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January 17, 2023

Vol. 21 No. 3

Winter floods fill reservoirs



Cull Creek residence

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California School for the Deaf hosts Clerc Classic Basketball Tournament



CSD Fremont boys' basketball team

BY ANDREW JOSEPH

The California School for the Deaf (CSD) Eagles of Fremont hosted the 21st annual Clerc Classic national basketball tournament for deaf schools, on January 12 to the 14 in Fremont. The Clerc Classic is a great opportunity for deaf high school basketball players from around the country to showcase their talent. Both boys' and girls' teams participated in the tournament which included schools representing Fremont, Riverside, Washington D.C., Alabama, Florida, Indiana, Texas and Maryland. The tournament is named after Laurent Clerc, who is the French co-founder of the Hartford Asylum for the Education and Instruction of the Deaf in 1817. It is the first and oldest existing

school for the deaf in North America. Clerc also assisted with the opening of Gallaudet University, a higher education school for the deaf, in 1864. The Fremont CSD boys' team beat Alabama 56-48, and the Fremont girls' team lost to Washington D.C. 46-33. Eagles' junior, Elijah Fabela, had a team high for the boys with 15 points. Senior, Bodhi Amann, added 12 points, and freshman, Aiden Shupe, added nine points. Fremont girls' team was led by senior Shaelyn Johnson's 19 points and Jasha Brock's additional six points. "The goal for us at this tournament is to shock the world and keep the championship trophy here in Fremont," said Eagles boys' head coach Joshua Weinstock. "I want my players to make lifetime memories here."

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Celebrating 12 years of improvising

BY STEPHANIE GERTSCH

The last few years have taught us that even in the worst of times, humans still need to laugh. Made Up Theatre has been providing the Tri-City area with a chance to connect and de-stress through the art of improv for over a decade, and on January 21 they will celebrate their 12th anniversary with a special themed show. Currently, Made Up Theatre (MUT) resides at the Five Corners in the Irvington district, but it began much less obtrusively in the industrial area of Fremont, near Fry's Electronics. Sean Taylor (one of three founders still with the theatre), recalls "It was like a grassroots theater. It was essentially in a garage for a few years." In 2018, MUT took over a space previously occupied by Broadway West, a local theatre company that been there for 20 years. Says Taylor, "They retired that year, and they contacted us wanting to see if we wanted to take over the lease. And we were like, 'Yeah let's do that.' Because it's a prime spot in Fremont."

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Courtesy of Made Up Theatre

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Local Physician Offers Insight on Diabetes Management

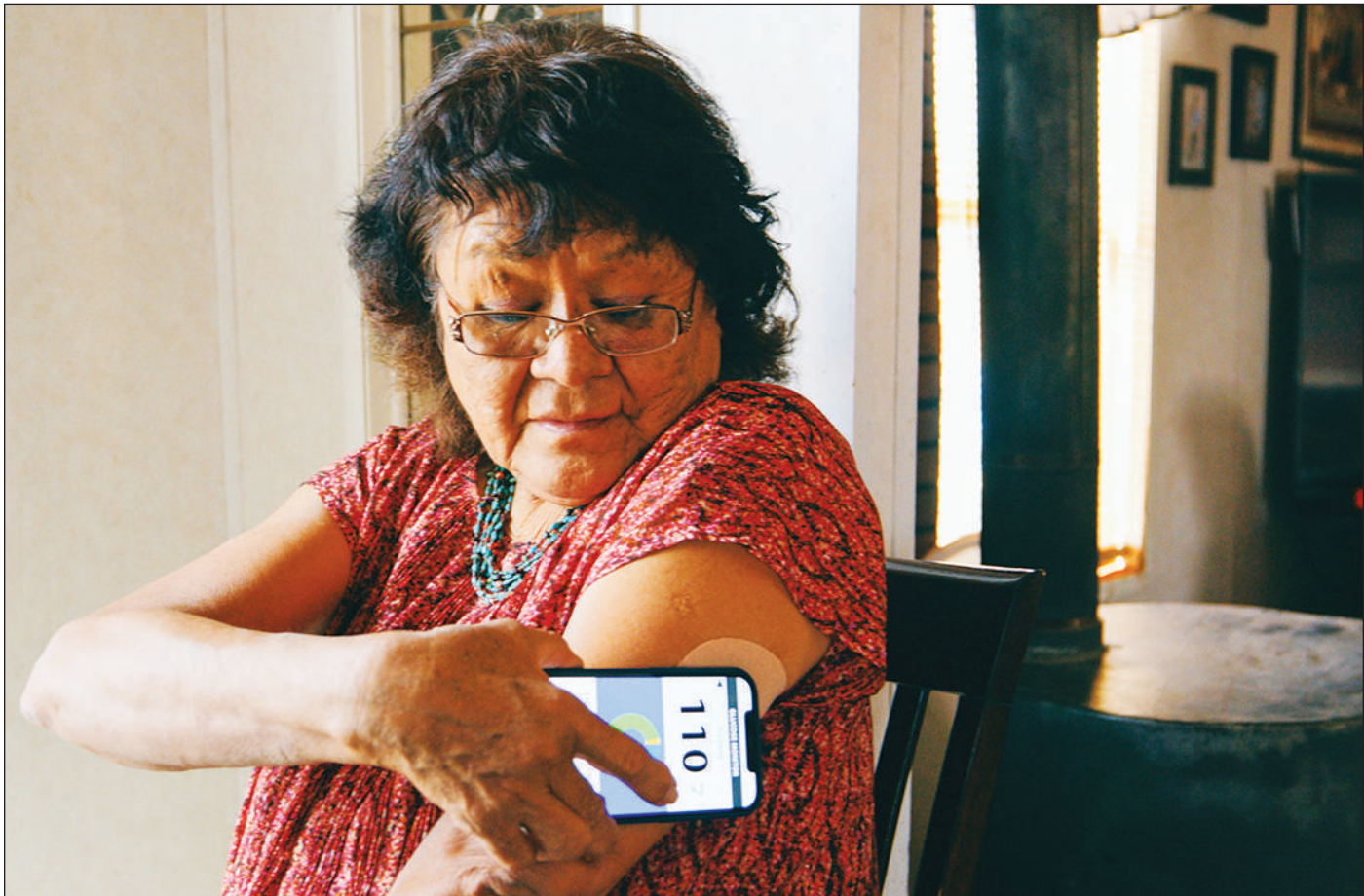
Many households in the Tri-City Area have been impacted by diabetes. It is a condition growing in prevalence in our community. To help understand causes and options to manage diabetes, Washington Hospital will sponsor an online Health & Wellness seminar on Tuesday, Feb. 7.

A major contributing factor to diabetes is body weight. At the 2 p.m. seminar, “Managing Diabetes,” Dr. Thomas Collins-Pallett, a Washington Township Medical Foundation family medicine specialist, will explain how newer medications can help diabetics control their weight, one of the keys to successful diabetes management. He also will discuss techniques for eating healthy and satisfying meals.

Successful diabetes management is achieved by focusing on lifestyle changes, Dr. Collins-Pallett notes. The key is a combination of a healthy diet, achieved by selecting a variety of foods that keep blood sugar under control and an exercise plan to reduce weight.

Exercise burns off excess sugar, he explains. “Fat releases sugar into the blood system and excess fat makes it difficult to keep blood sugar levels at healthy levels. Exercising causes your body to use that excess sugar, so it's particularly helpful for diabetes.”

Knowing which foods to choose when you walk down the grocery aisle is also essential for diabetes management. For example, an apple is better than an orange. The orange will turn its carbs into sugar much more quickly than the apple. Knowing which items are high on the glycemic index (a rating system that shows how quickly each food item affects your blood sugar when eaten on its own), is important for successful diabetes management.



Diabetes is a disease that affects how your body turns food into energy. The body breaks down most food you eat into sugar (glucose) and releases into the blood stream. Normally, the pancreas produces insulin to manage the glucose and direct it to the body's cells to use for energy.

With diabetes, the body doesn't make enough insulin or can't use it effectively. Without sufficient insulin, too much glucose remains in the bloodstream. Over time, this can cause various complications such as vision loss, neuropathy affecting circulation—especially in the extremities (hands/feet), heart disease including strokes, and kidney disease, among others, Dr. Collins-Pallett explains.

Medications can help control diabetes, both through weight loss and by controlling insulin production. Some medications have been used for a number of years and other much newer ones are available to treat various diabetes complications. Some limit the liver's ability to make and release more sugar; others stimulate the pancreas to produce more insulin or reduce the body's resistance to insulin.

Newer medications help the kidneys eliminate the excess sugar, preventing it from being reabsorbed into the bloodstream. They also limit the ability of the kidneys to take in sugar, which increases the amount of sugar removed from the body by urination. Others help the pancreas produce insulin in

more intelligent ways. Some help support weight loss by working in the part of the brain that regulates appetite and food intake.

The seminar can be viewed live on Facebook and YouTube. For Facebook, sign in to your account and then go to facebook.com/WashingtonHosp. YouTube does not require an account. Simply go to YouTube.com/whhsInHealth.

To learn more about Dr. Collins-Pallett and other primary care physicians, click on the Find a Doctor tab on wtmf.com. For information about nutrition services offered at Washington Hospital, visit whhs.com/nutrition.

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Join the 36,000 subscribers of Washington Hospital's YouTube page.

Diabetes Matters: Being Active
Learn how maintaining an active lifestyle can help manage diabetes. Hear tips on how much activity is necessary and how to fit activity into your weekly routine.

Breathe Easy: Managing Asthma
Asthma attacks bring fear and sometimes panic. You can't catch your breath and for a moment, don't know if you need emergency assistance. Ryan Croft, respiratory therapist, helps you identify your asthma triggers, control symptoms, and understand when you need medical attention.

Anxiety: Stop Negative Thoughts
When negative thoughts cycle through your mind over and over, they can have a significant impact on reasoning. Clinical psychiatrist Seema Sehgal, MD, offers perspective and tips on how to stop negative thoughts.

Shoulder Pain: Causes & Treatment Plans
The shoulder has more range of motion than any other joint in your body. It is a complex joint, which means a lot can go wrong, resulting in shoulder pain. Medical Director of Washington Sports Medicine, Dr. Russell Nord, will review possible causes of shoulder pain and treatment options.

Hip Replacements—The Anterior Approach
In-person event! Anterior hip replacement is a minimally invasive approach to hip replacement. Dr. Alexander Sah, President of the Anterior Hip Foundation for 2023 will explain the muscle-sparing benefits of this technique.

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.

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NEW YEAR, NEW YOU—SMALL CHANGES CAN HAVE LARGE IMPACT
PART THREE OF THREE-PART SERIES

Small Changes in Your Food Choices Can Make a Big Difference

Washington Hospital Dietitian Offers Tips for Healthier Eating

You are what you eat. You’ve probably heard that before. The truth is what we eat can have a significant impact on our health. But changing the way we eat can be difficult because food is a source of comfort and pleasure for many people.

“Eating a healthy diet can reduce our chances of chronic diseases like diabetes, heart disease, hypertension, stroke and some types of cancer,” said Nachal Bhangal, MS, RD, CNSC, a registered dietitian at Washington Hospital. “Sugar, salt and saturated fat are some of the biggest culprits. But change can be hard, especially when it comes to food. It’s important to keep it simple and focus on making small changes that can make a big difference over time.”

For example, reducing the amount of sugary beverages you consume such as sweetened tea and coffee drinks, soda and juice can make a big difference. “If you drink a lot of those beverages, switching over to water or sparkling water can significantly cut the amount of sugar and calories you consume in a day, which adds up over time,” Bhangal noted. “Sugar is very addictive because it gives you a good feeling, but it doesn’t last. It can create a cycle of ups and downs that can affect your mood and actually cause you to eat more.”

She encourages people to read food labels so they know how much added sugar, salt and saturated fat they are consuming. “Some things may not taste salty, but when you read the label you might be surprised at how much sodium there is,” Bhangal added.

Processed foods and fast food items tend to be higher in added sugar, salt and saturated fat. Cutting back on the number of times you eat at fast food restaurants can make a big difference, according to Bhangal. When you do eat out at a restaurant, she suggested going online and checking the nutrition information so you can make a more informed choice.

“People have busy lives, and they don’t always have time to shop and cook,” Bhangal said. “Try to start with some basic meal planning so you can avoid the pitfall



of grabbing a takeout meal or going to the grocery store and trying to wing it. When you go to the store with a list, it really helps you avoid impulse buys.”

What’s on Your Plate?

When thinking about meal planning, Bhangal encourages people to use the plate method. That means half the plate should be filled with fruits and vegetables (don’t count potatoes because they are too starchy), one quarter with whole grains, and one quarter with lean protein.

“An easy way to ensure that you’re eating a wide variety of vitamins and nutrients is to eat a colorful range of fruits and vegetables,” she added. “Different colors provide different nutrients. For example, red and orange vegetables are high in vitamin A.”

Whole grains could be brown rice, whole grain pasta, quinoa or a whole wheat roll, for example. Lean protein might include fish, chicken breast, turkey, whole beans, lentils or tofu.

“Lentils are a great source of protein, carbohydrates and fiber,” Bhangal said. “There are a lot of vegetarians in the Tri-City Area, so it’s important to have non-meat protein options, and lentils are a good one.”

She said moving to a healthier plate may take time for some people, but you can start by making incremental changes such as switching to brown rice or leaner cuts of meat.

“An easy change you can make right away is to stop eating before you feel full,” Bhangal suggested. “You should feel

satisfied, but not uncomfortably full. Eating slower can also help you keep from overeating, because often people are full before they realize it.”

While change can be difficult, making small but healthier choices over time can improve your diet and your health, and you may even lose weight.

“I really don’t want people counting calories or measuring food,” she added. “It’s really about eating healthy and moving your body.”

For information about nutrition services offered at Washington Hospital, visit whhs.com/nutrition.



Virtual Health & Wellness

 facebook.com/WashingtonHosp
 youtube.com/whhsInHealth

Wednesday, March 8
1:30 p.m.

Life After Stroke

Recovering from a stroke can be overwhelming. Medical Co-director of Washington Hospital’s Stroke Program, Dr. Prabhjot Khalsa, will address the health complications that may arise. This presentation will cover the importance of rehabilitation programs and home adaptations.



Prabhjot Khalsa, MD
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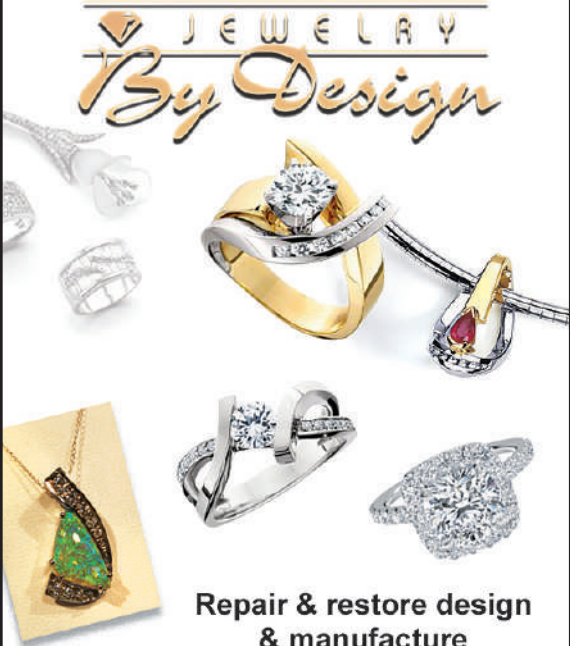
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PEOPLE LOVE US

Justice Jackson working on a memoir, titled 'Lovely One'

ASSOCIATED PRESS
BY HILLEL ITALIE
AP NATIONAL WRITER

Supreme Court Justice Ketanji Brown Jackson is working on a memoir. Jackson, the first Black woman appointed to the court, is calling the book “Lovely One.”

“Mine has been an unlikely journey,” Jackson said in a statement released Thursday by Random House.

“But the path was paved by courageous women and men in whose footsteps I placed my own, road warriors like my own parents, and also luminaries in the law, whose brilliance and fortitude lit my way. This memoir marries the public record of my life with what is less known. It will be a transparent

accounting of what it takes to rise through the ranks of the legal profession, especially as a woman of color with an unusual name and as a mother and a wife striving to reconcile the demands of a high-profile career with the private needs of my loved ones.”

No release date has been set for “Lovely One.” Jackson, 52, was born Ketanji Onyika Brown. The book's title comes from the English translation of Ketanji Onyika, the name suggested by an aunt who at the time was a Peace Corps worker in West Africa.

Jackson joined the court last year after President Joe Biden named her to succeed the retiring Stephen Breyer. She had previously been a judge on the U.S. Court of Appeals for the District of Columbia Circuit.

“My hope is that the fullness of my journey as a daughter,

sister, wife, mother, litigator, and friend will stand as a testament for young women, people of color, and dreamers everywhere,” Jackson added, “especially those who nourish outsized ambitions and believe in the possibility of achieving them.”

“Lovely One” is Jackson's first book, but not the first by a current member of the Supreme Court. Justices Neil Gorsuch and Sonia Sotomayor are among those who have released books in recent years. Justice Amy Coney Barrett has a deal with the Penguin Random House imprint Sentinel.

Financial terms for “Lovely One” were not disclosed, although interest in her makes it likely her advance is at least comparable to the 7-figure deals negotiated in the past for memoirs by Sotomayor and Justice Clarence Thomas.

In announcing Jackson's book, Random House called it a story she tells with “refreshing honesty, lively wit, and warmth.”

“Justice Jackson invites readers into her life and world, chronicling the experiences that have shaped her,” the announcement reads in part, “from growing up in Miami with

educator parents who broke barriers during the 1960s to honing her voice as an oratory champion to performing improv and participating in pivotal student movements at Harvard to balancing the joys and demands of marriage and motherhood while advancing in Big Law and, finally, to making history upon joining the nation's highest court.”

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STELLAR ACADEMY

Local Community Celebrates 46th MLK Commemoration

BY ANUSHKA VASUDEV

On January 8th, amidst stormy weather, the Newark community gathered in the First Presbyterian Church to celebrate Martin Luther King Jr.'s life and dream. Dressed in formal attire, people of all ages attended the 46th Commemoration of Dr. Martin Luther King Jr., hosted by the Afro-American Cultural & Historical Society (AACHS), and learned about their role in creating change in their community. The theme for this year's commemoration was "It Starts with Me: Cultivate a Beloved Mindset to Transform Unjust Systems."

After an introduction from Jean Ficklin, founder of this commemoration program, the event commenced with a vibrant performance from Pastor Eluda and Music & Dance International. The singing and beats of traditional drums echoed throughout the church, giving attendees an enthusiastic welcome. Following this, local violinist Pamela Page and the Havenscourt Community Church, also took the stage to give a lively musical tribute.

After these introductory performances, the program continued with speeches from local mayors, school administrators, and other elected officials. First, Newark Mayor Mike Hannon commented on how such celebrations reflect the values and culture of his city, saying "You don't look at the color of their skin. You don't look at what they believe in daily. You look at them as a contributor to your community, and you welcome them in every day, and that is what the city of Newark stands by." He continued on to express gratitude to all performers and artists who make such events possible, saying, "Let's make sure we continue this event so we have the opportunity to appreciate others in our community that bring something we all need to understand and have a greater appreciation for."

Following Mayor Hannon, Fremont Mayor Lily Mei, Assemblymember Alex Lee, and Senator Aisha Wahab all took turns to express similar sentiments, capturing how the event honors the efforts of Martin Luther King Jr., and to discuss how important it is for everyone to actively work to inspire change. Senator Wahab



Music & Dance International

summed this up by saying, "The rights we all share as different ethnicities, different community members, different people, are because of the dream [Martin Luther King Jr.] shared with the world. The work we do together just depends on one voice speaking up."

While these speeches concluded the first segment of the program, the second half quickly resumed with the traditional song "Lift Every Voice and Sing." With accompaniment from one of the previous performers, Jana Cole, on the piano, the entire audience stood up to deliver heartfelt and uplifting lyrics together, once again emphasizing their faith and power.

Then, Rev. Garrett Yamada spoke a few words, sharing personal anecdotes and quotes from Martin Luther King Jr. One of his messages that stuck with the audience was, "Wherever there is somebody who needs to be lifted up; if there's a voice and they don't have it, then you might be able to be that voice and make a difference."

After a few more speeches and performances, the commemoration came to a close, leaving the audience with inspiring messages about the power they hold to change mindsets and transform their community.



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INFO!



continued from page 1

Winter floods fill reservoirs

By JACK ALCORN

Winter storms continue to pound the rain-soaked East Bay. Dangerous weather has forced evacuations, knocked out power and stranded thousands of travelers. It comes after months of severe drought in the region that left water levels in the state's reservoirs well below historical averages.

The deluge has caused dozens of local rivers, creeks and aqueducts to crest over their banks. Overwhelmed waterways and storm drains flooded many streets and freeways. Hayward's A Street remains closed indefinitely between 4th and 6th Streets.

