRE-BID CONFERENCE: There is no Pre-Bid Conference for this project Plans, special provisions and standard proposal forms to be used for bidding on this project Can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara, CA 95050 via Phone(408) 25770 oremail: santaclara@e-arc.com or through Planwellat www.e-arc.com/location/santa-clara Please reference BID #23-016 No partial sets will be issued,cost is non-refundable Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at jbecerra-scol@fremont.gov

Department at jbecerra-scola@fremont.gov JANICE BECERRA, CPPB PÜRCHASING DIVISION CITY OF FREMONT 11/15, 11/22/22

NOTICE TO CONTRACTORS

NOTICE TO CONTRACTORS
Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg.
B, Fremont, California, up to the hour of 2:00 PM on December 6, 2022 Due to the current safety measures in place there will not be a public bid opening for this project. The bids will be opened by Purchasing and the initiating department representative. A preliminary bid result will be posted on the City's website the same day by 4:00 p.m., FREMONT BOULEVARD/GIMMER BOULEVARD AND FREMONT BOULEVARD/EUGENE STREET PROTECTED INTERSECTION PROJECT PWC 9076
A PRE-BID CONFERENCE: There is no Pre-Bid Conference for this project
Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC Solutions located at 821 Martin Avenue, Santa Clara. CA 95050 via Phone(408) 295-5770 oremail: santaclara@e-arc.com or through Planwellat www.e-arc.com/location/santa-clara . Please reference BID #23-017 No partial sets will be issued,cost is non-refundable.Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at jbecerra-scola@fremont.gov
JANICE BECERRA, CPPB PÜRCHASING DIVISION CITY OF FREMONT
11/15, 11/22/22

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF:

ILENE M. CRAFT

CASE NO. RP22133198

CASE NO. RP22133198

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ILENE M. CRAFT.

A PETITION FOR PROBATE has been filed by ALLEN L. KING in the Superior Court of California, County of ALAMEDA. THE PETITION FOR PROBATE requests that ALLEN L. KING be appointed as personal representative to administer the

personal representative to administer the

A HEARING on the petition will be held in this court as follows: 12/14/22 at 9:45AM in Dept. 202 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

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 Reguest for Special Notice (form DE-154)

of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner

CNS-3643388#

CNS-3635455#

DEBORA YOUNG - SBN 250106. DEBRA DECARLI - SBN 237642 11500 W. OLYMPIC BLVD., SUITE 400 LOS ANGELES CA 90064 11/8, 11/15, 11/22/22

CNS-3641732#

NOTICE OF PETITION TO ADMINISTER ESTATE OF

CAROL LEUNG CHAN
CASE NO. RP22130437
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Carol Leung Chan
A PETITION FOR PROBATE has been filed by Adam Chan in the Superior Court

filed by Adam Chan in the Superior Court of California, County of Alameda. THE PETITION FOR PROBATE requests

that Adam Chan be appointed as personal representative to administer the estate of the decedent.

A HEARING on the petition will be held on 11/30/2022 at 2:00 pm in Dept. 201 located at 2120 MARTIN LUTHER KING JR. WAY BERKELEY CA 94704 BERKELEY COURTHOUSE, BERKELEY COURTHOUSE.

REMOTE APPEARANCE: The Court allows, but does not require, all parties who wish to attend the hearing on the who wish to attend 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.

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 (DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is

A Request for special would form is available from the court clerk.

Attorney for Petitioner:
Damian Rickert - State Bar No. 169968
109 Jackson Street, Suite 230
Hayward, CA 94544, Telephone: (510)
886-9414
11/1, 11/8, 11/15/22

CNS-3639747#

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARIA PEREZ MACIAS AKA MARIA P. MACIAS

CASE NO. RP22132668

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: MARIA PEREZ MACIAS AKA MARIA P. MACIAS

A Potition for Probets has been filed by

personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take many actions without obtaining AKA MAKIA P. MACIAS

A Petition for Probate has been filed by
ANGELO FRANK MACIAS in the Superior
Court of California, County of ALAMEDA.
The Petition for Probate requests that
ANGELO FRANK MACIAS be appointed 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. as personal representative to administer the estate of the decedent.

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 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 11/23/2022 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA

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. appearance may be in person or by your attorney.

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

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

court clerk Attorney for Petitioner: KATHLEEN BOCK STEWART, 5030 BUSINESS CENTER DRIVE, SUITE 280, FAIRFIELD, CA 94534, Telephone: 707-252-9000 11/1, 11/8, 11/15/22

CNS-3638041#

Chabot-Las Positas Community College District to administer oath of office to board trustees

SUBMITTED BY DIONICIA RAMOS

Chabot-Las Positas Community College District Board of Trustees will welcome a new trustee for Area 7 and

welcome back three current trustees for Areas 2, 3, and 6. All four were appointed rather than appearing on the ballot for the November 8, 2022 election, given that each one was the only candidate to file for candidacy in their respective areas. This represents the first time all seven seats will be filled since the passing of long-time trustee, Edralin "Ed" Maduli, in June 2022.