The unrelenting downpours have brought much needed water to our drought-stricken state. According to the National Drought Information System, San Francisco reported 5.5 inches of rain on December 31, marking the second wettest day in over 170 years. Water levels at Shasta Lake, the state's largest reservoir, have risen 21 feet since December 26. Coyote, Uvas and Almaden reservoirs are all currently over 100% capacity. Although most of California's major reservoirs are still below their historical averages, these increasing water levels are a good sign.

"While short-term drought conditions are very much improved, a few intense storms may not be enough to make up for a multi-year drought," said Sharene Gonzales, Public Affairs

Supervisor for Alameda County Water District (ACWD). "Major reservoir storage levels remain at drought levels. Lake Oroville, which supplies about 40% of ACWD's water, is at 39% capacity [as of January 5, 2023]"

ACWD provides safe, clean water to 345,000 Fremont, Newark and Union City residents.

The storms are fueled by a long plume of moisture over the Pacific Ocean. A current of fast-moving air is acting like a conveyor belt that's moving storms across the Pacific and sending them into Northern and Central California. The new weather pattern has been named an "atmospheric river." In addition to flooding, the parade of storms has brought high winds, mud slides and widespread damage to the East Bay. While no impacts to water service are anticipated, ACWD stated that high water flows have contributed to debris, causing superficial damage to a fish ladder and other equipment near Mission Boulevard.

As the wet and windy onslaught battered the state, Governor Newsom declared a state of emergency in early January, authorizing mobilization of the National Guard and other resources. Authorities warned residents to stay at home during the dangerous conditions. "We anticipate that this may be one of the most challenging and impactful series of storms to touch down in California



Sandbags Courtesy of Santa Clara Valley Water District

in the last five years," said Nancy Ward, director of the California Office of Emergency Services.

Santa Clara Valley Water District (Valley Water) had a significant rise of water in local reservoirs. As of January 9, water gauge information reported cumulative capacity for all reservoirs was 38% full. Valley Water again activated its Emergency Operations Center on January 4 to help protect public life and property from flooding and high winds. Valley Water has also seen high demand for sandbags and has distributed more than 100,000 sandbags during this rainy season.

Most of Alameda County is in a federally designated floodplain. Flood protection and control systems such as levees, pump stations, dams, and reservoirs were introduced in the 1950s when the Alameda County Flood Control &

Water Conservation District was created. Prior to that, large swaths of the county often flooded. Uncommon Bay Area flood warnings from the National Weather Service have persisted in recent weeks.

Here are some tips for flood readiness:

- Know your area's flood risk.
- Protect homes with sandbags and drainage.
- Develop a family emergency plan.
- Keep a 3-day emergency supply kit.

Alameda County Water District
<https://www.acwd.org/>

Valley Water
<https://www.valleywater.org/>



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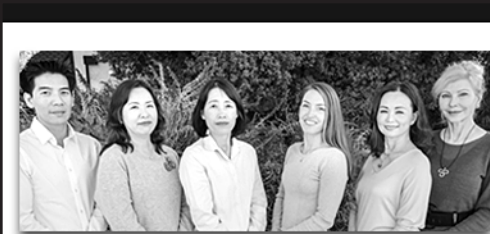


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Our Lady of Guadalupe School invites YOU to their Open House!

SUBMITTED BY CONSTANCE DALTON

Before Christmas, the Student Council of Our Lady of Guadalupe (OLG) School organized two drives to collect food, toys, books and socks for those who especially need help this winter. Giant shipping boxes in the school office filled with contributions from OLG families wishing to create a bright holiday season for others in our community. As Christmas break arrived, the contents were delivered to St. Vincent de Paul and Moreau Catholic High School Campus Ministry for distribution.

Now the Student Council would like to share Our Lady of Guadalupe, which is close to the hearts of its students and families, with other community members. On Sunday, January 29, at 12:30 p.m. (following 10:30 a.m. Mass) students, administration, teachers and families will welcome friends, new and old, to the Fremont campus.

Call the school office at (510) 657-1674 or visit our website: olgweb.org for more details. As the smiles in the photo above show, we can't wait to see you!



L-R: S. Jane Marie Estoesta, Laura Matthews, Alexis Chung, Shannon McGarry, Mrs. Shannon Bellison (Principal), Francesca Rosas

Our Lady of Guadalupe open house
Sunday, Jan 29
12:30 p.m.

40374 Fremont Blvd., Fremont
(510) 657-1674
olgweb.org



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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)

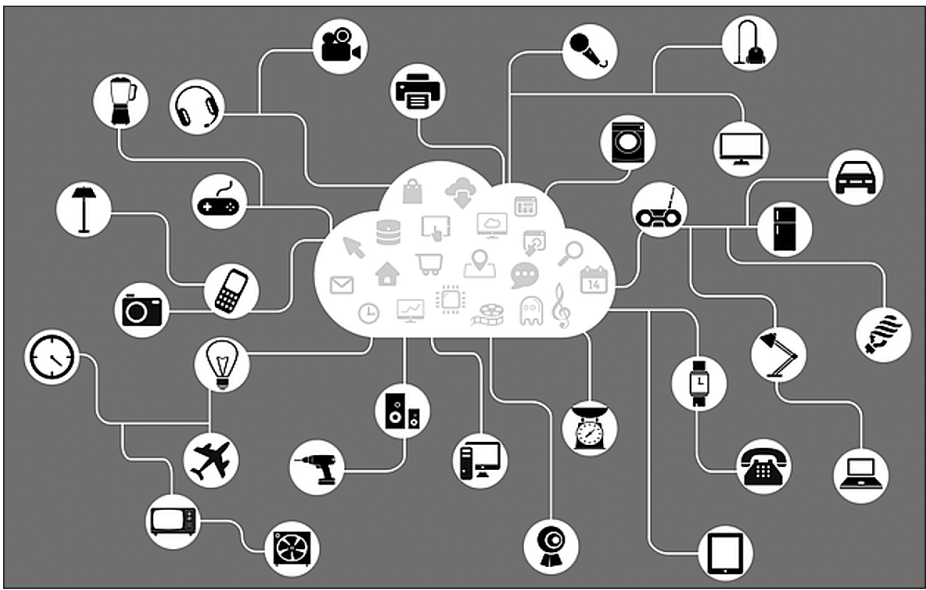
How do NASA Spinoffs help solve problems on Earth?

KAILASH KALIDOSS,
AEROSPACE ENTHUSIAST

Let's begin the new year with an article on how NASA impacts everyday lives here on earth through research spin-offs. NASA Spinoff projects refer to the transfer of technology and innovations developed by NASA for use in the commercial sector. These projects have had a wide-ranging impact on everyday life and have helped drive technological progress in many industries.

One of the most well-known Spinoff projects is the development of memory foam. NASA engineers were tasked with creating a material that could provide cushioning and support for astronauts during the intense G-forces of takeoff and landing. The result was a type of foam that conforms to the shape of an object placed on it and then returns to its original shape once the object is removed. Today, memory foam is used in a wide range of products, from mattresses and pillows to athletic shoes and protective gear.

Another example of a Spinoff project is the development of water filtration systems. NASA needed to find a way to purify and recycle water for use in space missions, and the technology they



NASA Spinoff. Source: www.thegravitywell.org

developed for this purpose is now used in water filtration systems for homes and businesses. Similarly, NASA's work on creating efficient and lightweight solar panels for use on satellites has led to the development of more efficient solar panels for use on Earth.

Medical imaging is another area where NASA Spinoff technology has had a big impact. NASA's research on high-resolution imaging systems for use in space has led to the development of

advanced medical imaging technology, such as CAT scanners and MRI machines.

Another important Spinoff technology is the development of precision GPS navigation. NASA developed the first navigation systems for space missions, which have since been adapted for use in a wide range of commercial applications, including precision agriculture and disaster response.

NASA Spinoff projects have had a major impact on the field of computing, thanks to the development of computer chips that can

withstand the harsh conditions of space travel, which made the technology in general better. This has led to the development of more robust and reliable computing systems for use in a wide range of applications, including transportation, manufacturing, and healthcare.

In conclusion, NASA Spinoff projects have had a profound impact on our daily lives, and the technologies developed by NASA continue to be used in a wide range of industries and applications. From memory foam to precision GPS navigation and water filtration, NASA's innovations have led to the development of technologies that have improved the way we live, work, and play.

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.

News and Notes FROM AROUND THE WORLD

SUBMITTED BY
THE ASSOCIATION OF
MATURE AMERICAN
CITIZENS

A whale of a tale

It is said that the top two reasons to go whale watching are the experience and the thrill, according to the Association of Mature American Citizens ([AMAC]). But surely the passengers aboard Captain Dave's Dolphin and Whale Watching Safari off the coast of California recently got much more than an experience and a thrill of a lifetime recently. They got to watch a whale giving birth to an offspring. "For a minute, many of us thought it may be a shark or predatory event. But no, instead of the end of life, it was the beginning of a new one," according to a passenger who got it all tape. See the video on YouTube: www.youtube.com/watch?v=umajENuHqaw.

Moose on the loose

Craig Lapointe, a homeowner in Saskatoon, Canada, returned

home one afternoon recently to find two broken front room windows, apparently the work of a moose on the loose in his neighborhood, reports AMAC. Lapointe suggests the moose was foraging for food, got too close to his home causing a pet dog and a pet cat to make their presence known which, in turn, riled the moose causing it to break the windows. Ryan Brook, a wildlife researcher, says it is a likely explanation. "If there was a pet, and in this case, there sounds like there was more than one pet, the animal may have hit more than once on purpose. Moose can be very aggressive. They're big. Often the biggest animal around. They have a tendency, if they're startled by animals or people, they may go on the offensive." See damage caused by the moose on video: saskatoon.ctvnews.ca/saskatoon-homeowner-blames-moose-for-broken-window-1.6217998.

This just in

And the award goes to a gutsy, young bar-tailed godwit that dared to fly non-stop for 11 days

from Alaska to Australia, a daring 8,435 miles, reports AMAC. How does the Guinness World Records know that the bird didn't land for a rest enroute? Eric Woehler of Birdlife Tasmania explains that other species of birds might land on the water to rest and feed but not a godwit. If it lands on water, "it's dead. It doesn't have the webbing in its feet, it has no way of getting off. So, if it falls onto the ocean's surface from exhaustion, or if bad weather forces it to land, that's the end." The previous record for such a flight was held by another godwit that flew 8,218, according to the record keepers at Guinness. See video of the record-breaking bird on YouTube: www.youtube.com/watch?v=uY8M2aNFVtk.

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.

Last call to enter Optimist Club Essay Contest

SUBMITTED BY
DARRYL REINA

The deadline for the annual Newark Optimist Club (Club #20261) Essay Contest is just around the corner. The Club is encouraging all Tri-City area students to contemplate the phrase:

"Who is an Everyday Hero that Brings Out the Optimism in You?"

The contest is open to Newark, Fremont, and Union City students who were under the age of 19 as of October 1, 2022, and have not yet completed secondary school or its equivalent. There is no minimum age.

The top three Club essays will receive cash prizes (\$200, \$100, \$50) and medallions, with the

first-place essay advancing to the District Level competition with an opportunity to win a \$2,500 college scholarship.

"The Essay Contest is designed to give young people the opportunity to write about their own opinions regarding the world in which they live," said Essay Contest Chairman Darryl Reina. "As Optimists, it is our goal to bring out the very best in each of them."

Completed essays and contest applications must be received by 12 Midnight, on Friday, January 20, 2023. The essays and applications are to be sent via email to Darryl Reina, Chairman, at darryl14r@aol.com.

Winners will be notified and recognized at an Optimist Club meeting on February 15. For more information and application, that includes the official rules, students may go to Optimist.org.

Newark Optimist Club
Essay Contest

Submission deadline: Friday,
Jan 20 by Midnight

Email Darryl Reina at
darryl14r@aol.com

Start Smart: Teen Driver Program

SUBMITTED BY NATHAN SILVA

California Highway Patrol (CHP) and Castro Valley Library present "Start Smart: Teen Driver Program." CHP officers will discuss traffic collision avoidance techniques, collision causing factors, driver/parent responsibilities, and

seatbelt usage. Additionally, testimonies will be provided by officers who have investigated fatal collisions involving teens, and by family members who have lost loved ones in traffic collisions.

The Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 and 19 and their parents/guardians. **A parent/guardian is required to attend the class with their teen.**

This program will be held IN PERSON at the Castro Valley library in the Chabot/Canyon room. Registration is required for this FREE program. To register, call the Library Information Desk at

(510) 667-7900 or register online at www.aclibrary.org.

The library will provide an ASL interpreter for any event with at least seven working days' notice. Call (510) 667-7900 or TTY (888) 663-0660.

Monday, Jan 30
6 p.m. - 8 p.m.
Castro Valley Library
Chabot/Canyon room
3600 Norbridge Ave., Castro Valley
(510) 667-7900
<https://aclibrary.org/>



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New Haven Schools Foundation announces 2023 Diamonds in Education Gala

SUBMITTED BY
HELEN KENNEDY

The New Haven Schools Foundation (NHSF) is thrilled to present its highly anticipated annual fundraiser, “Diamonds in Education” which supports student scholarship and teacher grant programs. The event will take place on Saturday, January 21 at the Mirage Ballroom in Fremont with live and silent auctions, casino games, music and dancing, and more. To purchase tickets and VIP Tables to the event and bid on prizes go to: diamondsineducation.com.

Fatima Silva, NHSF Board Member and star of Reasonable Doubt on Discovery+ will emcee the event. Ms. Silva, a James Logan High School graduate, is a real-life trial attorney who also stars in the highly acclaimed true-crime docuseries.

The 2023 Gala auction will feature the talents of Ellen Toscano, the Singing Auctioneer. Toscano, a Sonoma native, was a long-time performer in Beach Blanket Babylon. Her roles included the cheeky Pineapple Princess, the sultry Chiquita Banana as well as her favorite roles, Amy Winehouse and Sarah Palin among many others.

Donations and auction pledges help NHSF continue to make a difference for the students and teachers of the New Haven Unified School District. NHSF student scholarships are helping aspiring teens achieve their dreams of attending college and moving onto careers in healthcare, teaching, science, law enforcement and many other careers. NHSF teacher grant programs have funded books,

gardening supplies, music programs, emergency supplies, various accelerated or special experience education programs and much more.

NHSF will honor two long-time supporters of the Foundation at the Gala. The Tom Kitayama Business Award recognizes Washington Township Medical Foundation, and Guy Emanuele Service Award will be awarded to Tracie Noriega.

Many auction items are up for bid. Online bidding is also available for all but live auction prizes. Choose from items such as: Las Vegas Getaway, Exclusive Dinner for 10 at the Masonic Homes, Gold Country Wine Weekend, electronics, jewelry, events and much more.

“Financial support is making a real difference for the students and teachers of New Haven Unified School District. These programs are why fundraising events like the gala are so important,” commented John Shockley, NHSF President.

Diamonds in Education sponsors and supporters include Fremont Bank, Alameda County, Washington Hospital Healthcare System, Washington Township Medical Foundation, Masonic Homes, Cindy and Mike O’Brien, Chabot Las Positas Community College District.

Diamonds in Education Gala
Saturday, Jan 21
6 p.m. – 10 p.m.
Mirage Ballroom
4100 Peralta Blvd., Fremont
www.diamondsineducation.com
www.NHSFoundation.org
Tickets: \$125

Calling local artists: Olive Hyde Art Guild Members Juried Show

SUBMITTED BY
JUDY ANGLIN

The Olive Hyde Art Guild Members Juried Show takes place every other year and is an exhibition of two and three-dimensional art held in Mission San Jose at the Olive Hyde Art Gallery in Fremont. Submitted works may be in painting, mixed media, photography, digital media,

ceramics, glass, sculpture, jewelry, fiber art, or works on paper. The juror will judge selection into the show from digital images only.

The deadline to enter the 2023 show is **Friday, February 24**. The in-person show will run from April 6 to May 27, with an opening night reception on Friday, April 14.

The juror is Zoë Latzer, Associate Curator and Director of Public Programs at the Institute of Contemporary Art San Jose. Monetary prizes will be awarded at the Opening Night Reception.

Best of Show - \$250
2nd Place - \$200
3rd Place - \$150
Merit Awards and
People’s Choice winners will receive gift cards.

Visit the Guild website at OliveHydeArtGuild.org to learn more and submit your work.



OHAG Member’s Juried Show
Virtual Exhibit Online:
March 30 – May 27
In-Person Exhibition:
April 6 – May 27
Opening Night Reception:
Friday, April 14,
7 p.m. – 9 p.m.
Olive Hyde Art Gallery
123 Washington Blvd.,
Fremont
(510) 791-4356
OliveHydeArtGuild.org

THE ROBOT REPORT

Orbbec, Microsoft launch 3D vision camera

BY THE ROBOT REPORT STAFF

3D camera manufacturer Orbbec launched its latest product, the Femto Mega, at CES 2023. Femto Mega was built in partnership with Microsoft. The depth camera uses Microsoft’s time-of-flight technology for precise scene understanding over a wide 120 degrees field of view and a broad range from 0.25m to 5.5m. The 1 mega-pixel depth camera is complemented by a high-performance 4K resolution RGB camera with 90° FOV.

A built-in NVIDIA Jetson Nano is used to run advanced depth vision algorithms to convert raw data to precise depth images. This eliminates the need for an external PC or compute device, Orbbec said.

The camera can be directly connected to servers or the cloud



Orbbec and Microsoft released its latest 3D camera the Femto Mega. Credit: Orbbec

using the Power over Ethernet connection for both data and power. The device also has USB-C 3.2 and DC power supply connectors. A 6DOF IMU module provides orientation. The universal trigger control system provides accurate frame synchronization and uses standard ethernet cables for multi-camera and multi-sensor networks. The SDK enables setup and registration, and a set of APIs allows integration with various applications.

“Orbbec’s Femto Mega extends the use of Microsoft’s depth technology, used in Hololens and Azure Kinect DevKit, to a broad range of industrial applications,” Jon Yee, the depth PM director at Microsoft, said. “This camera is a result of a close collaboration between our teams and will be an essential tool helping AI developers to add depth perception to computer vision.”

“Our large-scale cargo digitization solution is built using Microsoft’s Azure Kinect and Azure and is commercially deployed in Singapore. It is also in commercial trials for flight capacity optimization and digital handling at multiple international airports,” Dr. Suraj Nair, CTO at Speedcargo Technologies, Singapore, said. “Orbbec’s Femto Mega enables us to maintain compatibility with our current system while reducing the size, cost and complexity of our solution. This will enable ease of scaling our operations to new locations.”

“Femto Mega is aimed at expanding the use of 3D vision in various industry solutions,” Amit Banerjee, head of platform and partnerships at Orbbec, said. “We’re excited to introduce this new category-leading intelligent camera as part of Orbbec’s new depth vision platform.”

Read more about Orbbec products and 3D vision technologies at www.orbbec3d.com. More news about business and applications of robotics is posted on The Robot Report website at www.therobotreport.com.

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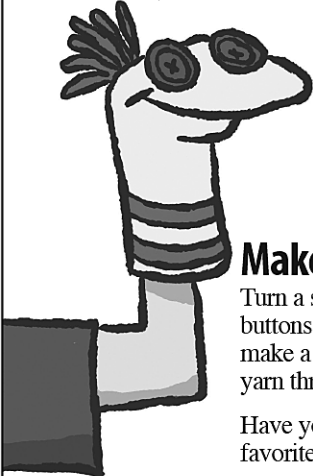
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KID SCOOP FINANCIAL LITERACY SERIES

Free Fun!

Do you hear people around you worrying about money? You can help by finding ways to have fun without spending any money. There are lots of **FREE** things you can do each and every day! Try some of the fun activities on this page—some might be more fun than playing with expensive toys and games!



Make a Sock Puppet!

Turn a sock into a puppet. Sew on buttons for eyes. Use markers to make a mouth. Thread string or yarn through the sock to make hair.

Have your puppet read one of your favorite books aloud!



Grow a Little Garden

Next time you eat a carrot, cut off the top and use it to start a plant. Use several carrot tops and you can start a garden.

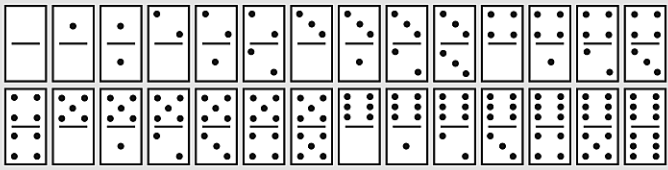
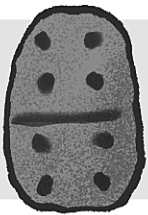
1. Cut the carrot tops off so they are about one inch long. It works best if there is a little bit of growth at the end of the carrot.
2. Eat the rest of the carrots!
3. Plant the carrot tops in a container filled with dirt. Be sure a little of each orange top peeks above the dirt. Keep the soil moist, but not soggy. Be sure your container has a hole for drainage. Place the container by a sunny window.
4. Watch your carrot plants grow! When you plant carrots this way, your plants won't make new carrots. But they will have pretty leaves to decorate your home.

Number the pictures in order.

Standards Link: Reading Comprehension: Follow simple written directions.