Steve Lanza, who has served as board chair of the Las Positas College Foundation and Innovation Tri-Valley Leadership Group, is the newest member of the Chabot-Las Positas Board of Trustees. He will represent Area 7, which covers Livermore, East Dublin, and a portion of Southeast San Ramon. Trustee Lanza brings with him decades of corporate experience in the

technology industry. More recently, he dedicated his service to the education sector as a professor, instructor, and business strategy adviser for local colleges and universities—including Las Positas and Ohlone colleges. Trustee Lanza will serve out the final two years of the late Trustee Maduli's term.

Reappointed trustees include Linda Granger, Area 2 (San Leandro and portions of San Lorenzo); Harris Mojadedi, Area 3 (Union City and South Hayward); and Hal Gin, Area 6 (Northeast Hayward and West San Lorenzo).

The newly appointed and reappointed trustees will be sworn in at the annual organizational meeting scheduled for December 13.

Fremont online permit services down over holiday

SUBMITTED BY CITY OF FREMONT

Anyone planning to use the City of Fremont's online Citizen Access tool to request building, inspection and engineering permits should plan to do so before the service closes for the Thanksgiving holiday.

The service will go offline at 5 p.m. Wednesday, November 23 and return at 8 a.m. Monday, November 28. The city's Inspection Scheduling phone line will still be available during the closure to request a building inspection. Anyone who needs to request an inspection can call (510) 494-4885.

Fremont City Council

November 1, 2022

Public Communications:

- Resident discussed lease renewal at Mission Peak and East Bay Regional Park District's Liaison Committee.
- Resident mentioned World Kindness Day on November 13.

Council Communications:

- Mayor Mei announced the appointment of Carrie Page to the Economic Development Advisory Commission.
- Mayor Mei congratulated Ohlone College for 50 years of their Deaf Studies Program.

Consent Calendar:

- Continue holding meetings via videoconference.
- Approve partial release of Performance Bond in the amount

of \$3,000,000 posted by Toll West Coast, LLC with the private improvement agreement required for Metro West Phase 2 Development Project.

Mayor Lily Mei	Aye
Teresa Keng	Aye
Raj Salwan	Aye
Teresa Cox	Aye
Yang Shao	Aye
Jenny Kassan	Absent
Rick Jones	Aye

• Resolution declaring surplus equipment.

- Board policy updates.
- Procure materials, equipment and services to provide distance learning to mitigate Covid-19.

President Phuong Nguyen	Aye
Terrence Grindall	Aye
Alicia Marquez	Absent
Aiden Hill	Aye
Bowen Zhang	Absent

Newark Unified School District

November 3, 2022

Consent Agenda:

- Memorandum Of Understanding (MOU) for the Crossroads Independent Studies Program.
 - Bilingual aide position at Newark Junior High.
 - Temporary food service assistant.

Families of VTA

mass shooting

victims reach legal

agreement

SUBMITTED BY

VALLEY TRANSIT AUTHORITY

The families of eight victims

reached a financial settlement with

joint announcement made by family

In a statement released November

the transit agency, according to a

Valley Transportation Authority

(VTA) mass shooting tragedy

members and VTA officials.

10, VTA Board Chair Charles

"Chappie" Jones said, "While

loss of life, we wanted to move

nothing will bring back the tragic

swiftly to meet the families' needs."

A statement issued jointly by

Richard Alexander -- who represent

"We commend VTA for agreeing

for our families as to their claims

The families filed wrongful death

lawsuits on May 26, 2022, one year

to the day after the mass shooting at

co-workers to death and then turned

The settlement calls for monetary

VTA's Guadalupe Light Rail Yard.

A disgruntled employee shot nine

compensation for each family.

addition to workers' compensation

retirement death benefits, pension

funds that VTA has committed to

pay in deference to the tragedy.

As part of the settlement,

Alaghmandan, Adrian Balleza,

Alex Ward Fritch, Jose Dejesus

Hernandez III, Paul Delacruz

Taptejdeep Singh agreed to

Megia, Timothy Michael Romo,

Michael Joseph Rudometkin, and

withdraw wrongful death lawsuits

ninth shooting victim, Lars Kepler

Lane, has not settled with the VTA.

"VTA will continue to work

together with families, our employ-

committed to moving VTA forward

for our community in a meaningful

ees, and the community to honor

those who lost their lives," said

VTA General Manager/CEO

Carolyn Gonot. "We remain

and successful way."

against VTA. The family of the

the families of Abdolvahab

The settlement amount is in

benefits and alternative pre-

benefit enhancements, health

insurance coverage, and other

to provide a prompt resolution

attorneys Gary Gwilliam, Philip

Borowsky, Jeff Rickard, Randy

Strauss, William Mayoff, and

the eight families -- states:

against VTA."

the gun on himself.

of the May 26, 2021,

• Sobrato Early Academic Literacy contract amendment.