Make Your Own Dominoes

Start by taking a walk around your neighborhood. Collect 28 flat light gray stones that are about the same size. Use a black marker or paint to draw dots and lines so that the stones look like the set of dominoes at right.



Put on some music and DANCE, DANCE, DANCE! Look carefully: Can you find the two identical dancers?



Go to the Library

Imagine a room with all kinds of **free** books that you can take home! That's a library! Visit your local library and check out fun books to read. Ask the librarian to help you find books that interest you.

Reading Riddle

Gabriella loves nothing more than listening to the rain at night as it patters against the window panes. She has never read this book. And she will never finish it. Use the code to find out why!

A=14
B=2
C=7
D=19

E=11
G=9
I=6
L=13

R=4
S=10
T=17
U=15

E S E
2 11 7 14 15 10 11
9 14 2 4 6 11 13 14
S
6 10 14 7 14 17

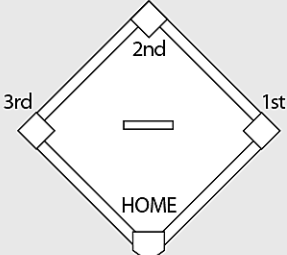
Extra! Extra! Fun Search

Look through your local newspaper for information about festivals, museum exhibits and other free fun. Share what you find with your family and see if you can attend together.

Standards Link: Reading Comprehension: Use the newspaper to locate information.

Kid Scoop Puzzler

Ben, Bobbie and Brendan can't remember who will play which base today. Use the coach's clue to help them out. Draw a line from each player to the base they will play.



COACH'S CLUE:

The third baseman's number is twice the first baseman's number plus 2.

Standards Link: Mathematical Reasoning: Use strategies in the problem-solving process.

Double Double Word Search

BOOKS
CARROT
DANCE
DRAW
FREE
FUN
INCH
LIBRARY
MONEY
PATTERS
PUPPET
READ
SOGGY
SUNNY
YARN

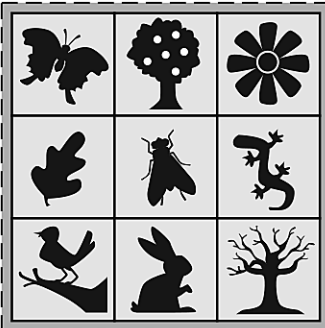
Find the words in the puzzle. How many of them can you find on this page?

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

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

Nature Walk Bingo

Go for a nature walk with some friends. Each of you select one of the bingo cards below. When you see one of the things shown on the card, cross out that space. The first person to black out their card wins!



Standards Links: Physical Education: Understand the benefits associated with participation in physical activities.

Kid Scoop VOCABULARY BUILDERS

This week's word:
ARTICLE

The noun **article** is a piece of writing that appears in a newspaper, magazine, or book.

Today's newspaper has an interesting **article** about a new park for kids.

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

FROM THE Kid Scoop LESSON LIBRARY

Percentages

Find 10 numbers in the newspaper that are written as percentages. Clip and glue them on a sheet of paper. Next to each percentage, write its equivalent decimal form AND equivalent fractional form.

Standards Link: Math: Express numbers in percent, decimal, and fraction equivalent forms.



What is red
and smells like
green paint?

ANSWER: Red paint

Write On!

A Penny Saved

There's a famous saying that says a penny saved is a penny earned. Write about what that means to you.

Too Busy for Self-Care?

18 Strategies for the Overworked, Overstressed and Overwhelmed

By ANNE CHAN, PhD, MFT

What is one thing that a parent, student, small business owner, caregiver, and a healthcare provider have in common?

Besides stress and overwork, all of the above people would likely say they are too busy for self-care. Yet, those who spend a lot of time taking care of others are the ones who are most in need of self-care. Often, however, people who most need to care for themselves do not do so. There are several reasons why this happens. Sometimes, they are so depleted that they can't even summon up the energy to think about self-care. They might not have a clue about how to take care of themselves. They might feel selfish. Or they might feel guilty about being “unproductive.” Others don't realize how important self-care is. They might see it as a luxury for Hollywood celebrities rather than a necessity.

Let's set the record straight: Taking care of yourself does not mean that you are selfish. Self-care is not about thinking solely about yourself and your needs. Nor is it about indulging in chocolate and spas (although these can be wonderful too). Self-care is about taking care of yourself just as you would make sure that a loved one is taken care of. You wouldn't drive your car unless you performed regular maintenance, like changing the tires and cleaning the windshield. But busy people often neglect to refuel, recharge and reflect.

Self-care does not have to be elaborate, expensive or time-consuming. Even the smallest moment can be nourishing and revitalizing. So think of small, doable actions, not unachievable goals like going to a monastery in the clouds. Here are some questions to help you get inspired to take care of yourself:

What brings you joy?

What puts you in a peaceful frame of mind?

What energizes you?

Here's a New Year's Challenge – how about taking as good care of yourself as you would your car or a loved one?

Here are strategies designed specially for the overworked and stressed:

One of the most important things you can do to take care of yourself is get enough sleep. However, caregivers tend to burn the candle at both ends AND in the middle. If you can change one thing that will change your life, make sure you get your quota of sleep. Put your sleep needs first so you can take excellent care of others.

If you have PTO, use it for a mental health day. You do not have to be physically sick to take time off. Your mental and emotional health is just as important as your physical health. Taking care of how you feel could actually save you time and money in the long run.

Establish a short routine either in the morning or at night for yourself. Even a three-minute

meditation can do wonders. Make self-care a part of your routine, like brushing your teeth.

Those who are givers tend to give, give, and give, but they will not ask for assistance. If they are offered help, they are likely to say no. One way to take care of yourself is to ask for help. Most people enjoy helping and making a difference, so please accept offers of help.

New mothers are often told “Sleep when your baby sleeps.” But I would wager that most are not following that advice. Instead they use the time to catch up on their chores, such as cooking, cleaning, and folding laundry. No wonder moms are so exhausted. Please remember to sleep when your baby sleeps or sleep when the opportunity arises.

Learn to say no so you can say yes to yourself.

Identify people who can be sources of support and take 10 minutes each week to connect with them.

Break up your self-care – you do not have to have a whole day or even half a day off to take care of yourself. Fifteen minutes here or even five minutes there is better than nothing.

Laugh – watch a funny movie or read something that makes you truly laugh out loud.

Eat healthily so you can nourish yourself and your body.

Shave off time from social media and use that time for yourself.

Step outside, breathe in some fresh air, feast your eyes on nature, even if it's just a patch of grass or a lone tree in a parking lot.

Schedule your self-care time before you schedule any other commitments for others. Block off time on your calendar and devote that time to a very important meeting with YOU.

Eat away from your screen – go outside or eat with a friend instead.

Take a breathing break

Pray and/or meditate.

Cut down on complaining. Instead, fill that time with an activity, thought or image that brings you peace.

Do an activity that sparks joy, such as coloring, a crossword puzzle, or Wordle.

For the start of the year, please give yourself permission to take care of yourself. You put in an immense amount of time and effort into having quality relationships with others. You, too, are worth putting in a little time and effort to have a balanced relationship with yourself. Happy New Year, everyone!

Anne Chan is a career counselor and licensed psychotherapist in Fremont. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com
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Park It: Check before you visit regional parks

By NED MACKEY

The winter storms that have pummeled the Bay Area have caused a lot of damage to East Bay Regional Parks and other public open spaces. Forecasts indicate that more storms are likely on the way.

As a result, some regional parks may be closed temporarily to protect the public and complete repairs. So, if you are planning to visit a park to join a program or explore on your own, be sure to check beforehand to make sure that the park is open and the program will proceed.

After the first storms, all the regional parks were closed for public protection. Then the regional parks along the bay shoreline and delta were reopened.

As of January 12, five regional parks were closed until further notice: Anthony Chabot, Del Valle, Sunol, Ohlone Wilderness and Tilden Nature Area. Although the rest of the regional parks were reopened, some were accessible only for pedestrian and bicycle traffic. Paved inter-park trails including the Contra Costa Canal, Iron Horse, and Lafayette-Moraga trails are also open.

The situation is evolving as the weather changes. Up-to-date information on park status is posted at the top of the home page on the district website, www.ebparks.org. Or you can call the visitor centers at the phone numbers listed with program descriptions.

Even if a park is open, some entrances, trails and roads may be closed due to flooding or other storm damage. Please cooperate with any signage warning of hazards and any instructions from district staff. Also, when you are visiting parks, be mindful of conditions and exercise caution. The ground is highly saturated.

Weather permitting, here are some of the activities planned in the regional parks in coming days:

If high water intrigues you, join a “King Tides Walk” from 9:30 a.m. to 12:30 p.m. on Saturday, January 21 with naturalist Erin Blackwood at Coyote Hills.

This is a mostly flat, paved walk along the San Francisco Bay shoreline for ages 10 and older, with parent participation. Find out how high tides affect plants, animals, and humans. Wear good walking shoes and bring water.

Or you can join in a “Storywalk Along the Marsh” at

Coyote Hills from 3:00 p.m. to 3:30 p.m. the same day. A naturalist will lead an exploration of the park's marshland with stories, songs and movement. The program is for all ages; parent participation is required, and registration is not necessary.

Coyote Hills is at the end of Patterson Ranch Road off Paseo Padre Parkway. Meet at the visitor center for either program. Both programs are free. If the entrance road is open to vehicles, there's a parking fee of \$5 per car. Otherwise you have to bike or walk in. Parking for a fee is available at the nearby Dumbarton Quarry Campground. For information, call (510) 544-3220.

Speaking of King Tides, there's another tidal walk from noon to 2 p.m. on Sunday, January 22 at Radke Martinez Regional Shoreline with naturalist Jessica Kauzer.

The walk is on flat, unpaved trails. Dress for the weather, wear boots, and expect to get a bit wet. Bring water and snacks.

The program is free, and registration isn't required. Meet Jessica in the parking lot off North Court Street in Martinez. For information, call Black Diamond Mines at (510) 544-2750.

With the rainy weather, newts are on the march. Newts are a variety of salamander that lies dormant in woods and fields during the dry season, then migrates to ponds and streams during the rainy season for purposes of reproduction. Newts are about four to six inches long, brown with gold-colored bellies. They're cute. You may see them crawling across roads and trails on their way to water.

If parks are open, the best places to see newts include South Park Drive at Tilden Regional Park in Berkeley (closed to vehicle traffic during the winter to protect them) and the Maricich lagoons at Briones Regional Park south of Martinez.

If you see newts, please do not pick them up or otherwise disturb them. For one thing, their skin has a poison to protect them from predators. And it is illegal to collect and remove any plants or animals from regional parks.

These are just a few of the programs scheduled in the regional parks. For the full list, go to www.ebparks.org/things-to-do. Be sure to check for weather-related closures and cancellations.

Free bike repair with BikeMobile

SUBMITTED BY NISSA NACK

Want to ride your bike, but need a little repair? The BikeMobile is coming to Union City Library to provide free tune-ups and repairs to get your bike back on the road!

The BikeMobile can fix flat tires, adjust brakes and gears, and even replace broken or worn-out parts like chains, seats and tires. The only thing they cannot do is replace missing wheels or gears. While BikeMobile mechanics work on your bike, they will

explain how to keep it running smoothly.

Bike or no bike, everyone is welcome to attend to learn about maintenance, safety and more!

No registration required. This is a first come, first serve event. Space is limited to 20 people.

The BikeMobile hosts bicycle repair clinics at schools, libraries, recreation centers and community events across the San Francisco Bay Area. For more information, see their website at bikemobile.org or visit their Facebook page.

Learn more about this and other library programs at <https://aclibrary.bibliocommons.com/events>

All library programs are free!

BikeMobile repair program
Saturday, January 28
11 a.m. – 2 p.m.
Union City Library
34007 Alvarado Niles Rd.,
Union City
<https://aclibrary.bibliocommons.com/events>

Honor Roll

- Fall 2022 Dean's List**
- American International College**
- Danica Johnson, Fremont
- Bradley University**
- Melina Thomas, Milpitas
- University of the Cumberlands**
- Ariana Pereira, Newark
- Fall 2022 graduate
- Knox College**
- Thao Luong, Fremont

- Lehigh University**
- Alexis Guzman, Hayward
- Pennsylvania Western University**
- Lahari Sajja, Fremont
- Mount St. Mary's University, Maryland**
- Alyssa Alexander of Fremont
- Fall 2022 graduate**
- Ohio Wesleyan University**
- Bella Hintzman of Fremont

Learn college admission tips and tricks

SUBMITTED BY NATHAN SILVA

High school students who want to boost their chances of standing out to college admission officers should mark Tuesday, January 31 on their calendars. That's the day Castro Valley Library is sponsoring an online “Preparing for College and Career as Underclassmen” program featuring Tiffany Phu, a certified college and career counselor.

During the one-hour program, Phu will discuss how college admissions work and offer tips on activities to avoid and how to prepare for college early in a student's high school journey. The program is free and will meet using Zoom software; participants must have an

internet-connected computer, tablet or mobile device. Registrations are required and can be made by visiting the Alameda County Library website at www.aclibrary.org, then selecting the Events link and entering “Preparing for College and Career as Underclassmen” in the search field and following the link that appears. Registrants will receive a Zoom link 30 minutes before the event. For details, call (510) 667-7900.

College Admission tips
Tuesday, Jan 31
6:30 – 7:30 p.m.
Castro Valley Library
Via Zoom
Free; registration required
www.aclibrary.org
(510) 667-7900



PRESENTED BY JEFF KATZ



Senior Living 101: What are the Different Levels of Care

Free Seminar for Seniors & Their Families

Learn:

- Differences between Independent Living & Assisted Living
- What is Memory Care & Skilled Nursing
- What is a Board & Care
- Housing options for seniors
- Questions to ask when visiting senior communities
- Costs for Senior Living
- Signs to look for that your loved one may need help
- Valuable Resources

Wednesday January 18
10:00-11:00

For General Information or Questions
Contact Erin Ewing 510-675-5445
LIZC@UNIONCITY.ORG or
Jeff Katz, Acacia Creek (510) 441-3724

Ruggieri Senior Center
33997 Alvarado-Niles Road
Union City 94587

Sunol Glen Flood Recovery

SUBMITTED BY
SUNOL GLEN
PARENT-TEACHER
ORGANIZATION
PHOTOS SOURCE
SUNOL GLEN
SCHOOL DISTRICT

At the turn of the 2022-2023 year, parts of Sunol Glen School grounds were flooded by Alameda Creek which runs adjacent to the campus. The creek rose so high above the bank that water entered 3 raised portable classrooms on the north side of campus, and the force of the water borne debris collapsed the fence along the east edge of the grounds.

The flood waters even pushed several huge storage containers onto the adjacent playground, settling one against the building. As the waters receded, a lot of debris and a thick layer of mud settled on the blacktop playground, garden and fields. Luckily, no other classrooms were affected by the storm, but it will take time to plan the repair and replacement of areas that were damaged.

The Sunol Glen community has reached out about how they can help towards the recovery efforts .We have been overwhelmed by all the support. If you, or anyone you know would like to contribute funds, we greatly appreciate donations

that will be passed along to the school towards replacement of art supplies, books, games, furniture and anything else that needs to be repaired or replaced.

To donate to the recovery effort please send a check or money order payable to Sunol Glen Community Club, mailed to Sunol Glen School, 11601 Main St, Sunol CA 94586. Thank you to everyone who understands what a tremendous impact any donation amount will make to our wonderful gem of a school, Sunol Glen.

We're greatly appreciative of all the love from everyone supporting our school. Thank you so much! Go Eagles!

Gofundme page:
<https://bit.ly/3GCItdt>



Home & Garden

An asSALT of flavor on the senses

By DANIEL O'DONNELL

People got their salt intake prior to the Stone Age from eating wild game. During the Stone Age as societies became agrarian, people began to use salt water to flavor their vegetables. Six thousand years ago, the Chinese were fighting wars over control of salt reserves while the Egyptians were using it for food preservation, seasoning and mummification. The oldest known European town, Solnitsata, was located on the site of an ancient salt production facility. Salt was used for tanning, dyeing, and for soap and pottery production in the Middle Ages as well as for seasoning and food preservation. Salt uses are even more numerous in the modern world but it is most commonly thought of as a seasoning. Unlike our ancient and pre-modern ancestors, we have many different types of salts and flavors to choose from.

Salt is an essential element for humans. It is also one of the basic tastes. However, too much salt can cause health issues. The average American consumes about 1.5 teaspoons of salt per day which is above the FDA's recommended amount of about 1 teaspoon. Most of the consumption come from processed food. When cooking at home where the salt usage can be monitored, different types or flavored salts can elevate a recipe while staying within the FDA guidelines. The common iodized table salt that fills most the majority of American salt shakers does add flavor. However, other salts can add alternative flavors and textures to food.

Sea salt is a term for salt harvested from evaporated water from saltwater lakes, bays, or oceans. It is less processed than table salt, allowing small amounts of



minerals to remain on the salt crystal. These minerals add flavor and color distinct to the body of water from where they were harvested. Hawaiian Black Lava Sea Salt is a great example of a flavored salt unique to a specific place. The coarse black salt has an earthy flavor and a mild smoky taste. It is healthier than table salt because it contains important minerals such as iron, calcium and magnesium. It is also lower in sodium.

Fleur de Sel is another unique sea salt. The collection process is more complicated than with other sea salts and is what makes it exquisite. The process involves collecting flaky layers of salt during certain weather conditions from shallow pools of seawater along the coast of France. It is more expensive than other salts, but a little goes a long way. It is added to the top of a dish just before being served. The delicate white flakes add a mild briny flavor, coarse texture and attractive appearance.

Evaporation is the oldest method of processing salt. Salt mining is the second oldest method. This process too can produce distinctive salts. Pink Himalayan salt is an example that comes from six mines in the Himalayan foothills. It is

hand mined by workers using traditional methods. Salt from these ancient underground sea deposits is free from mining machine pollutants and full of beneficial minerals, which give it the distinctive pink color.

Salt infusions are yet another way salt can be elevated to a gourmet level. Common infusions found in grocery stores include smoked salts, citrus salts, savory umami salts, truffle flavored salts, BBQ salts, and garlic salts. Specialty stores might even offer collections that feature one particular ingredient. There are spicy collections offering salts infused with different hot peppers, bacon, and various flower, just to name a few.

You do not have to be at the mercy of what is available in stores or online. Making infused salts at home is fun and easy. Herbs, fruit, vegetables, or flowers grown in the garden can all make delicious infused salts. The process is mostly the same for all. Dry the prospective ingredients, combine with a coarse sea salt and grind in a coffee grinder until the desired consistency is achieved. Place infused salt in an airtight jar and use when needed. When using a liquid such as

red wine, mix ingredients together and let the salt dry out on parchment paper until the liquid has evaporated.

There are plenty of recipes online to follow or to use as a baseline for how much of an ingredient to add to salt. Being creative is not difficult. If salt is regularly used on pizza, try making a basil infused salt. Habaneros make a great salt infusion for the rim of a margarita glass. Vanilla beans infused with salt make a great topping for ice cream or brownies. The combinations are endless and the flavors will be exciting.

Salt has played a crucial role in the development of civilization. It made it possible to store food out of season and to transport it over long distances. Today, different types of salt and infusions are revolutionizing the culinary world. While they may not affect civilization as dramatically as table salt, they can make our world more palatable.

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



Basil salt



Hawaiian Black Lava Salt



Citrus salt



Habenero salt

THE ACWD CONNECTION

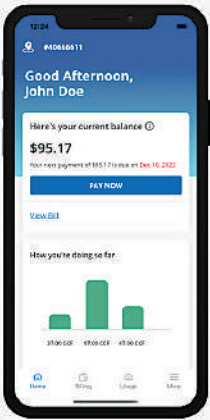
ACWD Launches Mobile App

A New & Convenient Way to Access Your Water Account

With My Smart Water Connect, you can:

- Pay bills
- View water usage
- Detect potential leaks early*
- Reduce surprise water bills with access to up-to-date water usage at any time throughout the billing cycle*

Scan the QR code to download the app.



*Features are available to customers who have been upgraded to AMI meters.