Union City Police Log

SUBMITTED BY UNION CITY PD

Wednesday, November 2

• At about 4:20 p.m. Officer Olson contacted a group of people near their vehicle in the 32900 block of Mission Blvd. Inside the car, Olson noticed a bag of suspected cocaine. While searching the car he found a loaded pistol with a high-capacity magazine, 22 grams of suspected cocaine and evidence of drug sales. Two people were arrested and face firearm and drug charges.

Thursday, November 3

• At about 11:15 a.m. officers responded to a report about an in-progress catalytic converter theft in the 31700 block of Alvarado Blvd. The caller reported they saw a male under the victim's vehicle with a jack and various cutting tools. A witness confronted the suspect, and he fled on a bicycle. Officers located the suspect a short distance away, arrested him and recovered the catalytic converter.

Friday, November 4

- At about 1:00 a.m., officers were dispatched to investigate a suspicious vehicle parked in the 33200 block of Mission Blvd. When they arrived, officers found the male driver passed out at the wheel and appearing to be under the influence of a controlled substance. A record check showed the driver had numerous warrants. Officers searched the driver and recovered narcotics and evidence of drug sales. Inside the vehicle, officers found a loaded revolver, an unregistered semiautomatic handgun, several stolen catalytic converters and burglary tools. The driver was arrested and faces various charges.
- At about 5:00 p.m. Officer Benard made a traffic enforcement stop on a vehicle in the Union Landing area. Inside the vehicle were two people; a record check showed they were both on searchable probation. During the search, Bernard found burglary tools, stolen property and a large amount of methamphetamine. Both people were arrested and face various charges.
- At about 10:00 p.m. officers responded to a report about someone brandishing a weapon in the 32000 block of Paloma Court. The victim told officers the suspect arrived at his house, pointed a firearm at him, and threatened to shoot him. The suspect's mother removed the suspect from the area, and they fled in a car. Officers later found the suspect's vehicle and pulled it over. They arrested the juvenile suspect, released him to his mother at the scene, and recovered a loaded semiautomatic handgun inside the car.

Thursday, November 10

• At about 1:18 a.m. officers responded to a report about a shooting in the 33500 block of Seventh St. Upon arrival, officers found a 37-year-old male with multiple gunshot wounds; he was taken to a hospital with non-life-threatening injuries. Detectives investigating the case are asking anyone with information to call Detective Juan Moreno at (510) 675-5354 or send an email to JuanM@unioncity.org. Anonymous information can be left on the UCPD tip line at (510) 675-5207 or via email at tips@unioncity.org.

BART Police Log

SUBMITTED BY
LES MENSINGER AND BART PD

Saturday, November 5

• At 9:00 a.m. a man identified by police as David Chung, 38, of Livermore was arrested at Bay Fair station in San Leandro on suspicion of possession of a controlled substance and drug paraphernalia. He was booked into Santa Rita Jail.

Tuesday, November 8

• At 9:54 a.m. a woman identified by police as Sandra

Hernandez, 31, of Hayward was arrested at Castro Valley station on suspicion of resisting or obstructing an officer and battery on an officer. After being medically cleared, she was booked into Santa Rita Jail.

• At 8:14 p.m. a man identified by police as Terrence Washington, 28, was stopped at Milpitas station on suspicion of fare evasion. He was later arrested on suspicion of resisting or obstructing a police officer and booked into Santa Clara County Main Jail.

San Leandro City Council

November 7, 2022

Consent Calendar:

- Approve 2023 city council calendar.
- Amend services agreement with Bay Area tree specialists for high maintenance tree trimming.
- Authorize agreement with NBS Government Finance Group for the preparation of a cost allocation plan, comprehensive user fee study, and development impact fee study.
- Approve services agreement with Devil Mountain Nursery to purchase trees for the CALFIRE Grant Funded Project from June 2022 to June 2026.
- Approve license agreement with East Bay Community
 Energy authority for installing, operating, and maintaining electric vehicle fast charging stations at San Leandro's main library.
- Approve services agreement with Garland/DBS, Inc. for Roof Restoration Projects for fiscal year 2022-2023.
- Appropriate \$179,401 from Measure B and \$142,946 from

Measure BB to the paratransit operating accounts for fiscal year 2022-2023.

- Approve and file the City of San Leandro Affordable Housing Trust Fund report for FYs 2014-2022
- Accept the City of San Leandro Housing Element annual progress report for 2021.
- Introduction of an ordinance adding San Leandro Municipal Code "Electronic Signatures" and "Signatures" for the use of digital or electronic signatures.
- Second reading of an ordinance amending the permitted commercial cannabis activity ordinance, and citations-violations ordinance to implement a nuisance abatement option for a single violation of the cannabis dispensary permit and permitted commercial cannabis activity ordinances.

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

Milpitas mosquitos alarm authorities

By Jack Alcorn

Dangerously invasive mosquitos have been trapped in Santa Clara County. Additional sightings of Aedes aegypti mosquitos in Watsonville and Martinez suggest that this disease- carrying species could colonize the entire Bay Area. Known as "the yellow fever mosquito," it can spread dengue fever, chikungunya, yellow fever viruses, and other disease agents.

The mosquitos found October 25th were located in a Milpitas commercial district bordering San Jose. The pesky bug does not thrive in remote areas - it prefers urban locales near people and lurks in any available foliage. A black mosquito, it is distinguishable by white bands on its legs, a pointed abdomen and white stripes in the shape of a lyre on its back. These new invaders hunt for blood in the daytime when people are outside. They are feverishly aggressive, biting repeatedly.

Native to West Africa, the insect terrified the world in 2015 when it quickly spread the Zika virus across Brazil and more than 50 countries. This mosquito has a known presence in 20 California counties, mostly near Interstate 5's central valley corridor. They likely first invaded the southeastern part of the country and spread west. "We were expecting it. It was just a matter of time," said Nayer Zahiri, Santa Clara County Vector Control District Manager.

The recent discoveries are prompting calls by pest control experts for residents to drain and clean any water source where the insect can multiply. The small, sticky eggs look like black dirt balls. They are found on the inner walls, above the water line, of buckets, plant saucers, bird baths, pet bowls, clogged gutters, and bottle caps. The eggs can survive more than a year, even if they dry up. If the eggs contact water, they hatch immediately.

Mosquito abatement tactics in Milpitas have included spraying and public information campaigns. Officials are planning to introduce 2 million genetically modified mosquitos. When these lab spawned insects mate with wild ones, their offspring die, causing a pest extinction.

Milpitas City Council

November 1, 2022

Consent Calendar:

- Authorize a professional services agreement with SCI Consulting Group for storm drain fee analysis.
- Accept 2022 Bulletproof Vest Partnership Grant and budget propriation.
- Receive report on Milpitas HOPE Suicide Prevention Task Force Activities since September 2021.
 - Approve purchase of a police vehicle.
- Approve replacement purchase of two police vehicles through a Sourcewell Cooperative Contract with National Auto Fleet Group.
- Authorize the sale of the residential property located at 254 Parc Place Drive.
- Amend disaster and COVID19 cost recovery and consultation services with AG Witt, LLC to extend the term by 18 months.

Announcements:

• Mayor Tran reported that Councilmember Dominguez has received death threats. Mayor Mei directed Milpitas Police to thoroughly investigate the matter.

Mayor Rich Tran	Aye
Carmen Montano	Aye
Anthony Phan	Aye
Karina Dominguez	Aye
Evelyn Chua	Aye

Fremont Police Log

SUBMITTED BY MONICA LEON, FREMONT PD

Tuesday, October 25

• Officers responded to a report about a burglary at a business located on Woodcreek Common in south Fremont. Three suspects shattered a window and one of them entered the business and tampered with a television. All three suspects later fled on bicycles. Officers

located one of the suspects in the area and made an arrest. Police described the suspect as an adult male from Fremont.

Saturday, October 29

• Officers responded to a report about a person who told employees at a grocery store in the Warm Springs area he had been shot while driving on Interstate 880. Upon arrival, officers attended to the male who had a non-life-threatening graze wound to his head; he was taken to a medical facility for treatment. CHP officers arrived at the scene and took over the investigation.

• Employees at a store at the Fremont Hub shopping center reported a suspect who had previously shoplifted had returned. Officers contacted the suspect, and a record check showed an outstanding drug-related warrant from a nearby city. The suspect, described by police as a Fremont resident, was arrested.

Sunday, October 30

• While making a traffic enforcement stop at Mowry Avenue and Farwell Drive, officers found the driver was in possession of drugs and contraband packaged for sale. They also found multiple firearms inside the vehicle, including one loaded with a high-capacity magazine. The suspect, a San Francisco resident, was arrested on firearm and drug charges.

Monday, October 31

• Officers made a pedestrian stop in the area of Niles Boulevard and Kraftile Road. A record check showed several active warrants for weapons-related crimes. The suspect, described as a male from San Leandro, was arrested.

California's growing AMR challenges demand a federal response

SUBMITTED BY ROB PURDIE

An epidemic is taking shape in California and effective treatments to stop it are getting harder

In 2020, the CDC reported that antibiotic resistant infections and related deaths increased by 15%. A portion of this was due to the COVID-19 pandemic, but what too many people don't know is that antimicrobial resistance (AMR) is an increasingly urgent threat throughout the country, and it takes many forms in California.

While people living with chronic conditions are at an increased risk, there is another growing threat in California that is putting antimicrobials to the test. Valley Fever is caused by a fungus found naturally in parts of the state, most notably Kern County at the southern end of the Central Valley. Symptoms are usually flu-like, though at its most serious, Valley Fever can be long-lasting and even lead to death.

With the fungus long present in the southwest, California and Arizona account for the vast majority of the roughly 20,000 annual U.S. cases. But it would be a mistake to treat this as a strictly local matter. The rise of Valley Fever is part of a larger global health crisis known as antimicrobial resistance, or AMR.