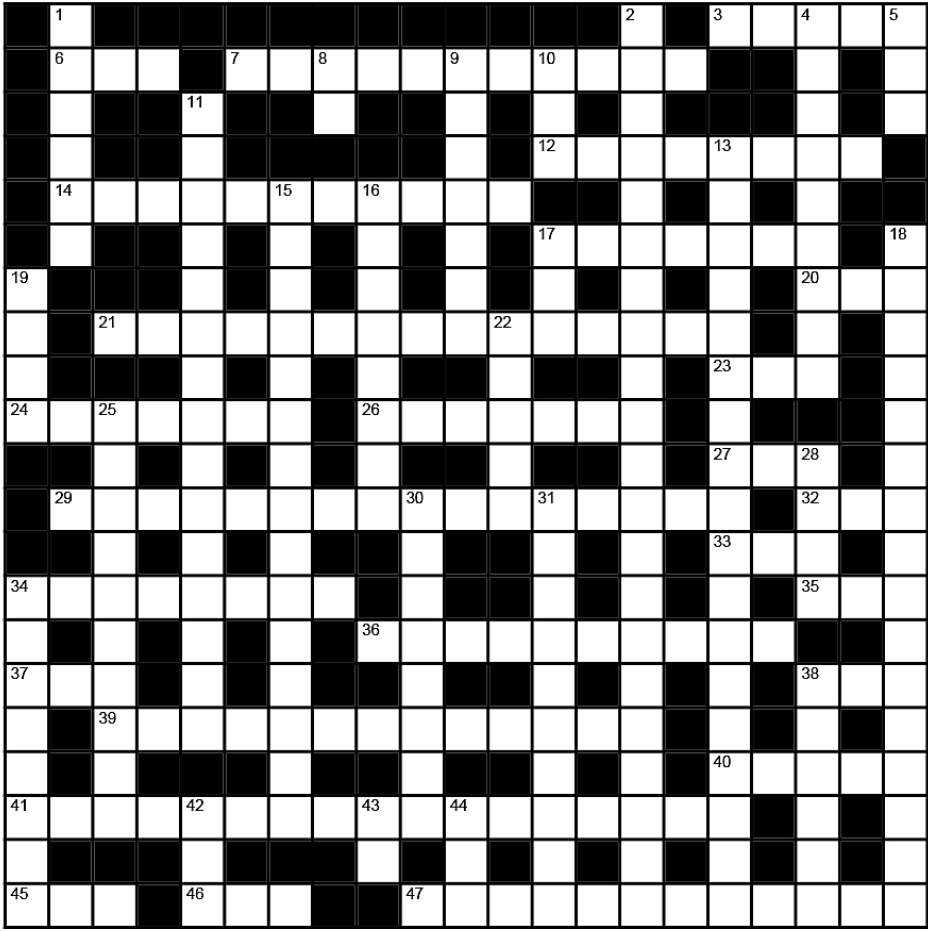
To see when your meter will be upgraded, visit acwd.org

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



Mind Twisters

Crossword Puzzle



- Across

3

Append (5)

6

Publicity, slangily (3)

7

Tough-skinned mammals (11)

12

Revolutionary 1960s Chinese youth (3,5)

14

Peace offering (5,6)

17

Kick the bucket (5,2)

20

Alliance created in 1948: Abbr. (3)

21

Book of the Apocrypha (6,2,7)

23

Abbr. on a bank statement (3)

24

"J'accuse" subject (7)

26

More enjoyable, in a way (7)

27

"Star Wars" race (3)

29

Widdershins (16)

32

Final: Abbr. (3)

33

"Hands off" in the ER (3)

34

Into the wind (8)

35

BMW seller (3)

36

Highly pleasing (10)

37

Appropriate (3)
- 38

C.I.O.'s partner (3)
- 39

In retreat (7,6)
- 40

1940's-60's world leader (5)
- 41

Hot lunch (8,3,6)
- 45

Sgt., e.g. (3)
- 46

XLI quintupled (3)
- 47

Gene carriers (1,11)
- Down
- 1

"Gunsmoke" marshal (6)
- 2

Story of misused love juice (1,9,6,5)
- 4

Uncover (6,3)
- 5

Cancels, with "out" (3)
- 8

A mathematical dessert (2)
- 9

Doggies (7)
- 10

Leaning Pisan structure (3)
- 11

Arcsine to sine (7,8)
- 13

Bus? (10,8)
- 15

1676 Virginia uprising (6,9)
- 16

Puzzle involving a quote (8)
- 17

Ascending sizes, briefly (3)

18

Some contract provisions...and an alternate title for this puzzle? (9,7)

19

Felt bad about (4)

22

Kind of nerve (5)

25

Having I-strain? (10)

28

Certain Turk (4)

30

Applies, as coats of varnish (6-2)

31

Spumador's rider (4,6)

34

Mobile resident (8)

38

Guru getaway (6)

42

___ center (3)

43

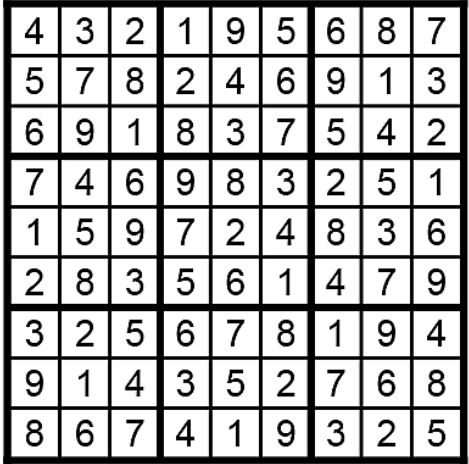
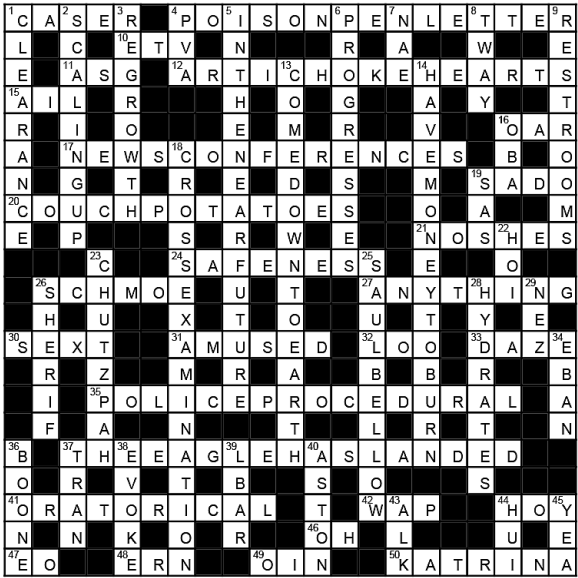
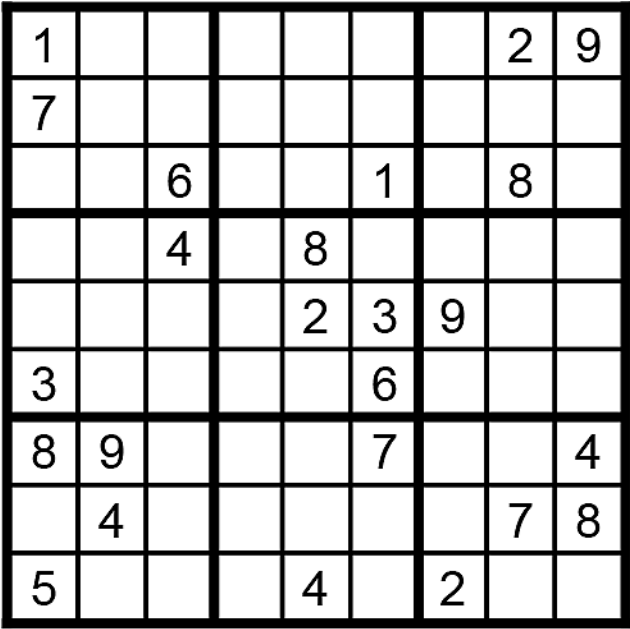
2001 Spielberg sci-fi film (2)

44

2012 event to be held in Charlotte, NC (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JANUARY 17, 2023

All Signs: This week the Sun moves into Aquarius for four weeks, triggering a heightened sense of rebellion and independence. People will fight for their beliefs. There will be news in the media about aviation or space travel because Aquarius rules the skies. Aquarius is also associated with the gathering of likeminded individuals to fight for a cause. It's the energy behind Greenpeace, Amnesty International and trade unions. The New Moon on Saturday (and Sunday) is an excellent time to set intentions and make resolutions.

Aries the Ram (March 21-April 20):

You're heading into a four-week window of increased popularity! You will see friends and be more involved with clubs and organizations. You will enjoy the company of creative, artistic acquaintances. (A friend could become a lover.) Please note: This is actually the best time of the year for you to define future goals. Goals give you a clearer focus on what is important. With Jupiter in your sign now (a once in 12 years event) --you have permission to think big!

Taurus the Bull (April 21-May 20):

For the next four weeks, the Sun is at the top of your chart. This occurs only once a year and when it does, it symbolizes that you are in the Sunlight – like a spotlight on you. And this light is flattering! Therefore, even if you don't do anything different or special, others will see you as capable and successful. Make use of it! The next four weeks are the perfect time to make your pitch. Some of you look so good to others, you will begin a romance with a boss.

Gemini the Twins (May 21-June 20):

The next four weeks are exciting because you want to explore and discover new things! If you can't travel, you will explore through books and film. You might take a course or study a new language. You will enjoy meeting people from other cultures and countries. This will be an exciting time because you hate to be bored. You

need stimulation! Meanwhile, fiery Mars continues to be in your sign boosting your energy and giving you drive and enthusiasm. Make the most of this blessing that lasts until the end of March.

Cancer the Crab (June 21-July 21):

This year, Jupiter is at the top of your chart, which happens only once every 12 years. Expect a promotion, public recognition, and the increased esteem of your colleagues. Meanwhile, in the next four weeks, you will focus more than usual on shared property, inheritances, reducing debt and dealing with insurance issues. Fortunately, you will also attract money and gifts to you. With Mercury opposite your sign, enjoy important discussions with partners, spouses and close friends. Seek intellectual stimulation – anything from cheerful banter to spirited, philosophical debates.

Leo the Lion (July 22-August 22):

In the next four weeks, the Sun is opposite your sign. (Happens only once a year.) This means you will need more sleep. Respect your need for more rest. You will also have a stronger than usual focus on close friends, business partners and spouses. Because you will have more objectivity to see these relationships, you will have a better chance to grasp your role, and see how to improve how you relate to those who are closest to you.

Virgo the Virgin (August 23-September 22):

Count on being more productive in the next four weeks because you will try to be efficient

and effective in everything you do. You will make lists and tackle them with determination. And you will be pleased with how much you get done! This same high standard will extend to your health, which is why you can expect to get on a health kick about eating better and getting more exercise. Fortunately, relations with work colleagues are pleasant and mutually supportive. In fact, a work-related romance will begin for some of you.

Libra the Scales (September 23-October 22):

Expect good times in the next four weeks because the Sun is travelling through your fifth house of play and amusement. This will give you a strong urge to get out and have a good time. Start to make plans for dinner, the theatre, movies, and sports events. Expect more involvement with children as well. Your energy level will be higher than usual. You will accomplish a lot with minimal difficulty. This is a great time to take a vacation. Romance will abound! Nevertheless, you will tackle home repairs and family discussions.

Scorpio the Scorpion (October 23-November 21):

This is the only time all year that the Sun is at the bottom of your chart for four weeks drawing your attention to home, family and domestic matters. You might be more involved than usual with a parent. Redecorating projects, as well as entertaining at home, will be rewarding. This makes sense because group discussions, as well as meeting new people and taking short trips will appeal to you. Start to make serious plans about how to

improve your job or get a better job because it will happen this year.

Sagittarius the Archer (November 22-December 21):

Fasten your seatbelt because the next four weeks are busy! You might take short trips. You might read, write and study more than usual. You will certainly be busy with errands, appointments and fun diversions. Ever the Truth Seeker, you might discuss profound topics or sign up for a course or learn a new language. You will find your everyday surroundings more pleasant and agreeable. Not only will you enjoy the everyday beauty around you, you might also realize there is a considerable amount of love in your everyday world.

Capricorn the Goat (December 22-January 19):

Your focus on money and earnings will be strong in the next four weeks. Keep your eyes open because this is a favorable window for financial negotiations. Borrowing money will be easier. Admittedly, you will spend money on beautiful clothing, jewelry and art. Meanwhile, Mercury in your sign means you will put a great deal of yourself into whatever you have to say, and you'll be persuasive! This is a good time to examine your relationship to the things that you own. Get rid of dead weight!

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

The Sun will be in your sign for the next four weeks. This happens only once a year. The New Moon will also be in your sign on Saturday giving you a chance to take a realistic look in the mirror to

see how you can improve the image you create on your world. In fact, this is an excellent time for you to buy wardrobe goodies. This is a lovely window of time because with Venus in your sign, you find it easy to be charming and diplomatic with everyone.

Pisces the Fish (February 19-March 20):

At this time of year, your “personal year” is coming to an end but your new year will not begin until your birthday. That means that the next four weeks are a limbo for you. However, it's the perfect time to think about defining personal goals for your coming year. Write down a few things that you hope to achieve. For the first time in 12 years, lucky, moneybags Jupiter will be travelling through your House of Earnings. This is also a good time to tackle home repairs and renovations to pull your act together.



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 9						
Highest \$: 1,420,000		Median \$: 1,000,000				
Lowest \$: 650,000		Average \$: 1,002,333				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
4147 Ravenwood Place	94546	650,000	2	1168	1970	12/5/22
2529 Nordell Avenue	94546	785,000	3	1150	1953	12/6/22
17512 Dorson Lane	94546	800,000	2	892	1949	12/9/22
4091 Meadowview Dr	94546	810,000	3	1071	1952	12/6/22
3256 Anita Court	94546	1,000,000	4	1980	1966	12/9/22
12000 Cull Canyon Rd	94552	1,130,000	-	1330		012/9/22
21884 Tanglewood Dr	94546	1,150,000	3	1993	1951	12/7/22
17911 Trenton Drive	94546	1,276,000	2	1838	1961	12/5/22
4866 Seaview Avenue	94546	1,420,000	5	2354	1950	12/8/22

FREMONT TOTAL SALES: 21						
Highest \$: 2,050,000		Median \$: 1,175,000				
Lowest \$: 420,000		Average \$: 1,131,048				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37335 Sequoia Rd #161	94536	420,000	1	593	1986	12/8/22
38627 Cherry Lane #26	94536	515,000	3	1101	1974	12/8/22
38228 Paseo Padre Pkwy #10	94536	555,000	2	1033	1970	12/6/22
3501 Birchwood Ter #312	94536	565,000	2	988	1984	12/9/22
3663 Oakwood Ter #111	94536	585,000	2	1125	1984	12/9/22
42111 Osgood Rd #317	94539	700,000	-	-		012/9/22
38347 Moab Drive	94536	750,000	3	1120	1955	12/7/22
4827 Coco Palm Drive	94538	1,005,000	3	1131	1964	12/6/22
34936 Sea Cliff Terrace	94555	1,075,000	3	1580	1980	12/5/22
36001 Cabrillo Drive	94536	1,100,000	3	1148	1957	12/8/22
3634 Jubilee Common	94538	1,175,000	3	1661	2019	12/8/22
42647 Philadelphia Pl	94538	1,261,000	3	1151	1958	12/6/22
4376 Hyde Common	94538	1,341,000	4	1737	2010	12/5/22
3587 Wyndham Drive	94536	1,380,000	4	1714	1972	12/5/22
4515 Stevenson Blvd	94538	1,380,000	4	2148	1960	12/9/22
40915 Lincoln Street	94538	1,450,000	3	1762	1948	12/7/22
4235 Sedge Street	94555	1,500,000	3	1704	1979	12/5/22
34152 Audrey Court	94555	1,500,000	5	1717	1986	12/6/22
3436 Surry Place	94536	1,591,000	4	1480	1972	12/7/22
41716 Chadbourne Dr	94539	1,854,000	4	1672	1960	12/5/22
43275 Coit Avenue	94539	2,050,000	-	2586	1952	12/9/22

HAYWARD TOTAL SALES: 18						
Highest \$: 1,500,000		Median \$: 710,000				
Lowest \$: 424,500		Average \$: 812,333				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
325 Valle Vista Avenue	94544	424,500	2	725	1984	12/6/22
21062 Gary Drive #221	94546	535,000	2	1056	1980	12/5/22
803 Climbing Rose Ct	94544	550,000	4	1312	1980	12/9/22
22012 Sevilla Road #92	94541	568,000	2	1241	1986	12/8/22
377 Medford Avenue	94541	620,000	3	995	1943	12/9/22
17990 Azalea Road	94541	627,500	3	1332	1973	12/9/22
22760 Corkwood Street	94541	660,000	3	1024	1951	12/5/22
19735 Waverly Avenue	94541	697,000	3	1182	1952	12/6/22
1272 Encina Street	94544	710,000	3	1119	1956	12/5/22
1147 Cotter Way	94541	710,000	2	824	1949	12/8/22
24047 Edloe Drive	94541	750,000	3	1052	1953	12/7/22
27088 Lemay Way	94544	830,000	4	1522	1957	12/5/22
24824 Townsend Ave	94544	840,000	3	1176	1957	12/6/22
24719 Townsend Ave	94544	850,000	3	1382	1958	12/5/22
24221 2nd Street	94541	1,000,000	3	2009	2020	12/8/22
1926 East Avenue	94541	1,300,000	4	2407	1992	12/8/22
1186 Overlook Avenue	94542	1,450,000	-	-		012/9/22
2177 Pappas Place	94542	1,500,000	5	2868	1994	12/9/22

MILPITAS TOTAL SALES: 12						
Highest \$: 1,500,000		Median \$: 878,500				
Lowest \$: 700,000		Average \$: 943,292				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
198 Parc Place Drive	95035	700,000	2	1031	2005	12/8/20
142 North Park Victoria Dr	95035	739,000	3	1398	1962	12/9/20

209 Sunnyhills Court	95035	745,000	3	1044	1992	12/9/20
750 Garden Street #21	95035	747,000	1	1072	2018	12/7/20
181 Parc Place Drive	95035	870,000	3	1280	2005	12/7/20
740 Lexington Street	95035	875,000	3	1145	1964	12/4/20
750 Garden Street #40	95035	882,000	2	1243	2018	12/4/20
336 Montecito Way	95035	915,000	3	1375	1992	12/8/20
1799 Starlite Drive	95035	955,000	3	1240	1970	12/7/20
1910 Joshua Tree Circle	95035	1,036,500	3	1454	2020	12/4/20
1836 Grand Teton Drive	95035	1,355,000	3	1245	1976	12/9/20
166 Caladenia Lane	95035	1,500,000	4	2468	2014	12/8/20

NEWARK TOTAL SALES: 5						
Highest \$: 1,250,000		Median \$: 1,140,000				
Lowest \$: 900,000		Average \$: 1,116,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37088 Arden Street	94560	900,000	4	2084	1928	12/8/22
6133 Bellhaven Place	94560	1,125,000	3	1568	1962	12/5/22
6257 Bellhaven Place	94560	1,140,000	3	1622	1962	12/5/22
5129 Dupont Avenue	94560	1,165,000	3	1450	1955	12/8/22
4933 Farnham Drive	94560	1,250,000	3	1344	1968	12/9/22

SAN LEANDRO TOTAL SALES: 12						
Highest \$: 1,263,000		Median \$: 722,500				
Lowest \$: 415,000		Average \$: 786,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1132 Carpentier St #409	94577	415,000	2	1180	1983	12/7/22
14325 Seagate Drive	94577	520,000	2	904	1984	12/7/22
246 Caliente Drive #74	94578	620,000	3	1245	1980	12/7/22
2474 Belvedere Avenue	94577	650,000	3	1296	1972	12/5/22
1243 Minerva Street	94577	700,000	3	1322	1947	12/5/22
16386 Mateo Street	94578	700,000	2	1018	1947	12/8/22
1950 Fairbanks Street	94577	745,000	3	1141	1951	12/9/22
14301 Santiago Road	94577	850,000	3	1126	1963	12/9/22
15063 Juniper Street	94579	890,000	3	1721	1954	12/8/22
955 Burkhart Avenue	94579	935,000	4	1392	1955	12/8/22
1473 Daily Drive	94577	1,150,000	3	2550	1958	12/9/22
2515 Marineview Drive	94577	1,263,000	3	1962	1963	12/9/22

SAN LORENZO TOTAL SALES: 4						
Highest \$: 930,000		Median \$: 809,500				
Lowest \$: 770,000		Average \$: 829,750				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
17731 Via Segundo	94580	770,000	3	1000	1944	12/6/22
15848 Connolly Avenue	94580	789,000	4	1603	1951	12/6/22
1233 Bockman Road #7	94580	830,000	3	1361	2017	12/8/22
17267 Via San Ardo	94580	930,000	3	1185	1951	12/5/22

SUNOL TOTAL SALES: 1						
Highest \$: 680,000		Median \$: 680,000				
Lowest \$: 680,000		Average \$: 680,000				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2473 Kilkare Road	94586	680,000	2	506	1931	12/6/22

UNION CITY TOTAL SALES: 6						
Highest \$: 1,250,000		Median \$: 932,500				
Lowest \$: 496,000		Average \$: 889,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
113 Aurora Plaza #42	94587	496,000	2	897	1985	12/6/22
4513 Via La Paz	94587	576,000	2	875	1970	12/7/22
3146 San Rafael Way	94587	920,000	2	1365	1934	12/8/22
31126 Varni Place	94587	945,000	4	1432	1978	12/9/22
351 Monte Carlo Ave	94587	1,150,000	3	1385	1984	12/5/22
32412 Elizabeth Way	94587	1,250,000	4	1463	1972	12/9/22

Home Sales Report

Winter reading is as close as your computer, tablet or smartphone



SUBMITTED BY
MARIANA WALKER

Officials from the Santa Clara County Library District are busy preparing for the 2023 Silicon Valley Reads program which is marking its 20th year serving readers of all ages.