Doctors typically treat Valley Fever with a 3-to-6-month course of anti-fungal medication. But the more we expose microbes like fungi and bacteria to medicines designed to kill them, the more some become immune. The medical community calls these drug-resistant microbes "superbugs."

Drug resistant superbugs already kill about 35,000 Americans each year and about 1.27 million people worldwide. Without a large-scale effort to develop better medicines, this superbug threat is growing even more deadly. The declining effectiveness of antimicrobials has several causes. For one, these medicines have been vastly overprescribed for years. Excess and incorrect use

breeds more resistant microorganisms.

Here, Valley Fever provides a telling illustration. Since Valley Fever resembles many bacterial infections, it's common for doctors to mistakenly prescribe antibiotics to patients who have the disease. When antibiotics are used inappropriately, it accelerates the process by which bacteria become immune. This is also happening in the world of fungi. A dramatic reduction in types of pharmaceutical development is also to blame for the AMR crisis. In fact, scientists haven't successfully brought a new class of antibiotics to market since 1984.

The reasons are largely economic; according to a Cambridge University study, it costs about \$1.5 billion to develop a new antibiotic. Since antimicrobials are supposed to be prescribed as little as possible, companies have little chance of earning a return on this kind of investment. As long as these market barriers persist, so will the antimicrobial resistant infections and related deaths.

Fortunately, legislative solutions are in the works. One, the PASTEUR Act, would create a model in which the government pays for effective new antimicrobials on a subscription basis, providing developers with a source of income regardless of quantity used. Another promising proposal, the FORWARD Act, takes a more targeted approach, directing funds to the development of new treatments for fungal infections including Valley Fever specifically.

Together, these two bills could mark a turning point in the U.S. fight against antimicrobial resistance -- and address a public health crisis that is putting Californians at increased risk.

Rob Purdie is a lifelong California resident who was diagnosed with Cocci Meningitis, one of the most severe types of Valley Fever, in 2012. Rob leads Patient and Program Development at the Valley Fever Institute at Kern Medical.

Applicants sought for police chief advisory board

SUBMITTED BY LT. ROBERT MCMANUS

San Leandro Police Department is looking for people who are interested in helping to make a difference in their community by joining the Police Chief's Advisory Board for 2023.

The board is comprised of community members who represent many segments of the city. Created in 2013, the focus of the board is to be a community resource for the police department and police chief in the formation of public safety strategies, development of community policing concepts and increasing public awareness. The board is intended to provide a forum for discussions surrounding community concerns, with a goal to have a broad spectrum of viewpoints represented.

Tasks members are asked to do include:

- Act as a sounding board for the chief of police regarding community needs and concerns, as well as provide community feedback for proposed police programs and priorities.
- Apprise the chief of police directly of the community's need for police services and feedback on the delivery of services.
- Assist in educating the community at large about the function and role of the San Leandro Police Department.
 - Attend monthly meetings at the San Leandro Police Station.

Meetings are held the first Tuesday of every month from 5:30 p.m. to 7:00 p.m. Applications will be accepted through November 30. To participate, board members must be a San Leandro resident or own a business in the city.

For details about the position, including a link to apply, visit the City of San Leandro website at sanleandro.org, then enter "Police Chief's Advisory Board" in the search field and follow the link. Interested applicants also can contact Administrative Specialist Nitza Torres at NTorres@sanleandro.org or Captain Laquat Khan at Lkhan@sanleandro.org.

Pap Up on the Promenade

SUBMITTED BY STUDIO 11 PHOTO BY VICTOR CARVELLAS

On Saturday, November 19, local artisans will return to Studio 11 in Union City with handmade goods, art sustainable fashion, plants, and more! Enjoy music and kids' activities. Event and parking are free, and the venue is walking distance from the Union City BART Station.

> Pop Up on the Promenade Saturday, Nov 19 11 a.m. – 5 p.m. Studio 11 34626 11 St., Union City (510) 675-5445 https://www.unioncity.org/589/Arts-Culture-Studio-11



Positions open: Citizens Advisory Committee

SUBMITTED BY NICOLE ROA

Hayward Area Recreation and Park District (H.A.R.D.) is accepting applications from interested residents of Hayward, Castro Valley, San Lorenzo and unincorporated Alameda County for committee positions on the District's Citizens Advisory Committee (CAC).

There are currently five positions open on the CAC. The committee makes advisory recommendations to the Board of Directors in the areas of District programs, operations, park design projects as well as specific Board directed projects that serve the community. The CAC meets four times per year; members serve a two-year term. Current vacancies will serve during 2023-2024.

To obtain a CAC application or additional information, please call the HARD District Offices at (510) 881-6700 or visit https://www.HaywardRec.org/cac to download an application. The deadline to submit the application is Friday, December 9, 2022.

To learn more about the District Citizens Advisory Committee, contact Adriane Lee Bird at BirA@HaywardRec.org or (510) 881-6705. To learn more about H.A.R.D. programs and events, visit www.HaywardRec.org.

> Citizens Advisory Committee Applications due: Friday, Dec 9 (510) 881-6700 https://www.HaywardRec.org/cac

Development planning to go digital in Hayward

SUBMITTED BY CITY OF HAYWARD

The City of Hayward is in the final stages of introducing an online system to allow residents, builders and developers to conduct project review, building permitting, code enforcement and related activities with a click of a mouse or touch of a screen.

Hayward officials said the objective of the new online system, called Energov, is to streamline planning and permitting and make land-use planning, development, building and code enforcement data and information more readily available to the public. They expect the system to be operational in 2023.

Among tasks Energov users will be able to do online include:

- Apply for a permit and track applications
- Request inspections
- Apply for land-use approvals
- Apply for building permits and licenses

Officials are busy putting the finishing touches on the system before its launch. Instructional information and project updates will be posted on the City of Hayward website at www.hayward-ca-gov and its social media websites.

New BART deputy chief focuses on community connections

SUBMITTED BY BART

Just days into his new role as BART Police Deputy Chief, Ja'Son Scott said he feels excited and a little bit nervous. What he knows for certain: community connections matter.

"It's very important that people get to meet the officers that serve the communities," Scott said. "Our communities know how they want to be policed and want to know who's policing them. It's necessary to have those honest conversations, and we need to listen. It's not always what we want to hear, but we have to be sure the community is comfortable with the work we're doing."

As BPD's newest Deputy Chief, Scott oversees the department's Progressive Policing Bureau, which consists of unarmed Crisis Intervention Specialists and Ambassadors, as well as police officers, who proactively walk trains and connect people in need with services.

It's a role Scott has spent nearly a lifetime preparing for. Scott joined BPD as

a sergeant 10 years ago from the Oakland Police Department, where he started shortly after graduating from college. In 2018, he was promoted to the rank of lieutenant. On Monday, November 7, Scott was sworn into his new position in front of friends, family, and colleagues -- including BPD Chief Edgardo Alvarez, who called Scott "the ideal candidate to lead this bureau as we move forward in being the most progressive police department, not just in transit, but the entire country."

Scott has many ideas for his time as Deputy Chief, a role he said he applied for because he wants to be "at the forefront of progressive policing" and help decide the direction of the organization. He said he's looking forward to getting the Progressive Policing Bureau fully staffed and looking at "what we're doing, how we're providing that service, and what we can improve upon."

His approach to policing always starts from a place of fairness, he said, and understanding that not every incident needs to lead to an arrest or citation.



"We're not going to arrest our way out of some of the problems we're seeing," such as drug and alcohol addiction and homelessness, Scott said. He noted that these issues are "part of a bigger puzzle."

"Let's reach for the stars with this," he said. "Let's give people hope. Let's let

people know they can overcome their challenges. It's a tall task, but the community needs to know they're not in it alone. We're here for them, and we'll go on this journey with them."



SUBMITTED BY HAYWARD PD

Although the holiday season isn't quite here yet, it's never too early to get ready. With that in mind Hayward Police Department (HPD) is busy planning its Annual Toy Drive.

The toy drive helps provide gifts and necessary items like clothing and school supplies to less fortunate families in Hayward. This event is made possible because of gracious donations HPD receives each year from the community.

There are two ways people can support the toy drive this year:

- Venmo the Hayward PD Officers' Association: @Delia-Muniz-1 and type "Toy Drive" under notes
- Purchase items from the Amazon HPD Toy Drive

"Wish List" at https://tinyurl.com/22uhj7xh. (Use the registry address for shipping and do not gift wrap items).

For details, call (510) 293-5051 or send an email to HaywardPoliceToyDrive@hayward-ca.gov.

Northern California Kaiser nurses plan strike

SUBMITTED BY CALIFORNIA NURSES ASSOCIATION

More than 21,000 union nurses and others at 21 Kaiser facilities in Northern California will hold a two-day strike November 21 and 22.

According to the California Nurses Association (CNA), the strike by registered nurses and nurse practitioners is prompted by concerns about lack of progress on key issues in contract negotiations, including workplace health and safety, and chronic short-staffing at medical facilities. The strike will begin at 7 a.m. Monday, November 21 through 6:59 a.m. Wednesday, November 23.

Among East Bay and South Bay Kaiser facilities affected are:

- Fremont Medical Center, 39400 Paseo Padre Parkway, Fremont
- Oakland Medical Center, 3600 Broadway, Oakland
- San Leandro Medical Center, 2500 Merced St., San Leandro
 San Jose Medical Center, 250 Hospital Parkway, San Jose
- San Jose Medical Center, 250 Hospital Parkway, San Jose
 Santa Clara Medical Center, 700 Lawrence Expressway, Santa Clara
- Walnut Creek Medical Center, 1425 S. Main St., Walnut Creek

For strike details, and a complete list of Kaiser facilities affected throughout Northern California, visit the CNA website at www.nationalnursesunited.org.