This year's theme is "Journey to New Beginnings" and will kick off with an in-depth conversation with featured authors Tommy Orange, Amanda Skenandore and Kai Harris at De Anza College's Visual & Performing Arts Center

in Cupertino at 7:30 p.m. Thursday, January 26. The event also will be streamed online. Admission is free, but in-person and online registrations are required and should be made at siliconvalleyreads.org/events.

Silicon Valley Reads will continue through March with more than 150 free in-person and online events including book readings, discussions, classes, workshops, films and exhibits at locations throughout Santa Clara County.

Complete details and event schedules are posted on the

Silicon Valley Reads website at www.siliconvalleyreads.org.

Silicon Valley Reads
Thursday, January 26
7:30 p.m.
Register at
siliconvalleyreads.org/events
De Anza College
Visual & Performing Arts
Center
21250 Stevens Creeks Blvd.,
Cupertino
www.siliconvalleyreads.org

Black History Month Call for Artists

SUBMITTED BY ERIN EWING

Union City Community & Recreation Services is accepting submissions for artwork to be displayed in the month of February in celebration of Black History Month!

This annual art showcase honors, recognizes and celebrates African American history, culture, stories and artists. Submission examples celebrating Black History Month include all media, such as the following: Photography, Mixed Media, Paintings/Drawings, Ceramics/Sculptures, Installation Art, Cultural Fashion/Fabrics.

Submit your art today! The application deadline is Friday, January 27. Submission drop-off is Tuesday, January 31 between 5 p.m. and 7 p.m.

Scan the QR code to submit your work.

Black History Month Art Exhibit
Opening Night: Friday, Feb 10, 6 p.m. – 9 p.m.
Gallery hours: Thursdays, Feb 16 & 23, 4 p.m. – 7 p.m.
Studio 11
34626 11th St., Union City
unioncity.org/589/Arts-Culture-Studio-11



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Living Well

MASONIC HOMES OF CALIFORNIA

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A World-Class Service, Just Steps from Home

U.S. NEWS AND WORLD REPORT NAMES THE MASONIC HOMES AS
A TOP NURSING HOME FOR SHORT-TERM REHABILITATION.

BIG NEWS FOR Union City patients: The Masonic Homes of California has been recognized as a Best Nursing Home for short-term rehabilitation for 2022–23 by *U.S. News & World Report*.

Established in 2016, the Masonic Homes of California's Transitions short-term rehabilitation center is open in Union City to patients of all ages to recover following surgery, illness, or injury. The program's highly qualified staff includes a dedicated registered nurse case manager assigned to each patient, plus an extensive interdisciplinary team of doctors, nurses, therapists, social services managers, and nutritionists. Specialized services are offered to patients recovering from orthopedic, neurological, and cardiopulmonary surgeries, as well as those who have experienced strokes.

With 19 therapeutic rooms, each with its own bathroom and on-demand amenities, Transitions provides patients with upscale accommodations during their recovery. Around-the-clock medical and rehabilitative nursing care is partnered with expert pain management and assistance with personal care needs. One-on-one physical, occupational, and speech therapy is also available. All Transitions rooms are now outfitted with technology services through Amazon Alexa, so patients can look up information, request assistance, and more through voice demands.

BEST
NURSING HOMES

U.S. News & WORLD REPORT

SHORT-TERM
REHABILITATION
2022–2023

"We're offering the highest standard of care to make sure patients recover as quickly as possible."

"Whether it's recovering from a hip replacement or heart surgery, we're offering the highest standard of care to make sure patients recover as quickly as possible," says Joseph Pritchard, chief operating officer of the Masonic Homes. "Transitions is special because of the people we hire. The team has a passion for service that allows them to be excellent even in the harshest of situations."

Only 16 percent of U.S. skilled-nursing facilities earned the "Best Nursing Home" designation this year. *U.S. News*

rated more than 15,000 nursing homes on care, safety, and health inspections. For the first time, it also featured a new measure on weekend staffing and infections leading to hospitalization.

The Best Nursing Homes methodology factors such data as resident care, safety, and outcomes. *U.S. News* evaluated each nursing home's performance using a variety of data obtained from the Centers for Medicare & Medicaid Services. The short-term rehabilitation rating also includes measures of an organization's success in preventing falls, preventing serious infections, and making sure residents are able to return to their homes.

At the Masonic Homes, patient comfort has been an important consideration from the very beginning, says president and CEO Gary Charland, pointing to the hotel-style amenities and made-to-order restaurant-style dining. "Feeling comfortable and at home reduces stress and encourages a swift recovery," he says.

Through the award-winning Transitions short-term rehabilitation program, the entire East Bay community is able to experience the world-class care that has defined the Masonic Homes for the past 125 years. ♦

For more on Transitions, visit masonichome.org/transitions or reach out to an admissions coordinator at (510) 299-9144.

WHERE YOU LIVE MATTERS

JOIN US!
FEBRUARY 24
1-3 P.M.

You are invited to join us for
AFTERNOON TEA OPEN HOUSE
Come see the beautiful views, vibrant community, and learn about one of the best-kept secrets in Union City!

FREE GIVEAWAYS AND RAFFLE!

RSVP Required
acaciacreek.org/openhouse
(877) 902-7555

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Hayward Animal Shelter



Hayward Animal Shelter

510-293-7200

www.HaywardAnimals.com

16 Barnes Court, Hayward (Near Soto & Jackson)

Connecting rescued animals with loving homes!



Aiko is a sweet 1 year old male German Shepherd. He does well with other dogs and loves spending time with people. He would like a home with other dogs and older children. His adoption is FREE sponsored by SantaCon Hayward. To adopt call Hayward Animal Shelter (510) 293 – 7200.



Racer is 1 year old male husky mix who is energetic and playful. He gets along well with other dogs and would do well in a home with older children. He loves puzzle toys, tennis balls, and walks. His adoption is FREE sponsored by SantaCon Hayward. To adopt call Hayward Animal Shelter (510) 293 – 7200.

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

CONTINUING EVENTS

Tuesdays
Practice Your English--Tuesday Chat! R
4:00 pm - 5:00 pm
Improve your English by talking with native speakers
bit.ly/3TH2keU
jliu@aclibrary.org

Wednesdays
Zumba Gold \$
11:30 am - 12:30 pm
Workout while dancing
Age Well Center at South Fremont
47111 Mission Falls Ct, Fremont
(510) 742-7529
bit.ly/3rAEdSC

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
bit.ly/3UPp51i

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

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, plethos.org

Second Thursdays
Diaper Distribution Program
11:00 am
Diaper and wipes for low-income household
Hayward Public Library
888 C St, Hayward
(510) 293-8685
hayward-ca.gov/public-library

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

Thursdays - Sundays
Animal Feeding
3:00 pm - 3:30 pm
Feed livestock and learn about their favorite food
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(888) 327-2757
ebparks.org/parks/ardenwood

Fridays & Saturdays
Telescope Viewings
7:30 pm - 10:30 pm
Experience the awe and wonder of the universe
Chabot Space and Science Center
10000 Skyline Blvd, Oakland
(510) 336-7300
chabotspace.org

First & Third Saturdays
Pacific Bus Museum \$
10:00 am - 2:00 pm
Open house
Pacific Bus Museum
37974 Shinn St, Fremont
pacbus.org

Second Saturdays
Lazy Saturdays?
9:00 am - 12:00 pm
Join members of LEAF & tackle various projects
Local Ecology and Agriculture Fremont (LEAF)
6501 Niles Blvd, Fremont
fremontleaf.org/volunteer
volunteer@fremontleaf.org

Saturdays - Sundays
Discovery On Demand
10:30 am - 3:30 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

Second Saturdays
Alviso Adobe Tours \$
1:00 pm
Docent-led tours & video presentation
Alviso Adobe Park
2087 Alviso Adobe Ct, Milpitas
(408) 586-3210
bit.ly/3Wcmgau

Mondays, Tuesdays, Thursdays & Fridays
Showers for Adults 55+ R
1:00 pm - 2:30 pm
One shower per day
Age Well Center at South Fremont
47111 Mission Falls Ct, Fremont
(510) 742-7529
bit.ly/3rAEdSC

Mondays
Advanced Math + Science 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

Thursdays
International Folk Dancing in Mandarin R\$
11:30 am - 12:50 pm
Age Well Center at South Fremont
47111 Mission Falls Ct, Fremont
(510) 742-7529
bit.ly/3rAEdSC

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

First Thursdays, December 1 - April 6
Bill Savings Assistance with Spectrum
3:00 pm - 5:00 pm
In-person assistance on completing 2022 LIHEAP and/or LIHWAP application forms
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
bit.ly/3gWSjfq

Wednesdays, December 7 - November 22
Qi Gong Meditation & Exercise Classes
2:00 pm - 4:00 pm
Relieve Stress and anxiety by joining Falun Dafa class
Milpitas Public Library
160 N Main St, Milpitas
(408) 262-1171
scclld.org

Thursdays, December 8 - June 8
Cover to Cover Book Discussion
1:00 pm - 2:30 pm
Newark Public Library
37055 Newark Blvd, Newark
(510) 284-0675
bit.ly/3DyAJaM

Second Mondays, December 12 - May 8
ASL (American Sign Language) Story Signing
6:30 pm - 7:30 pm
Preschool - 2nd grade: 6:30 - 7:00 pm
3rd - 5th grade: 7:00 - 7:30 pm

Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM

First and third Fridays, December 16 - Jun 16
Mobile Food Distribution
10:30 am - 11:30 am
Available for first 80 families
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM
Please bring your own reusable bag.
Line up starts at 9:30

Saturdays & Sundays, December 20 - January 22
Winter Brick Show \$
12:00 pm - 4:00 pm
Exhibit of various LEGO structures
Bay Area Family Church
2305 Washington Ave, San Leandro
(510) 483-4712
bafc.org

Tuesdays
Bilingual (English/Spanish) Tiny Tot Story Time
9:30 am - 11:00 am
Kinder readiness class for 0-5 years old
Union City Family Center
725 Whipple Rd, Union City
(510) 476-2770
bit.ly/3vcTYRA bit.ly/3GaTamI

Wednesdays, December 28 - January 25
Folding Books R
12:00 pm - 1:00 pm
Used books makeover project
Newark Public Library
37055 Newark Blvd, Newark
(510) 284-0675
bit.ly/3DyAJaM

Sundays, January 1 - February 26
Snake Talk
2:30 pm - 3:00 pm
Discover the importance of snakes to the ecosystem
Sunol Regional Wilderness Visitor Center
1895 Geary Rd, Sunol
(510) 544-3245
ebparks.org/parks/Sunol

Tuesdays, January 3 - May 30
Baby Bouncers Lapsit
11:30 am - 11:45 am
Nursery rhymes, lap bounce, songs & picture books for 12 months & younger
Milpitas Public Library
160 N Main St, Milpitas
(408) 262-1171
scclld.org

Wednesdays, January 4 - January 25
Little Listeners Storytime
11:00 am - 11:45 am
In-person story time with, songs and other fun for preschooler
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640
aclibrary.org/locations/SLZ

First Wednesdays, January 4 - May 31
Pen Pal Club
4:00 pm - 5:00 pm
Create a card and write to your pen pal friend from Portola Branch Library in SFO
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM

First Saturdays, January 7 - March 4
Music Hour at the Library
2:30 pm - 3:30 pm
Platform for the community to come together to perform, share and enjoy music
Newark Public Library
37055 Newark Blvd, Newark
(510) 284-0675
bit.ly/3WyERY6

Saturdays, January 7 - January 28
Story walk along the Marsh
3:00 pm - 3:30 pm
Enjoy the stroll with stories, songs, and movement
Coyote Hills Visitors Center
8000 Patterson Ranch Rd, Fremont

(510) 544-3220
bit.ly/3UGfdGr

Fridays, Saturdays and Sundays, January 13 - January 29
Matilda The Musical R\$
Fri & Sat: 7:00 pm
Sun: 2:00 pm
Ohlone College
43600 Mission Blvd, Fremont
Smith Center
ohlone.edu bit.ly/3Zeges0
ASL interpreted performance on January 27

Tuesdays, January 17 - May 16
Read to a Dog
4:00 pm - 5:00 pm
Come and read to the trained therapy dogs
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM
Mask required for 2+

Thursday - Saturday, January 19 - March 18
Tree talk
During gallery hours
Art works & poems by Dotti Cichon & Nelly Capra
Art reception: January 27; 7:00 pm - 9:00 pm
Olive Hyde Art Gallery
123 Washington Blvd, Fremont
(510) 791-4357
olivehydeartguild.org

Thursdays, January 19 - April 20
Health Services for People Experiencing Homelessness
1:30 pm - 3:00 pm
Get help with check-up, medications, appointments, referral, food assistance, & more
Fremont Main Library
2400 Stevenson Blvd, Fremont
By ACHCH (Alameda County health care for the homeless)
(510) 745-1400
aclibrary.org/locations/FRM

Second Thursdays, September 8 - June 9
Café Dad
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

UPCOMING EVENTS

Wednesday, January 18
Teen Gaming Club R
4:00 pm - 6:00 pm
Enjoy role playing game: honey heist, and other board games
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
bit.ly/3Zub7Eq

Wednesday, January 18
Diversity Circle
10:00 am - 12:30 pm
Group meet for inspiring lectures, discussions, current events, films,

music & LGBTQ+ topics
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy, Fremont
(510) 790-6606

Wednesday, January 18
Community Meeting Regarding Beekeeping
6:00 pm - 7:00 pm
Webinar about beekeeping in the City of Fremont
Zoom ID: 822 6166 4550
Passcode: 403934

Wednesday, January 18
Age well/Drive smart R
1:00 pm - 3:00 pm
Senior driver traffic safety seminar
Castro Valley Library
3600 Norbridge Ave, Castro Valley
(510) 667-7900
bit.ly/3iwW2kN

Wednesday, January 18
Career Ready - Dynamic Resume Workshop R
1:30 pm - 2:30 pm
Learn current trend, industry-specific languages, and build your resume
Fukaya Room A
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
bit.ly/3CKAAQe

Wednesday, January 18
Abby K @ The Bistro
7:00 pm
Live music
The Bistro
1001 B Street, Hayward
(510) 833-3470
the-bistro.com

Thursday, January 19
Shoulder Pain: Causes & Treatment Plans R
3:30 pm
Review possible cause of shoulder pain & treatment options
whhs.com/events,
youtube.com/whhsInHealth

Friday, January 20
Urban Cycling 101 R
12:30 pm - 2:30 pm
Learn to equip your bicycle, fit helmet, avoid common hazards & basic road rules. Own bike & helmet required
Age Well Center at South Fremont
47111 Mission Falls Ct, Fremont
Register: (510) 845-7433
bit.ly/3rAEdSC

Saturday, January 21
Science Saturday: Structures R
2:00 pm - 3:00 pm
Join your kids (5 -10) in exploring, creating & testing structures
Castro Valley Library
3600 Norbridge Ave, Castro Valley
(510) 667-7900
bit.ly/3Zyskg0 aclibrary.org

Saturday, January 21
Lunar New Year Parade
11:00 am - 12:00 pm
Hold banners & march around the library with music
Newark Public Library
37055 Newark Blvd, Newark
(510) 284-0675
bit.ly/3DyAJaM

Saturday, January 21
Concert: Saxophone quintet - fun!SQ R
2:00 pm - 3:30 pm
Musical celebration of innovation: anime, classical, jazz, & more
Newark Public Library
37055 Newark Blvd, Newark
(510) 284-0675
bit.ly/3H20UYo

Saturday, January 21
Music hour at the library
2:30 pm - 3:30 pm
Read while enjoying light music performed by local musicians
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM
Mask required for 2+ years.

Saturday, January 21
Snowman Picture Frame Workshop R
9:00 am - 12:00 pm
Let your little one build with experts; kit provided
LOWE'S, Union City
32040 Union Landing Blvd, Union City
low.es/3J1C7p9

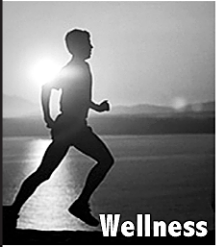
Saturday, January 21 – Sunday, January 22
Royal Theater Academy's Seussical R\$
Sat & Sun: 2:00 pm & 7:00 pm
Cat in the Hat, lazy Mayzie, Horton & Jojo are coming with the musical
California State University, East Bay
25800 Carlos Bee Blvd, Hayward
(510) 885-3000
bit.ly/3WmGG0h

Saturday, January 21
Gun Buyback (Operational firearms only)
10:00 am - 3:00 pm
Turn in your gun, no questions asked
Fremont Fire Tactical Training Center
7200 Stevenson Blvd, Fremont
fremontpolice.gov

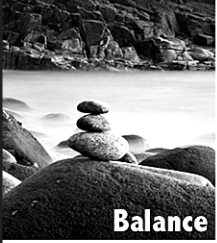
Saturday, January 21
King Tides Walk
9:30 am - 12:30 pm
Get to know about king tides while strolling around SFO Bay Shore
Coyote Hills Visitors Center
8000 Patterson Ranch Rd, Fremont
(510) 544-3220
bit.ly/3XwBJ5F

Saturday, January 21
Plant & Cutting Swap
11:00 am - 1:00 pm
Share your labeled plant cuttings, extra plant or seed starts & basic care information with other gardeners
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM

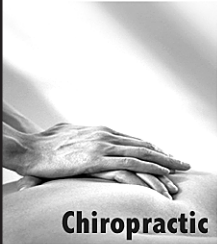
Sunday, January 22
Teen Figure Drawing (13 - 18) R
1:30 pm - 2:30 pm
Practice your drawing skills. Volunteers pose for you to sketch
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1400
aclibrary.org/locations/FRM



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6170 Thornton Ave., Ste H
Newark

Sunday, January 22
Rabbit Rendezvous
2:00 pm - 2:30 pm
Learn why rabbits are great hoppers & how they use their ears to sense danger
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(888) 327-2757
ebparks.org/parks/ardenwood

Monday, January 23 – Tuesday, January 24
Ride-On Tri-City Travel Training R
9:00 am - 12:00 pm
Jan 23: Learn how to use buses & Bart; get \$15 cash value in your clipper card.
Jan 24: Field trip
Age Well Center at South Fremont
47111 Mission Falls Ct, Fremont
Register: (510) 574-2053
bit.ly/3rAEdSC
rideontricity@fremont.gov

Monday, January 23 – Sunday, February 5
Lunar New Year Scavenger Hunt
10:00 am - 8:00 pm
Find all 12 zodiacs loose in the children section & receive a prize
Castro Valley Library
3600 Norbridge Ave, Castro Valley
(510) 667-7900
aclibrary.org

Saturday, January 28
2023 Crab Feed Fundraiser R\$
5:00 pm - 9:30 pm
Featuring raffle basket, silent auction, live DJ & a crab dinner
Holy Spirit Gymnasium
37588 Fremont Blvd, Fremont
bit.ly/3Z9fOn3
Ticket available on eventbrite

ASSOCIATED PRESS BY ANDREW MELDRUM

Ukrainian soldiers, family and mourners gathered in frigid weather in Kyiv on Sunday to pay tribute to a soldier killed fighting against Russian forces in Bakhmut, the strategic city under siege on the eastern front.

An open casket, outdoor service was held in Kyiv's Independence Square for Maj. Oleh Yurchenko who was killed in Bakhmut on Jan. 2. Fellow soldiers carried the coffin while others knelt on the ground. A bugle played and later a male quartet sang solemn hymns as an Orthodox priest conducted the service attended by about 200 people.

Yurchenko, 45, nicknamed "Happy," volunteered for the army after Russia's full-scale invasion of Ukraine began on Feb. 24. He had been head of security for TIU Canada, an energy company operating in Ukraine, according to a Facebook post.

Yurchenko was well-known as a Ukrainian patriot as he had been a participant in pro-democracy demonstrations in 2004-2005 and later in 2014 which ousted Viktor Yanukovich as president. Kyiv's Independence Square was the center of both demonstrations so it was fitting

as the site for the religious ceremony for Yurchenko.

"He was the best Ukrainian, a kind father, a very responsible person," said Yuriy Zhukovskiy, a Ukrainian soldier. "It is a very heavy loss, because these are the best people in Ukraine, and they are dying. It is a great pity. And no matter how many enemies are killed, we are sorry for (the death of) one such person."

Another fellow soldier, Ruslan Boyko, praised Yurchenko's positive outlook.

"He was a very brave, very cheerful person who always tried to help everyone, to be ahead in any situation," Boiko said. He said that Yurchenko was always ready "to take on more responsibility, more tasks and protect everyone as much as possible."

Olesia Yurchenko, the fallen soldier's 22-year-old daughter and eldest child, said the family is grieving his death but trying to live by his principles.

"It is about everyone cherishing their virtues: hard work, kindness, honesty, loyalty to their country, their family," she said. "Because this is what my father taught me. Not to give up, not to retreat."

She said that her father "always said that we still have to build the country ... build Ukraine."

Union City Lions prepare for annual Crab Feed

SUBMITTED BY MICHAEL RITCHIE

The Union City Lions are back at it again this year with another fantastic all-you-can eat Crab Feed on Saturday, February 25, 2023! This is the first "Union City Lions Club Crab Feed" since 2020! The Lions trust the community will be as engaged in this event as they have been in the past. Tickets to the Crab Feed are \$75, which includes salad, pasta, bread and, of course, crab. There will be a live auction, raffles and door prizes. Finally, there will be a No-Host Bar and, of course, the fellowship of like-minded members from our community who, like you, are participating in this event to help others! Proceeds from this year's event will benefit youth and elderly groups, provide for eye and ear medical examinations, and other Lions Club community service projects. Seating is limited to 250 guests to provide ample room to move around in the hall of the Southern Alameda County Buddhist Church. This year, tickets for the Crab Feed may only be purchased through our web page at

www.UCLions.com. Raffle tickets may be purchased on-line or during the event. Drink tickets may only be purchased during the event. Please do not delay in purchasing your event tickets. In 2021 the Lions Club hosted a Crab Feed non-event where Lions sold shirts announcing the Union City Lions Club was 'Pardoning the Crabs' for the year! If you purchased one of these shirts, remember to wear it to this event and receive 10 raffle tickets free of charge when you sign in on the night of the event.

**Union City Lions Crab Feed
Saturday, Feb 25
5 p.m.: Happy Hour
6 p.m.: Dinner Service begins
Southern Alameda County Buddhist Church
32975 Alvarado-Niles Rd, Union City
Tickets: www.UCLions.com
\$75/person**



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continued from page 1

Celebrating 12 years of improvising

He continues, "We were coming close to our ten-year anniversary, so it was a nice move to something a little more noticeable, and people would actually pass by us naturally. They'd have to be specifically coming to us to know that we're there at our old space. It's a cool building too. I think it was built in 1876 and there's a lot of signatures backstage." The building, Clark's Hall, was originally built for the International Order of Templars, and dedicated on May 4, 1876.

Apart from short term stints in San Francisco, Orange County, and Denver to perform in festivals, MUT has stayed in their current location. The group has from 20-25 actors who rotate Saturday night improv shows based on audience suggestions. Other offerings include improv classes, team building events, and open mic nights.

During the pandemic, everyone was improvising. While MUT had been uploading training videos to YouTube, they began streaming Saturday shows for the first time. "There was no point for us to stream shows until we HAD to stream," notes Taylor, laughing. Since Taylor lives with co-founders Bobby August, Ben Stephens, they began streaming from their living room, with 100 devices following along in the chat and giving suggestions. A virtual format showed that

people who couldn't attend in person still wanted to participate.

"That's something we wouldn't have discovered without the harshness of the pandemic. It did force us to adapt as a way to reach people," explains Taylor. "It was humbling to see how many people wanted that escapism and that moment of 'Hey, let's just laugh even though we're in the midst of something we've never been faced with before.'"

The experience highlighted that MUT had fans out of state and even overseas. "A lot of people from very different parts of the world do tune in," says Taylor. "There's a guy also from the Middle East who uses my videos as a way to train his group. And he's even messaged me before and said 'hey I really appreciate it,' and he's shared some stories with how he trains his group using our improv as a reference point."

Naturally, virtual improv looks a little different. You can't feed off the energy of people around you the way you can in person. But where traditional improv is pantomimed with no backgrounds or props, a virtual format allows flexibility. "That was something I stressed to everybody," says Taylor. "I know this kind of seems weird, and awkward that we're just on Zoom doing improv... Let's do our best to try to think outside the box. Your cat crawls onto your lap? That's part of the scene now. There's a prop there that feels like it could lend itself to the scene? Go for it!"

"Have fun," he says. "Because if you're having fun, your scene partner is having fun and the audience is having fun... Because if we surprise our audience sometimes, we're surprising ourselves too."

MUT reopened for in-person shows in 2021, and now they are continuing the work of bringing back programs and shows to get the theatre back to pre-pandemic



By Sean Taylor

form. Shows are still streamed on YouTube, although now suggestions come from the in-person audience, not the chat. In addition to the current lineup, Taylor is hoping to bring other groups of actors to perform at the theatre.

The Saturday anniversary show will be in the same audience-inspired format, but themed around the theatre's milestones over 12 years. But of course, the final product is up to the performers and audience. Taylor concludes, "This is the first anniversary show since the pandemic when we're actually going to have a live

audience and I think it's going to feel a lot more alive. That's been something that's been missing from our big milestone moments, is having that crowd with us, which we thrive off of."

Made Up Theatre 12th Anniversary Show

Saturday, Jan 21

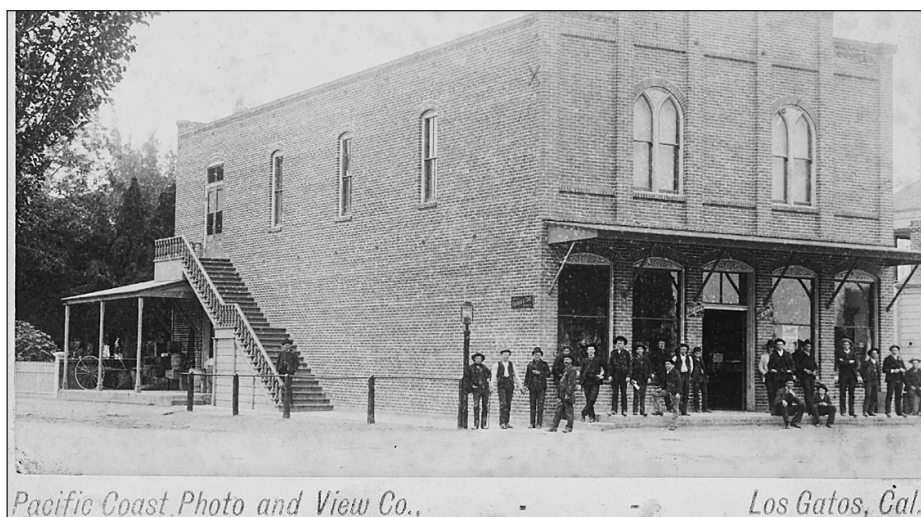
8 p.m.

Made Up Theatre

4000 Bay St., Ste B, Fremont

(510) 573-3633

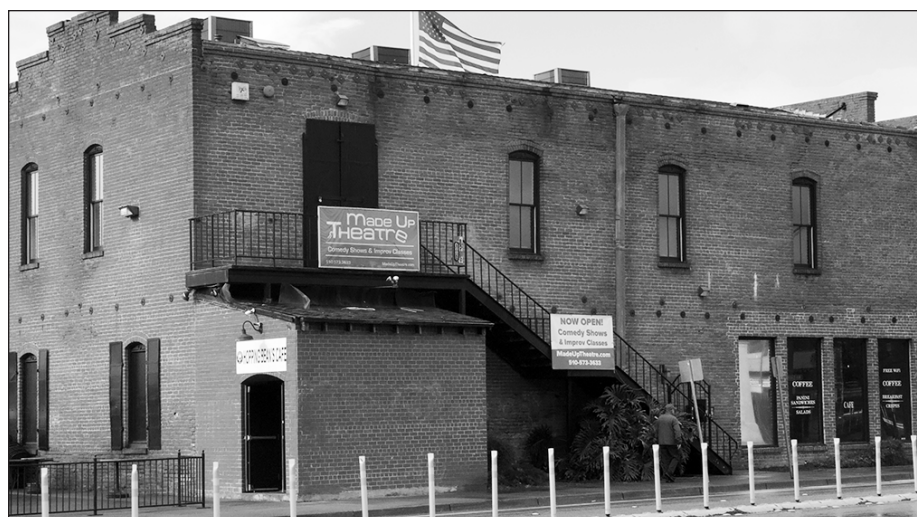
<http://madeuptheatre.com/>



Pacific Coast Photo and View Co.,

Los Gatos, Cal.

Historical photo of Made Up Theatre's current home. Courtesy of Kesley Camello



By Sean Taylor

Community Bulletin Board

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

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		510-494-1999 tricityvoice@aol.com	
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 “We implore you on behalf of Christ, be reconciled to God.”		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	
BINGO BINGO BINGO Niles Canyon Mobile Estates 711 Old Canyon Road, Fremont (Niles District) The FIRST MONDAY of Every month in 2023 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		SAN LEANDRO HISTORICAL RAILWAY SOCIETY is open to the public each Saturday from 9 am to 1 pm. Located at 1302 Orchard Ave, San Leandro, Ca. Outdoor & indoor model trains will be in operation. Information: Eugene 510 963-2965 Model train donations: Bob 510 566-3499	
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. Guests from Chile in 2023 Many outbound trip possibilities Enjoy our many Bay Area events. www.ffsfba.org www.friendshipforce.org Call or text 510-363-0531	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/
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	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.mpfagmail.com	
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		Tropics BINGO Every Wednesday Games start7pm 33000 Almaden Blvd. Union City Buy-In \$10 Flash games \$100-\$500 90% Payout Profits go to local Charities the-Tropics.net	
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		SENIOR SOCIAL ACTIVITIES Friendly & fun group open to men & women. Variety of activities: Bocce ball, Day trips, BBQ, Dinner, Wine tasting and more. Free newsletter. For information 925-803-1313	NEWARK TROOP NEWARK TROOP 186 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			

OPINION



WILLIAM MARSHAK

In this country, at the beginning of sports games, from Little League to professional, a similar rite is performed... a salute to the flag and/or music of the national anthem. Recitation of the Pledge of Allegiance to the flag at many public gatherings represents a common identity and commitment to the ideals and aspirations of the United States of America.

Flags, a length of cloth, dyed in a variety of colors and configurations, have led countless legions into battle, rallied the disheartened and provided an immense sense of pride as representations of a country, organization or religion. It is difficult to avoid feeling sentimental when your flag is raised in triumph such as when Olympians win a gold medal, stand at the top of a podium and listen to the national anthem as the flag is raised.

Similar feelings can be aroused when flags are displayed at other endeavors. It is not hard to imagine that strong attachments are formed to many flags, banners and other symbols of solidarity for people throughout the world. Whether foreign or domestic, flags are overt symbols of unity that evoke strong emotions.

As a hub for many cultures and nationalities, the southeast Bay Area hosts a plethora of celebrations that recognize

prominent domestic personalities and events, as well as others observed around the globe. Although focused on the same occasion, festivities, including symbolic items or procedures, can vary greatly even within a religious, ethnic or other social group. What is acceptable and normal for one group may look much different when practiced by another. Differences that appear trivial to some may be of extreme importance to others.

At the January 10, 2023 Fremont City Council meeting, a referral by Mayor Lily Mei suggested a working list of 19 personages, organizations and events that should be considered for flag-raising ceremonies in addition to two existing at this time. The ensuing discussion raised some interesting points for consideration including the current lack of organization and coherent criteria for such endeavors as well as cost to the City. As Councilmember Yang Shao noted at the beginning of the discussion, the initial decision is a binary choice... exclusivity or inclusivity/ After all, he stated that the “best flag we can raise and the people of Fremont and beyond are proud to gather under is the flag of the stars and stripes.” Exclusive use of city flagpoles for official – federal, state, local flags - was quickly discarded as councilmembers thronged to the magic word “inclusive” and cited two existing flag-raising that have created a precedent.

Although staff had previously been given direction to propose a flag-raising policy, to be reviewed at a council retreat in February, discussion moved toward specifics without much foundation; a classic case of cart before the horse syndrome. It appeared that the impetus

for the referral was related to upcoming observances that may not be eligible for flag raising privileges until a policy is adopted. To this point, the limited number has been unfocused, proscribed by the proclivities of councilmembers or activists. There is nothing wrong with this, but as some councilmembers noted, it must have some limits. In a city that is a kaleidoscope of people, inclusive can become massive. Is the role of official written proclamations different from flag-raising ceremonies? What if no unified flag exists for a flag-raising eligible event? Does flag-raising elevate recognition of one person/event over another?

As Councilmember Shao noted, one flag unifies all of us while others represent important facets of our heritage and identity. Caution is necessary when determining who and what should be recognized above others.

It's a grand old flag,

It's a high-flying flag,

And forever in peace may it waive.

It's the emblem of

The land I love,

The home of the free and the brave...

George M. Cohan

William Updell

William Marshak
PUBLISHER

After Dallas Zoo leopard escape, cut found in monkey habitat

ASSOCIATED PRESS

Police investigating after a clouded leopard escaped her enclosure at the Dallas Zoo say a cutting tool was used to intentionally make an opening in the fence of the small cat's habitat, and a similar cut was found at a habitat for small monkeys.

Dallas police said Saturday evening that they did not know if the two incidents were related. None of the langur monkeys escaped and none appeared to be harmed.

On Friday, arriving zoo workers discovered that a clouded leopard named Nova was missing from her habitat. A daylong search ensued, during which the zoo was closed while staff and police combed the 100-acre (40-hectare) grounds. She was discovered by late afternoon near her habitat.

After it was determined that Nova wasn't injured, the zoo said that she spent Saturday with her sister, Luna, in their habitat, "perched up on a high branch while oh-so-many guests stopped by to wish her well."

Police and zoo officials have said they have reviewed surveillance footage but would not say what it showed or whether there were potential suspects.

Animals have escaped enclosures from the Dallas Zoo before. Most notably was in 2004, when a 340-pound (154-kilogram) gorilla named Jabari jumped over a wall and went on a 40-minute rampage that injured three people before police shot and killed the animal.

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Dan Goldstein appointed to Hayward City Council

SUBMITTED BY CITY OF HAYWARD

Planning Commissioner Dan Goldstein was appointed to the City Council on Monday, January 9 to complete the unexpired term of the council seat vacated by Mark Salinas following his election and swearing-in as Hayward Mayor.

Goldstein was appointed on a 5-0 council vote with one member abstaining after finishing third among eight candidates for two open council seats in the Nov. 8 election. He joins newly elected Councilmembers Julie Roche and George Syrop on the seven-member Council.

Prior to his appointment, Goldstein, a civically active 17-year Hayward resident and father of two teenagers, had served on the Planning Commission since September 2015.

A cyber security professional, Goldstein is an investor and consultant for Voluntas, a provider of volunteer management software systems to



public school districts. He is a member of the board of directors of the Hayward Education Foundation, a Hayward Rotary Club member, a participant in the East Bay Section of the Amateur Radio Relay League, and an emergency communications radio team volunteer to the Alameda County Sheriff's Office of Emergency Services.

Prior to appointing Goldstein, the council pared a list of 45 qualifying applicants to a list of five finalists who were invited to answer questions and make opening and closing statements during a special public meeting of the City Council on Monday.

last recession. Officials have launched a dizzying number of new programs and services -- including committing to pay for all 4-year-olds to go to kindergarten and agreeing to cover the health expenses of all low-income immigrants who are living in the country without legal permission.

The money has come mostly from a soaring stock market that launched a parade of California-based tech companies. Those companies -- including the likes of Uber, Airbnb, Lyft and Pinterest -- made lots of people very rich, creating a new class of millionaires and billionaires in a state with a progressive tax code where nearly half of all income taxes come from the top 1% of earners.

Since then, lots of economic factors -- led by runaway inflation, supply chain disruptions and Russia's invasion of Ukraine -- have had a chilling effect on the economy. The S&P 500, a key indicator of the health of U.S. stock markets, has fallen more than 18% since its peak at the end of 2021.

With rich people not making as much money, they are paying less in California state taxes. So far this year, California's tax revenues have been \$4.6 billion below expectations -- not including some one-time corporate tax payments that state officials say they can't count on.

Money from capital gains taxes is projected to be about 5.5% of the state's revenue, down from 9.75% last year, Newsom said. Still, California appears to be well-positioned to weather an economic downturn. Of the \$131 billion in general fund surpluses the state has had in the past four years, most of it -- about \$80 billion -- has paid for things that do not require ongoing funding, like construction projects. Just \$10 billion of surplus spending has paid for ongoing commitments, according to the Legislative Analyst's Office.

Constitutional limits prevent lawmakers from emptying reserves to cover a deficit. And unlike the federal government, California's budget must be balanced. Newsom and lawmakers will have to tighten state spending to cover all of the shortfall -- something that Senate Budget Committee chair Nancy Skinner said is doable.

"We funded things at such record levels, and a lot of the programs that we funded haven't even gotten going yet, so we still have room to make some adjustments if needed," she said. "I'm very optimistic because we're in good shape."

Fremont City Council

January 10, 2023

Consent Calendar:

- Adopt an ordinance amending Fremont Municipal Planning and Zoning Code, Affordable Housing.
- Allow the City Council and the legislative bodies of Fremont to continue holding meetings via videoconference.
- Authorize a purchase order to Dell Technologies for an additional server and storage system and execute a service agreement with Eplus Technology Inc. for the annual hardware and software support and maintenance of the Rubrik Enterprise Backup Solution.
- Vacate a portion of the Emergency Vehicle Access Easement at

- 44408 Pacific Commons Boulevard in Bayside Industrial Community Plan Area.
- Approve agreements for on-call architectural design consulting services with Interactive Resources, Inc.; Joseph Chow & Associates, Inc.; Aetypic, Inc.; FOG Studio; and Shultz and Associates, Inc.
 - Amend the professional services agreement with T.Y. Lin International, to increase funding for final design services related to the I-880 Innovation Bridge and Trail Project.
 - Amend agreement with Environmental Logistics Inc. to increase the annual compensation for services to respond to hazardous materials emergencies.

Mayor Lily Mei	Aye
Teresa Keng	Aye
Raj Salwan	Aye
Teresa Cox	Aye
Yang Shao	Aye
Jenny Kassin	Aye
Desrie Campbell	Aye

Milpitas Unified School District

January 10, 2023

Consent Items:

- Approve Purchase Order Report of January 10, 2023.
- Approve Jahn Plumbing's agreement to repair Weller's stage.
- Approve TD Sports Group's agreement to extended netting at Rancho.
- Approve agreement between Milpitas Unified School District and Beacon School, Non-Public School for the 2022-2023 school year.
- Approve agreement between Milpitas Unified School District and Esther B Clark School, Non-Public School for the 2022-2023 school year.
- Approve agreement between Milpitas Unified School District and The Stepping Stones Group for the remainder of the 2022-2023 school year.
- Authorize the continued funding application which allows

- for the continued collaboration of Milpitas Unified School District and California Department of Education-Early Education Division, with the purpose of providing preschool services to qualified students.
- Authorize the continued funding application which allows for the continued collaboration of Milpitas Unified School District and California Department of Social Services (CDSS) Division, with the purpose of providing child care services to qualified school-age students.
 - Approve Personnel Report of January 10, 2023.
 - Adopt the MUSD COVID-19 Testing Plan.

President Kelly Yip-Chuan	Aye
Chris Norwood	Aye
Minh Ngo	Aye
Anu Nakka	Aye

Hayward Unified School District

January 11, 2023

Consent Items:

- Appointments, changes of status, waivers, retirements, leaves of absence, and terminations.
- Overnight study trips
- Staff out of state travel
- Single Plan for Student Achievement
- Approve memorandums of understanding: Contra Costa County Office of Education; Raising Leaders-Alameda County Juvenile Probation Department.
- Approve contracts: California School Boards Association; Freedom Soul Media Education Initiatives; BlazerWorks; Jabbergym, LLC; FAIR Schools LLC; Coast Personnel Services; Martin Romero Rivera Ballet Folklorico; 360 Degree Customer Inc.; Hatchuel, Tabernik & Associates; STEM Center USA; UBEO West, LLC; Jigsaw Learning, LLC; El Puente Comunitario.
- Measure H Contracts: Geo-Engineering Solutions, Inc.; SCA Environmental, Inc.
- Measure H Notices of Completion: FE Controls Corporation; O'Grady Paving; Overaa.
- Approve California State Preschool Program 2023-24 continued funding application.
- Authorize legislative body meetings remote teleconferencing for the period of Jan 14 - Feb 13, 2023.
- Approve continued funding application - General Child Care contract.
- Approve mid-year revision signature card - authorized agents.

President Peter Bufete	Aye
April Oquenda	Aye
Joe Ramos	Aye
Ken Rawdon	Aye
Sara Prada	Aye

Governor: California faces budget deficit of \$22.5B

BY ADAM BEAM
ASSOCIATED PRESS

California faces a projected budget deficit of \$22.5 billion for the coming fiscal year, Gov. Gavin Newsom announced Jan. 10, just days into his second term. It's a sharp turnaround from last year's \$98 billion surplus.

The deficit, while unsurprising, could signal the end of a decade's worth of economic growth in the nation's most populous state.

Newsom, a Democrat, is proposing to close the hole by delaying spending in some areas and changing how others are funded. His budget appears to avoid significant cuts to most major programs, although it does lower proposed spending on climate change initiatives by about \$6 billion. The state hopes to restore that spending in 2024 or offset it with federal money.

Among his climate maneuvers: He'll shift \$4.3 billion in spending on zero-emission vehicles from the state's taxpayer-funded general fund to a special fund paid into by polluters. He's also delaying by a year \$3.1 billion in climate and transportation funding.

The state still has about \$35.6 billion in reserves. Newsom stressed that California would continue robust spending in public and higher education, climate change, health care, and responding to drought and wildfire. "We're keeping our promises," he said.