Curbside residential bulky item collection

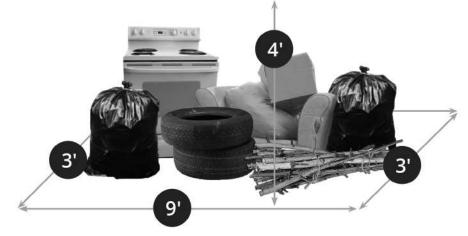
SUBMITTED BY REPUBLIC SERVICES

Do you have an unwanted couch, mattress, washing machine or other large household appliance you need collected? Union City residents are eligible to receive two annual bulky item collections from the curb at no additional charge to conveniently manage items that are too large to fit in the landfill (garbage) cart.

Your collection date will be scheduled no more than 21 days after you request this service, and you will receive a postcard confirming the appointment date. Remember to wait until the evening before your scheduled collection day to set out items at the curb. If items are set out too soon, this may encourage others to add to your bulky item pile, and your pile may not be collected if it does not meet the program requirements. If items are not set out when the truck arrives (as early as 6 a.m.), you will need reschedule your collection for another day, and you will be required to move materials out of public view until the newly scheduled collection date.

Republic Services will haul away up to four cubic yards of materials per collection, with set-out dimensions measured at 9-feet wide, 3-feet deep and 4-feet tall. Accepted materials include large appliances, electronic waste, yard trimmings, furniture and carpets, tires and other materials such as flattened cardboard. Prohibited items include rocks, dirt or concrete, hazardous and medical waste, painted wood, construction and demolition debris, and items over 150 pounds.

Before discarding items or arranging for collection, please consider reuse options such as selling or donating items at a garage sale, through local online community groups or to local non-profit groups and thrift stores. Visit Resource.StopWaste.org for additional



reuse and recycling options. It is important to note that if someone offers to haul your materials for a low price, it may be illegally dumped. If your items are found illegally dumped, you can be held liable for removal costs, penalties, and fees, even if you did not dump it yourself.

Call Republic Services at (510) 657-3500 to schedule your bulky item collection. Learn more about this service at RepublicServicesAC.com.

Tri-City Band Corps' resumes training for London trip

SUBMITTED BY TRI-CITY BAND CORPS

Tri-City Band Corps (TBC) has been invited to perform at the 2024 London New Year's Day Parade, held annually on January 1st. This is one of the largest New Year's Day parades in the world, with over 10,000 participants, 500,000 spectators and 500 million global viewers.

TBC has previously performed in Rome 2018 and London 2016. This is their first international tour since the start of the pandemic.

Sean Sung, TBC's CEO, said "We're so excited for the invitation, but more importantly, we're proud to provide such a rich cultural exchange opportunity for students here in the Bay Area. For most students, myself included, this is the first and only chance I'll ever have to do this, and I couldn't think of a better way to cap off my marching band career."

This trip will be held from December 26, 2023 to January 4, 2024. Beyond performing in the New Year's Day parade, students will also be visiting many historical landmarks, including the Tower of London, Westminster Palace, Windsor Castle, and more.

Registration is open to all high school-aged students and recent graduates, along with select middle school students who completed TBC's Cadet Regiment program. If you want to learn more about this trip or upcoming events for Tri-City Band Corps, please check out www.tricitybandcorps.org, or email tbc@tricitybandcorps.org with any questions.

Tri-City Band Corps www.tricitybandcorps.org

Have your say about Weekes library

SUBMITTED BY CITY OF HAYWARD

Hayward Public Library is asking the public to weigh in on its Weekes branch and the planning of future programming, improvements and expansion at the popular library and South Hayward community resource.

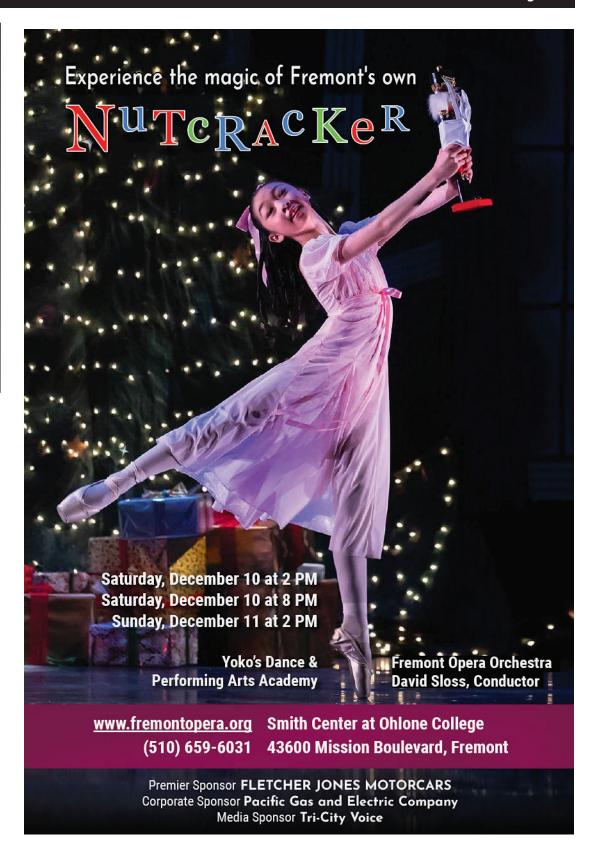
A needs assessment of the Weeks library branch is now under way at Hayward Public Library and part of the project involves community meetings and an online survey available in English, Spanish and Chinese during the month of November.