Newsom's presentation offers the first glimpse of his spending and policy priorities as he launches his second term, but it's not the final say on how the state will dole out money. He'll reassess the state's finances in May after tax revenue has come in, and he'll sign a final budget in June.

The California Republican Party quickly blasted the proposal, saying Newsom has for years failed to adequately tackle issues like homelessness and wildfires despite record spending.

"Now with a massive budget shortfall projected, it's time for

Gavin Newsom to finally get serious about smarter spending to resolve the many issues that are plaguing our state and driving long-time residents away," party Chairwoman Jessica Millan Patterson said in a statement.

Newsom's proposed cuts to climate spending, including in programs designed to boost zero-emission vehicles, drew criticism from some of his traditional environmental allies. The budget reduces hundreds of millions in spending on programs to expand zero-emission vehicle infrastructure in low-income neighborhoods and to transition delivery trucks, airplanes, rail lines and other transportation sources away from greenhouse gases.

"Investing in climate solutions is the only way to ensure a better California for all who live here," said David Weiskopf, senior policy adviser for the climate group NextGen California. His proposed budget isn't all cuts -- Newsom wants to give an additional \$1 billion to local governments to combat homelessness, although he wants more accountability from local leaders. In the fall, he threatened to withhold funding for such programs. He's also proposed spending more on cash assistance programs for low-income and disabled Californians.

Other ways he's closing the spending hole including pulling back on \$3 billion designed to help the state deal with inflation. Newsom has been warning of a potential budget shortfall for more than a year, and the Legislative Analyst's Office said in November the shortfall could be around \$25 billion.

In September, Newsom publicly scolded lawmakers for sending him dozens of bills that, when added together, would have allowed billions in new spending. Newsom vetoed those bills, saying he has "made it crystal clear that we are seeing economic headwinds."

Dealing with a deficit will be a change of pace for the state, where spending has more than doubled in the 10 years since the

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German ministers urge leniency for taking thrown-out food

ASSOCIATED PRESS

Two German government ministers are calling for authorities to relax the application of rules enabling the prosecution of people who take food that is still fit for consumption from supermarket garbage bins.

Agriculture Minister Cem Ozdemir and Justice Minister Marco Buschmann said in a statement Jan. 10 that they wrote to the justice ministers of Germany's 16 states to suggest a "practical solution" to the issue. In the highly decentralized country, it is the states that would have the power to make the change.

The practice known in Germany as "containering" counts as theft for legal purposes. The ministers' statement said that around 11 million tons of food are thrown away every year in the country, about 7% of it in the retail sector due to factors such as traders ordering more than they can sell. Another 17%

comes from restaurants, canteens and the like.

"If people take home food that has been thrown away without causing damage or unlawful entry, then, in my opinion, that should no longer be prosecuted," Buschmann said. Ozdemir said refraining from prosecuting such cases "is one of many elements in the fight against food waste."

The two ministers called for state governments to support a proposal by Hamburg's local government under which a clause would be added to prosecution guidelines to specifically address "containering." No actual change to the law would be required.

The proposed clause would state that, in cases where the value of the stolen goods is low and no criminal complaint was filed, there is, as a rule, no public interest in going ahead with prosecution. Cases which involve damage or trespassing that goes beyond "overcoming a physical obstacle without deploying significant effort" would still be prosecuted.

Unwanted guns? Dispose of them safely

SUBMITTED BY
FREMONT POLICE DEPARTMENT

Turn in your guns and get paid, no questions asked. That's the idea behind an anonymous gun buyback event sponsored by Fremont Police Department.

The goal of the event is to prevent gun violence and get unwanted, unsafe, and illegal guns out of local communities. Participants turning in guns will not be asked about who owns them or where they came from. The five-hour event will start at 10 a.m. Saturday, January 21 at Fremont Fire Training Center on Stevenson Boulevard.

Exchange details:

- Firearms must be operational (they will be examined)
- \$100 will be paid for handguns, rifles and shotguns

• \$200 will be paid for ghost guns and assault weapons

- All guns must be unloaded and stored in the trunk of participants' car
- Participants must remain inside their vehicle
- The price per firearm will be determined by Fremont Police Department
- Each seller is limited to a \$600 buyback total
- Non-operative firearms can be turned in without buyback
- Buybacks are available first-come, first serve or until funds run out

For details, call (510) 790-6800 or visit fremontpolice.gov, then look for "Gun Buyback Event" in the Events listings.

Gun Buyback Event
10 a.m. – 12 noon
Fremont Fire Training Center
7200 Stevenson Blvd., Fremont
(510) 790-6800
fremontpolice.gov

Keeping bees? Here is what you need to know

SUBMITTED BY FREMONT POLICE DEPARTMENT

Captain Matt Snelson and Animal Services Manager Kelly Miott from Fremont Police Department will lead a virtual webinar regarding rules and guidelines for beekeeping in Fremont on Wednesday, January 18.

The free hourlong program will start at 6:00 p.m. using Zoom software; participants must have an internet connected computer, tablet or mobile device.

The Zoom meeting webinar ID code is 822 6166 4550. Passcode is 403934.

The meeting will be closed captioned and recorded for future viewing. For details, call (510) 790-6800.

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Vher Sales Achazo
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February 13, 1957 – January 10, 2023
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Felipe Saucedo
Resident of Fremont
May 5, 1943 – December 27, 2022
Fremont Memorial Chapel

Anna Neves Correia
Resident of Newark
November 18, 1929 – January 9, 2023
Fremont Memorial Chapel

Crispin E. Garcia, III
Resident of Fremont
July 25, 1986 – January 14, 2023
Fremont Memorial Chapel

Kevin L. Silveira
Resident of Fremont
December 29, 1968 – January 7, 2023
Fremont Chapel of the Roses

Priscilla Vaughn
Resident of Hayward
April 7, 1952 – December 29, 2022
Fremont Memorial Chapel

Richard L. Arias
Resident of Fremont
May 9, 1930 – January 4, 2023
Fremont Chapel of the Roses

Chi-Hui Chai
Resident of Fremont
June 2, 1919 – January 7, 2023
Fremont Chapel of the Roses

Raheem J. Gipson
Resident of Newark
June 14, 1990 – December 21, 2022
Fremont Chapel of the Roses

Stella Marie Rohde
Resident of Fremont
January 9, 1947 – December 30, 2022
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Gerald Ripp
Resident of Union City
March 4, 1941 –January 9, 2023

Christine Woodhouse
Resident of San Jose
August 12, 1952 – January 9, 2023

Kamla Dadlani
Resident of Hayward
February 2, 1926 – January 8, 2023

Eugene Smith
Resident of Fremont
July 20, 1927 – January 2, 2023

Deanna Montgomery
Resident of San Ramon
February 26, 1948 – January 6, 2023

Sreenivasamurthy Suryanarayana
Resident of India
August 19, 1941 – January 3, 2023

Jagdish Patel
Resident of India
June 6, 1958 – January 3, 2023

Ann Haynes
Resident of Hayward
January 8, 1935 – January 2, 2023

Kai Lo
Resident of Fremont
November 30, 1928 – January 1, 2023

Gnana Tammareddy
Resident of Hayward
January 12, 1949 – December 31, 2022

Sunanda Rabindranath
Resident of Fremont
November 16, 1939 – December 30, 2022

Shakuntala Ingle
Resident of San Jose
January 16, 1935 – December 30, 2022

Edna Perez
Resident of San Jose
July 26, 1956 – December 29, 2022

Federico Rodriguez
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David E. Winn

April 13, 1939-December 12, 2022

Dave passed away on December 12, 2022 at the age of 83. He resided in Newark for the last 54 years. He was born at home In Salt Lake City on April 13, 1939. He joined the army in 1957-1960 and spent time in Texas and Germany. In 1961 he married Melody.

Dave enjoyed bowling as a sport for years. One of his hobbies was photography, he set up his own dark room where he could do all of his own developing and printing. He also enjoyed woodworking and made bird houses, cork boards, trivets and wine racks. Dave had the mechanical skills to fix anything. After retiring from the auto industry he refurbished a 1952 Packard, turning it into a show car that won several awards. He was a member of the Classic Cruisers USA car club where he met a lot of people and made some wonderful friends. Dave also enjoyed playing poker with the guys.

He has left behind his wife of 61 years, Melody, his daughter



Susan, son David, three grandsons, Dane (Carlee), Josh and David, as well as one great grandson. Dave was a strong willed and loving man with a heart of gold and lots of good advice. He had a zest for life, would talk to everyone and had many friends.

He loved to laugh, joke and see people around him happy. Dave will be greatly missed by his family and all who knew him.

Eva Maria Miranda Silva

Resident of Fremont

October 8, 1929 – January 10, 2023



Nuestra querida madre, Eva María Miranda Silva entregó su alma al creador el 10 de enero del año 2023, a la edad de 93 años en Fremont, California.

Eva María nació en Nandaime, Nicaragua el 8 de octubre del año 1929. Ella dedicó su vida siendo madre y a la práctica de enfermería. Luchó como una guerrera para criar a sus cinco hijas; Migdalia, Lesbia, Sonia, Alma y Jennifer. De donde crece una larga y fuerte descendencia de 15 nietos/as,

28 bisnietos/as, un tataranieto y su árbol genealógico seguirá desarrollando su follaje.

Su fe católica la hizo ser fiel devota de Jesús Nazareno y venerar a la Virgen María Auxiliadora.

Emigró a los Estados Unidos acompañando a sus hijas pero siempre mantuvo su corazón en su pueblo natal sin olvidar el resto de su familia y amistades.

Eva María pasó sus últimos días rodeada del cariño de sus seres queridos y el regalo más grande que dio Eva María fue el amor incondicional a Dios y su familia. Su recuerdo perdurará para siempre en nuestros corazones!

Se llevará a cabo un servicio conmemorativo el sábado, 14 de enero del año 2023 a las 2 de la tarde en la funeraria: Berge Pappas Smith Chapel of the Angels, 40842 Fremont Blvd., Fremont, CA 94538

Se le dará Cristiana sepultura en su pueblo natal, Nandaime Nicaragua.

Kevin Lee Silveira

December 29, 1968 - January 7, 2023

Resident of Fremont

Kevin Lee Silveira passed away Saturday night January 7, 2023, surrounded by family at the age of 54. He was an honest and loyal person. He loved animals and filled the air with the music in his heart. When he was up, he lifted everyone. He went in peace just the way he wanted to and now joins his father, Richard Silveira. Kevin lives on in the stories told by his brother Rick Silveira and sister Debbie Bennett. His mother Kathy Silveira (Zima) cared for him until the end and never gave up on him. He was "Uncle Kev" to two generations of nieces & nephews who will always remember him.

Viewing will be held on Friday, January 20th from 8:30am-10:30am with a Celebration of Life starting at 10:30am at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont, CA 94536. Burial to



follow at Irvington Memorial Cemetery in Fremont. In lieu of flowers, please donate to the ASPCA.

Fremont Chapel of the Roses
510-797-1900

Anna Neves Correia

November 18, 1929 – January 9, 2023

Resident of Newark



Anna Correia passed away on January 9, 2023 at the age of 93. She was predeceased by her Husband: Joseph Correia, Mother: Maria Prudencio, Father: Joao Prudencio, Daughter: Theresa Correia. She is survived by her 3 Sons Jimmy,

Jerry, and Arnie Correia. Anna was a mother of 4, a grandmother of 5, and great-grandmother of 3.

She was one of eleven children born in the Prainha do Norte on the island of Pico, Azores, Portugal. She immigrated to the United States in 1958 where she became a proud American citizen. Anna was a devoted wife and mother. She walked with God everyday of her life and imparted the Catholic faith upon her children. She was a constant in the Portuguese SES community as a philanthropist volunteering countless hours in preparations of Holy Ghost dinners and fund-raising events. She was truly a renaissance woman being an accomplished

seamstress, painter, diplomat, gardener, barber, and financial wizard. She was a loved sister, aunt, and cousin to all her extended family. She will truly be missed by everyone whose lives she touched.

A Rosary will be held for Anna on Friday, January 20th, 9am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Following the Rosary a Funeral Mass will be held at St. Edwards Catholic Church in Newark at 10:30am. A burial at Holy Spirit Cemetery in Fremont will conclude her services.

Fremont Memorial Chapel
510-793-8900

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Crispin E. Garcia III

July 25, 1986 – January 14, 2023

Resident of Fremont



Crispin was born to eternal life on January 14, 2023, surrounded by his family; he was only 36 years old.

He was born on July 25, 1986 in Hayward to Crispin and Irene E. Garcia but spent most of his life in Fremont. Crispin graduated Irvington High School in 2005 and continued his education at Ohlone College and Wyotech. His mind was always geared into becoming a top mechanic, developing his talent throughout many shops around the Bay Area. In the end, he established himself as a dedicated hardworking mechanic at Fremont Toyota.

Besides being a mechanic, Crispin enjoyed all sorts of activities such as daily puzzles,

building legos, and was an avid troubleshooter. He was born into a soccer family but also enjoyed watching the SF Giants and 49ers. Our fondest memories were when we had family reunions. It was all he ever asked for, with his favorite holiday being thanksgiving, to bring everyone together and enjoying a great meal. It had to be deep fried turkey with a honey baked ham. Loving the occasion so much he began to learn to cook various dishes from handmade pastas to baking.

A special thanks to his healthcare providers over the last 7 years; Dr. Vu Nguyen and all the nurses from the 10 south team and the clinic at Kaiser Oakland.

He was a wonderful son, inspiring loving brother and nephew. Crispin was one of a kind. He will forever be in our hearts.

Visitation will be held on Sunday, January 22, 5-8pm with a Vigil Service at 6pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA. A Funeral Mass will be held on Monday, January 23, 11am at Our Lady of Guadalupe Parish, 41933 Blacow Rd., Fremont, CA. Burial at Irvington Memorial Cemetery in Fremont to follow.

Fremont Memorial Chapel
510-793-8900

Dead humpback's 311-pound flipper to be displayed at North Carolina park

ASSOCIATED PRESS
BY MARK PRICE,
THE NEWS & OBSERVER

For the second time in a month, an endangered humpback whale has been found dead on one of North Carolina's barrier islands. In this instance, however, parts were saved for permanent display.

The latest discovery involved a 31-foot female found Dec. 28 on North Core Banks, inside Cape Lookout National Seashore, according to a Jan. 10 news release. A cause of death has not been released, but a necropsy was performed and samples were collected, officials said.

In an unusual step, Cape Lookout National Seashore was given permission to take parts of the humpback for public display, park officials said.

"A NC Marine Mammal Stranding Network ... team assisted the park in collecting one of the whale's front flippers and a 4-foot-long section of baleen from the whale's mouth," the park reported. The sections will

"be processed and eventually used in an exhibit at the Harkers Island Visitor Center."

Photos shared by the park on Facebook show the flipper was longer than the park biologists sent to inspect it. The flipper measured at "around 13 feet" and 311 pounds, officials said.

At Cape Hatteras National Seashore, just north of Cape Lookout, a 30-foot humpback was found beached Dec. 5 on Hatteras Island. A necropsy was also performed on that whale, but no cause of death has been reported.

All species of humpbacks are listed as endangered in U.S. waters, NOAA Fisheries says. The most common causes of fatalities are fishing gear entanglement and being struck by vessels, experts say.

Humpbacks can reach 40 tons and 60 feet, and live as long as 90 years, experts say.

Because large whales take a long time to decompose, the National Park Service typically buries them when researchers are done collecting samples, McClatchy News reports.

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The (Not-So) Little House on the Prairie: Alviso Adobe House comes alive in new interactive tour

BY HUGO VERA

Immersive art installations are quickly becoming a global phenomenon, as seen with the successes of last year's "Immersive Van Gogh" exhibit and this year's "Beyond King Tut: The Immersive Experience." In the East Bay, Milpitas Historical Society (in partnership with City of Milpitas) is using immersive art to tell the colorful history of the city's oldest standing structure.

Known commonly as the "Alviso House," the nearly 200-year old adobe ranch house lies nestled in the Milpitas foothills in what is now Alviso Adobe Community Park. On Saturday, January 14, Milpitas Historical Society President Bill Hare and Director of Educational Services Outreach Joseph Ehardt led an hour-long tour that used visuals projected onto the two-feet thick walls of the Alviso House and audio recordings to transport visitors to pre-colonial era Milpitas.



Milpitas Historical Society President Bill Hare with a 1950s General Electric refrigerator



Projections of historical photographs are part of the immersive tour.

"Native Americans or 'First Peoples' have lived in the San Francisco Bay Area for at least 4,000 - 5,000 years before making contact with the Spanish colonists who led the De Anza expedition of 1776," states Ehardt who also serves as Vice Chair of the Milpitas Parks, Recreation and Cultural Resources Commission. "The Muwekma Ohlone specifically inhabited this region of Santa Clara County which is now Rancho Milpitas, and each presentation begins with an acknowledgment of their presence and legacy."

The presentation starts with gathering visitors in the sala (living room) of the house as visuals and recordings explain how Mexican rancher Francisco Alviso first petitioned the then-governor of Alta California for land in 1830s before being granted it and beginning construction of his ranch house by the 1850s. As the tour progresses, guests are able to see faithful reconstructions of the Alviso bedrooms as well as traditional Spanish-Mexican clothing worn by the Alvisos though the end of the 19th century.

Vibrant animations tell the story of Lucia Cussigh who sailed from her native northern Italy in 1907 to New York before traveling cross-country by train to Milpitas where she was reunited with her future husband Giuseppe Cuciz. The Cuciz family would go on to purchase the house from Francisco Alviso's descendants in the early 1900s and would remain its stewards until the City of Milpitas acquired the house and opened Alviso Adobe Park in 2013.

"In the almost two centuries that the house has existed, only two families have owned and inhabited it: the Alvisos and the Cucizes," says Hare. "Giuseppe and Lucia Cuciz lived in this house up until their deaths in the 1970s and at that point they had seen most of the noticeable changes not only on this ranch but in American society in general."

Tour guests will be able to see a vast array of relics that tell a whole other story about life in Milpitas. Everything from Great Depression-era electrical outlets to a copy of San Jose's oldest phone book, to a 1950's-era General Electric refrigerator in the kitchen, illustrate the Bay Area's evolution

in industries, technology and lifestyles.

"The Alviso family primarily used the land for ranching, hence why this was a ranch house," adds Ehardt. "By the time the Cuciz family came along, Milpitas had transitioned to agriculture. And then of course events like the opening of the Ford Motor Company plant [present-day Great Mall of Milpitas], World War II and the 'Silicon Rush' transformed this sleepy town into a bustling hub of tech and opportunity now 80,000 people strong."

The Immersive Alviso Adobe Tour is open to the public every Saturday (weather permitting) with three tours available from 1 p.m. – 4 p.m. between now and November 11, 2023. Admission is free, but spots fill up fast so those interested are advised to reserve their place by visiting: www.eventbrite.com and searching "Alviso Adobe."