To participate, people should consider registering for one of the meetings being held at the Weekes branch and/or complete the online survey. Start by visiting the Weekes Branch Needs Assessment page on the City of Hayward website at www.hayward-ca.gov/public-library.

For details about project, visit the Weekes Library branch at 27300 Patrick Ave., call (510) 782-2155 or send an email to Brad Olson at brad.olson@hayward-ca.gov.







Old Mission San Jose

SUBMITTED BY GARY DORIGHI

With family and friends visiting for the Holidays, consider exploring the treasure in our own backyard – Old Mission San Jose! Shop for unique gifts and learn our area's history. Mission San Jose, the 14th of

items, creches, and more. And you can still buy 225th Anniversary commemorative items while they last. We have coffee mugs, decanter & wine glass sets, heritage wine glasses, beer mugs, and more. Selected items will be discounted 25% from November 18 through December 31.



the 21 California Missions, has been recognized by the National Register of Historic Places and the California State Historic Landmarks Commission.

Christmas shoppers will find books, jewelry, ornaments, apparel, religious

Take a self-guided tour that explores the Mission Museum, Church, historic cemetery, and concludes in our beautiful garden. In the museum, see our new, 18-minute educational video. It begins with the lives of the indigenous people, the

Ohlone, prior to the founding of Mission San Jose in 1797. The video continues with a description of day-to-day living at the mission and how it prospered through to the end of the California Missions in 1836. And post mission period, how the structure played a role in the California

gold rush.

The museum was formerly the living quarters or Convento for the padres.

Constructed in 1809, it is the oldest standing adobe building in Alameda County and displays historical treasures from the pre-Columbian era, Mission era, and Rancho period. It has one of the finest vestment collections of the California Missions.

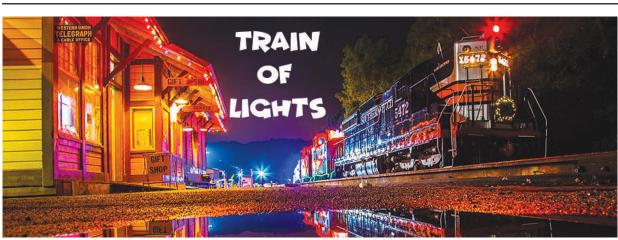
Many consider the beautifully reconstructed 1809 church to be the highlight of their visit, and it includes

many original artifacts. You can follow our handy guide sheet to identify its many treasures.

A walk through the historic cemetery reminds us of the key Europeans living in the area such as Livermore, Bernal, and Alviso. And the garden contains plants primarily from the Mission period including 200-year-old olive trees.

We are open Thanksgiving Weekend! (Closed Thanksgiving Day, Christmas and New Year's.)

Old Mission San Jose Wednesday – Friday: 10 a.m. – 3 p.m. Saturday & Sunday: 10:00 a.m. - 4:30 p.m. 43300 Mission Blvd., Fremont (510) 657-1797 www.missionsanjose.org



By Staff

If you live near Niles Canyon or Sunol, you may see a festively lit antique train chugging along in the growing dusk. The "Train of Lights" has been a beloved part of the Tri-City holiday season since 1991. Although the event had to go on hiatus in 2020 due to Covid, it is back in 2022, and tickets sold out in record time. (Check the

website for cancellations; a green box indicates a last-minute reservation availability.)

Train of Lights is still looking for volunteers to help staff the snack bar and as car hosts. You can sign up for either of the two train rides, or both. (Trains depart at 4:30 p.m. from Niles or 7:00 p.m. from Sunol.) Snack bar staff serve food, and hosts greet riders and facilitate seat rotation in the dome car for top level seats. A captain will be supervising so everyone knows what to do.

This is the biggest fundraiser for Niles Canyon Railway during the year. Thank you to all the volunteers, and everyone who is coming out to ride the train!

Interested in volunteering during the rest of the year? Niles Canyon Railway is looking for help with basic duties such as in the commissary or gift shop. They also offer certification classes for more technical positions as part of the train crew: engineers to operate the locomotives, conductors to oversee operations, brakemen to switch tracks and couple and uncouple cars. Skills required are a willingness to learn and the ability to climb onto and off trains and other equipment.

Niles Canyon Railway

Niles Station 37029 Mission Blvd., Fremont

> Sunol Station 6 Kilkare Rd., Sunol

> > www.ncry.org (510) 996-8420