Alviso Adobe Tours
Second Saturdays
1 p.m. – 4 p.m.
2087 Alviso Adobe Ct., Milpitas
Register on Eventbrite.com



Joseph Ehardt of Milpitas Historical Society leading tour



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NOTICE TO CREDITORS OF BULK SALE (SECS 6104, 6105 U.C.C.)
Escrow No. FSBC-0272201664
Notice is hereby given to the Creditors of: HO CHOW RESTAURANT LLC, Seller(s), whose business address(es) is: 4161 CUSHING PKWY, FREMONT, CA 94538, that a bulk transfer is about to be made to: YANMING WU AND LAN YU, Buyer(s), whose business(es) address is: 4161 CUSHING PKWY, FREMONT, CA 94538. The property to be transferred is located at: 4161 CUSHING PKWY, FREMONT, CA 94538. Said property is described in general as: ALL STOCK IN TRADE, FIXTURES, EQUIPMENT, GOODWILL AND OTHER PROPERTY of that business known as: BEST ASIAN BISTRO and located at: 4161 CUSHING PKWY, FREMONT, CA 94538. The bulk sale is intended to be consummated at the office of: FIDELITY NATIONAL TITLE COMPANY, ESCROW DIVISION, 2099 GATEWAY PL, STE 500, SAN JOSE, CA 95110. The bulk transfer will be consummated on or after the FEBRUARY 3, 2023. The bulk transfer is subject to Section 6106.2 of the California Commercial Code. If Section 6106.2 applies, claims may be filed at: FIDELITY NATIONAL TITLE COMPANY, ESCROW DIVISION Escrow No. FSBC-0272201664R, 2099 GATEWAY PL, STE 500, SAN JOSE, CA 95110 PHONE: (408)437-4313, FAX: (408)392-9272. This bulk transfer does NOT include a liquor license transfer. All claims must be received at this address by the FEBRUARY 2, 2023. So far as known to the Buyer(s), all business names and addresses used by the Seller(s) for the three (3) years last past, if different from the above are: NONE
IN WITNESS WHEREOF, the undersigned have executed this document on the date(s) set forth below:
YANMING WU AND LAN YU
Date: JANUARY 10, 2023
1396488-PP TRI-CITY VOICE
1/17/23

CNS-3660833#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT
File No. 594250
Fictitious Business Name(s): MISSION VALLEY URBAN FARM, 41721 HIGGINS WAY, FREMONT, CA 94539 County of ALAMEDA
Registrant(s): VAN DER WILK JOSANNE, 41721 HIGGINS WAY, FREMONT, CA 94539
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A.
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
S/ VAN DER WILK JOSANNE,
This statement was filed with the County Clerk of Alameda County on 12/22/2022.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/17, 1/24, 1/31, 2/7/23

CNS-3659286#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 591172
Fictitious Business Name(s): ALAMEDA AUTO SALES, 4333 BOLINA DR, UNION CITY, CA 94587 County of ALAMEDA
Registrant(s): FAHAD KHAN MOHMAND, 4333 BOLINA DR, UNION CITY, CA 94587
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/ FAHAD KHAN MOHMAND,
This statement was filed with the County Clerk of Alameda County on 12/21/2022.
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).
1/10, 1/17, 1/24, 1/31/23

CNS-3657612#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 594421
Fictitious Business Name(s): FRANK PEST CONTROL CO., INC., 37541 SUMMER HOLLY COMMON, FREMONT, CA 94536, County of ALAMEDA
MAILING ADDRESS: P.O. BOX 4361, SAN LEANDRO, CA 94579
Registrant(s): FANK PEST CONTROL CO., INC., 37541 SUMMER HOLLY COMMON, FREMONT, CA 94536, County of ALAMEDA
Business conducted by: A CORPORATION
The registrant began to transact business using the fictitious business name(s) listed above on 01/20/2008
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/ FRANK SOARES
This statement was filed with the County Clerk of Alameda County on 12/29/2022
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement

generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
1/10, 1/17, 1/24, 1/31/23

CNS-3657608#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 594091
Fictitious Business Name(s): ACE MEDICHEM CONSULTING, 4506 AMIENS AVE, FREMONT, CA 94555, County of ALAMEDA
Registrant(s): ANJALI PANDEY, 4506 AMIENS AVE., FREMONT, CA 94555, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
s/ ANJALI PANDEY
This statement was filed with the County Clerk of Alameda County on 12/19/2022
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).
12/27/22, 1/3, 1/10, 1/17/23

CNS-3655153#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 593912
Fictitious Business Name(s): ART'S LANDSCAPING, 3249 GREENWOOD DR., FREMONT, CA 94536, County of ALAMEDA
Registrant(s): ARTURO ESPITIA, 3249 GREENWOOD DR., FREMONT, CA 94536
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 01-01-1990
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/ ARTURO ESPITIA
This statement was filed with the County Clerk of Alameda County on 12/12/2022
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).
12/27/22, 1/3, 1/10, 1/17/23

CNS-3653816#

GOVERNMENT

**CITY OF FREMONT
SUMMARY OF ADOPTED ORDINANCE**
AN ORDINANCE OF THE CITY OF FREMONT AMENDING FREMONT MUNICIPAL CODE TITLE 18 PLANNING AND ZONING, CHAPTER 18.155 AFFORDABLE HOUSING, ADDING SECTION 18.155.095 LIVE/WORK LOCAL PREFERENCE AND MAKING FINDINGS OF CEQA EXEMPTION (CEQA GUIDELINES SECTIONS 15162, 15183, AND 15061(B)(3)) (Live/Work Preference Policy).
On December 20, 2022, the City Council introduced the above ordinance amending Fremont Municipal Code Title 18 Planning and Zoning, Chapter 18.155 Affordable Housing, Adding Section 18.155.095 Live/Work Local Preference and Making Findings of CEQA Exemption (CEQA Guidelines Sections 15162, 15183, and 15061(B)(3)) (Live/Work Preference Policy).
The foregoing ordinance was introduced before the City Council of the City of Fremont at the regular meeting of the City Council, held on the December 20, 2022, at finally adopted at a regular meeting of the City Council held on January 10, 2023, by the following vote:
AYES: Mayor Mei, Vice Mayor Keng Councilmembers: Campbell, Kassan, Shao, Salwan and Cox
NOES: None
ABSENT: None
ABSTAIN: None
A certified copy of the full text of Ordinance No. 01-2023 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont CA 94538.
SUSAN GAUTHIER, CITY CLERK
1/17/23

CNS-3660711#

City of Fremont Notice of Fund Availability Community Development Block Grant (CDBG) Fiscal Year 2023-2024 Capital Projects
Para información en español, por favor llame a Leticia Leyva a (510) 574-2072.
若您需要中文的訊息, 請撥510-574-2046與翁于 聯絡。謝謝。
The City of Fremont anticipates the availability of approximately \$852,135 for Fiscal Year (FY) 2023-2024 CDBG funds for capital projects benefiting low to moderate income Fremont residents. Projects must be implemented in FY 2023-2024 and completed by June 30, 2024. All services must meet at least one need from the City's 2020 - 2024 Consolidated Action Plan. Interested applicants should anticipate meeting one of the following needs:
1. Affordable Housing Needs - Create affordable housing opportunities for low and moderate-income households throughout the City of Fremont.
2. Community Development Needs - Provide critical services to low and moderate-income people. Funds may be used to provide a public service including economic development.
3. Priority Homeless Needs - Provide critical services to the homeless population.

4. Priority Supportive Housing – Increase the availability of service-enriched housing for persons with special needs.
In order to be considered for CDBG funding, agencies must meet the following minimum qualifications:
(1) Proposed service must meet one of the following CDBG National Objectives:
a. Benefit low-moderate income persons
b. Prevent/ Eliminate Slums or Blight
c. Address Urgent Needs
(2) Applicant must be a 501(c)(3) non-profit or public agency. Secular ministries or programs of a religious organization are also eligible.
(3) Applicant must have ability to meet Department of Housing and Urban Development's CDBG program requirements
(4) Applicant must have ability to meet City's grant requirements

PROPOSAL OVERVIEW AND PUBLIC HEARING
Staff will hold a Proposal Overview for all agencies interested in requesting FY 2023-2024 capital funding. City staff will provide an overview of the CDBG funding process, timeline and criteria used to evaluate proposals. They will also answer any questions you may have about the process. The public will have an opportunity to give input and express funding priorities. The Proposal Overview will be held as follows:
Date: Thursday, February 2, 2023
Time: 6:00 P.M.

Location: City of Fremont Training Room, 3300 Capitol Avenue, Bldg. B, Fremont, CA 94538
RSVP: Please RSVP to Robert Lopez at rlopez@fremont.gov by January 27, 2023.
Tentative Funding Process Timeline:
- Thursday, February 2, 2023:
- Request for Proposals (RFP) materials will be available on ZoomGrants, through the City of Fremont website: <https://www.fremont.gov/government/departments/human-services/human-services-in-the-community/city-funded-grants/community-development-block-grant>
- Proposal Overview o If you wish to be on the mailing list, please contact Robert Lopez at rlopez@fremont.gov
- Thursday, February 16, 2023: Pre-Applications are due via ZoomGrants.
- Thursday, March 2, 2023 by 11:59 PM: Proposals are due to the City of Fremont Human Services Department, via ZoomGrants. Hard copies, faxes or emails will not be accepted.
- March 15, 2023: Community Development Block Grant Advisory Committee (CAC) will hold a public hearing to review the proposals and develop questions for applicant agencies
- March 29 & 30, 2023 (tentative): CAC will hold a public hearing to interview agencies
- Thursday, April 13, 2023 (tentative): CAC will hold a public hearing to develop funding recommendations.
- Tuesday, May 9, 2023 (tentative): The City Council will hold a public hearing, review CAC and staff recommendations, and make their final funding decisions.
1/17/23

CNS-3660150#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF YUANHONG GU CASE NO. RP22135323

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: YUANHONG GU
A Petition for Probate has been filed by GUOPING CUI in the Superior Court of California, County of ALAMEDA.
The Petition for Probate requests that GUOPING CUI be appointed as personal representative to administer the estate of the decedent.
The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on JANUARY 25, 2023 at 9:45 A.M. in Dept. 201 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA 94704.
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for Petitioner: VICTORIA LI, ESQ., 2845 MOORPARK AVE., SUITE 110, SAN JOSE, CA 95128, Telephone: 408-260-8288
1/3, 1/10, 1/17/23

CNS-3656232#

PUBLIC AUCTION/SALES

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY
Notice is hereby given that under and pursuant to section 1993.07 of the California Civil Code the property listed below is believed to be abandoned

by **Mohamad Ebrahim Joyaa and Hafizullah Raufi, D/B/A Zam Zam Grill** and all other tenants, subtenants, and/or occupants, located at **3876 Decoto Road, Fremont, CA 94555**: 8 tables, 14 chairs, soda cooler, Alosa deep fryer, 2 Alosa gas stove tops, 4 stainless steel shelving units, 1 True sandwich prep table, 3 Stainless Steel prep tables, 2 True refrigerators, 1 Metro Rack, 1 topside freezer, Small quantity of kitchen pots and pans, utensils 3 metro racks, microwave, and other miscellaneous items you may find in a small restaurant will be sold at public auction for Mary Jo Shepherd, Trustee on **Saturday, 04 February 2023, at 12:00 pm** by Carolee Camacho d/b/a USAuctions at **3876 Decoto Road, Fremont, CA 94555**. Terms are CASH ONLY, 15% buyer's premium, removal at time of sale, **preview at 11:30 a.m.** additional terms and information please call USAuctions at 408-497-0339, or go to usauction.com, Bond #61708186.
1/17, 1/24/23

CNS-3659819#

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE TS No. CA-22-944396-CL Order No.: 2197919CAD YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/23/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN TOTAL AMOUNT DUE TO Trustor(s):** NAPOLEONE C. RAMIREZ AND VERNIE S. RAMIREZ, HUSBAND AND WIFE, AS JOINT TENANTS Recorded: 10/30/2003 as Instrument No. 2003648819 of Official Records in the office of the Recorder of ALAMEDA County, California; Date of Sale: 2/9/2023 at 9:00 AM Place of Sale: On the Fallon Street Steps of the Alameda County Courthouse located at 1225 Fallon Street, Oakland, CA 94612. Amount of unpaid balance and other charges: \$167,483.24. The purported property address is: 5372 CHAPMAN DRIVE, NEWARK, CA 94560 Assessor's Parcel No.: 092A-0724-025 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale, or visit this internet website <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-22-944396-CL. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 800-280-2832, or visit this internet website <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-22-944396-CL to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. NOTICE TO PROSPECTIVE OWNER-OCCUPANT: Any prospective owner-occupant as defined in Section 2924m of the California Civil Code who is the last and highest bidder at the trustee's sale shall provide the required affidavit or declaration of eligibility to the auctioneer at the trustee's sale or shall have it delivered to Quality Loan Service Corporation by 5 p.m. on the next business day following the trustee's sale at the address set forth in the below signature block. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary by 10 days after the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property

only. Date: Quality Loan Service Corporation 2763 Camino Del Rio S San Diego, CA 92108 619-645-7711 For NON SALE Information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-22-944396-CL IDSPub #0183144 1/17/2023 1/24/2023 1/31/2023
1/17, 1/24, 1/31/23

CNS-3657250#

TS No: CA07000489-20-1 APN: 483-0015-079-00 TO NO: 200069738-CA-VOI NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d) (1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED June 15, 2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On February 17, 2023 at 12:00 PM, at the Fallon Street emergency exit to the Alameda County Courthouse, 1225 Fallon St., Oakland, CA 94612, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on June 20, 2006 as Instrument No. 2006235866, of official records in the Office of the Recorder of Alameda County, California, executed by LUISA M FOLEY, A SINGLE WOMAN, as Trustor(s), in favor of FINANCIAL FREEDOM SENIOR FUNDING CORPORATION, A SUBSIDIARY OF INDYMAC BANK, F.S.B. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, but certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 3818 SHINGLEWOOD COURT #10, UNION CITY, CA 94587 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$366,945.10 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Nationwide Posting & Publication at 916.939.0772 for information regarding the Trustee's Sale, or visit the Internet Website www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case, CA07000489-20-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. Notice to Tenant NOTICE TO TENANT FOR FORECLOSURES AFTER JANUARY 1, 2021 You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. 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CNS-3655952#

California invests \$52 million in opioid prevention and treatment

SUBMITTED BY GOVERNOR'S PRESS OFFICE

As part of California's continuing efforts to combat the opioid crisis, the Department of Health Care Services is awarding \$52 million to providers of Medication-Assisted Treatment (MAT) services. These funds, announced January 11, will support the prevention, assessment, diagnosis, and treatment of opioid and substance use disorders, as well as recovery.

"It is critical that treatment providers on the front lines of the opioid epidemic have the lifesaving resources they need, when they need them," said Governor Gavin Newsom. "Today's efforts, in coordination with the federal government, bolster our state's multi-pronged approach to tackling this ongoing crisis and protecting as many Californians as possible."

The awards, of up to \$1,848,000 each to 105 service providers, will fund the development and implementation of opioid and substance use disorder treatment "hubs" and

"spokes" throughout California. The "hubs" may be narcotic treatment programs or other MAT providers; the "spokes" are federally approved office-based prescribers.

The funding comes from the State Opioid Response III grant, awarded by the federal Substance Abuse and Mental Health Services Administration. The timeline for this funding is January 1, 2023, to June 30, 2024.

More information about the California MAT Expansion project is posted online at <https://californiamat.org>.

Union City Police Log

SUBMITTED BY
UNION CITY PD

Tuesday, December 20

• At about 3:00 p.m. officers responded to a report about a robbery in the 3000 block of Belize Way. A female victim parked her car at her residence, then an unknown person approached and smashed the passenger side window. The suspect, described by police as a Hispanic male in his 40s, reached inside the car and grabbed the victim's property and fled to an awaiting vehicle. Officers were unable to located the suspect.

Thursday, December 22

• At about 5:00 p.m., officers responded to a report about an armed robbery in the 4100 block of Dyer St. The victim, a delivery truck driver, was seated in her truck when she noticed a man stealing packages from the rear of the open truck. The driver confronted the suspect, they struggled for the packages, then

the suspect pointed a handgun at the victim, telling her to let go. The victim complied, and the suspect ran off with an accomplice and the property. The first suspect was described as a Hispanic male in his 20s, about 5-feet-7-inches tall, 150 pounds. The second suspect was described as a Black male, in his 20s, about 5-feet-3-inches tall, 110 pounds. Both suspects fled the scene in a black sports utility vehicle.

Saturday, December 24

• At about 2:00 p.m. officers responded to a report of a robbery at a Union Landing business. The suspect approached the victim as he exited his vehicle and snatched the victim's cell phone. The suspect tried to flee, but the victim grabbed onto the suspect's sleeve, and they both struggled over the property. The suspect then struck the victim in the face with a pocketknife, causing a small laceration. The suspect, an unknown race male, then fled on foot.

Thursday, December 29

• At about 5:00 p.m. Officer Scarbrough made a traffic enforcement stop in the 2900 block of Whipple Road. A record check showed the male driver was on searchable probation for firearm charges and had a prior conviction for an attempted murder charge. He also had a warrant out for his arrest. A search showed the driver had a box of ammunition. He was arrested on suspicion of being a felon in possession of ammunition.

Sunday, January 1

• At about 4:00 a.m. officers responded to a report about a shooting in the 1800 block of Whipple Road. Upon arrival, officers found a 36-year-old woman who had sustained gunshot wounds. She was taken to a hospital and treated for non-life-threatening injuries. The incident is being investigated by detectives as attempted murder.

San Leandro Police Log

SUBMITTED BY
SAN LEANDRO PD

Thursday, December 29

• At about 2:00 a.m. officers responded to a suspicious person call on the San Leandro Unified School District Campus on the 14700 Block of Juniper St. Upon arrival, officers spotted a parked green sedan with no license plate and heard the sound of a power tool in the distance. A suspect, later identified by police as Omar Rivera, 46, of Stockton was detained by officers near the vehicle. Officers then saw a flashlight being used under a school bus. There, they found a

suspect, they later identified as Ramon Ramirez, 43, of Oakland, with burglary tools. He was detained without incident. Investigators later determined the two were attempting to steal catalytic converters. Both were arrested.

Monday, January 9

• At about 10:45 p.m. officers responded to a report about a catalytic converter theft in progress on the San Leandro Unified School District Campus on Juniper Street. When the two suspects saw officers, they ran to their SUV and fled the scene with officers in pursuit. The SUV stopped under the I-238 freeway at Mission Street. With assistance from the Alameda County Sheriff's Office and the California Highway Patrol, both suspects were arrested on various vehicle pursuit- charges. Additional charges involving catalytic converter theft were pending.

BART Police Log

SUBMITTED BY
BART POLICE AND
LES MENSINGER

Saturday, January 7

• At 8:46 p.m. a man identified by police as Terrance Washington, 28, of Richmond was stopped at Milpitas station on suspicion of fare evasion. A record check showed a warrant. He was arrested and booked into Santa Clara County Main Jail.

Sunday, January 8

• A man identified by police as Geraldo Garcia, 32, of

Oakland was arrested aboard a southbound train at South Hayward station on suspicion of attempted murder and attempted robbery. He was booked at Santa Rita Jail.

Tuesday, January 10

• A man identified by police as Monte Williams, 68, of San Jose was arrested at Milpitas station on an outstanding warrant. He was booked into Santa Clara County Main Jail.

Fremont Police Log

SUBMITTED BY
MONICA LEON, FREMONT PD

Tuesday, January 3

• Officers responded to a report about an unoccupied vehicle with its engine running and a firearm inside of it in a business parking lot on Boyce Road in south Fremont. Arriving officers spotted the vehicle as it was being driven away and made a traffic stop. The driver, identified by police as an adult from Antioch, was arrested on suspicion of possessing a loaded firearm.

Friday, January 6

• Officers responded to a report about two people stealing from a discount store at Fremont Hub shopping center. During the theft, the suspects threatened harm to employees, then fled on foot. Officers later spotted the suspects, later identified as juveniles from Fremont, near Paseo Padre Parkway and Capitol Avenue. Both suspects were taken into custody then booked into Juvenile Hall.

Saturday, January 7

• Officers responded to a report from a person on Baylis Street in the Irvington area that an

unknown person was under his car possibly trying to remove the catalytic converter. Officers located the adult male suspect nearby and made an arrest.

• Officers responded to report about a residential burglary on Union Street in the Irvington area where an unknown person entered the home through a kitchen window and began loading a bag with items. The resident intervened, escorted the person out of the residence, then waited 15 minutes before reporting the incident to police. Arriving officers were unable to locate the suspect. The case is under investigation.

• Officers responded to a report about a residential burglary at an apartment complex on Central Avenue in the Centerville area. The female occupant of the apartment found an unknown person inside and alerted police. Arriving officers found the suspect, identified by police as an adult from Union City, in the parking lot and made an arrest.

Monday, January 9

• Officers responded to a report about a theft in a business parking lot in the Pacific Commons area in south Fremont. A person reached into the open door of a vehicle and grabbed a purse as the female victim was loading merchandise into the vehicle. A second person was involved and they both fled the scene before officers arrived. The case is being investigated as grand theft.

continued from page 1

California School for the Deaf hosts Clerc Classic Basketball Tournament

The Fremont boys came into Friday's game at a 2-10 regular season record and a five seed underdog in the tournament. They trailed 10-7 at the end of the first quarter. Everything changed in the second quarter when Amann hit a 3-pointer to begin the second quarter to tie the game at 10-10. The Eagles then went on a 15-5 run heading into halftime with a 25-15 lead and all the momentum they needed.

"Our defense is what helped us get the lead and we also played with good ball movement," said Fabela. "We have not had a good season so far, but doing well at this tournament can change things around."

Solid defensive play, points in transition, and trips to the free throw line kept Fremont's momentum going in the second half. An offensive rebound and finish at the rim by Deven Thornton in the fourth quarter gave the Eagles an 18-point advantage, its largest lead of the game. Fremont consistently scored in the paint and made their free throws down the stretch. Alabama tried to make a late run in the closing minutes by scoring quick and fouling, but Fremont was victorious.

"Our mindset tonight was to show the deaf world who we are and what we are capable of, and we executed it," said



Amann. "This means a lot to me because it is my first time ever playing in the Clerc Classic and we won in our own home despite our underdog seeding."

The Fremont girls' team started off slow in their game and were down 11-3 at the end of the first quarter. Johnson hit a 3-pointer to start the second quarter to lead a 6-0 run, making it just an 11-9 deficit. Washington D.C. was able to score a lot of their points in transition and went into halftime with a 20-13 lead.

"Our focus coming into tonight's game was to hustle, play our best defense and have good teamwork," said Johnson.

The Eagles tried to mount a comeback in the second half with offensive efficiency getting to the rim and finishing. Fremont tied the game at 28-28 to begin the fourth quarter, but never took the lead in the game. Washington D.C. was able to continuously draw fouls and went on a 12-5 run to close out the game.

"In the first half we moved the ball well and defended our rim, but we made too many mistakes in the second half," said

Eagles girls' head coach Kevin Bella. "The team has been putting in the work and we want to see them continue to grow as ball players and as individuals."

This tournament not only brings deaf athletes from across the country together, but puts them in a place where they have the opportunity to get recognized by those who can help them continue with the sport and their education.

"My father is actually the founder of the Clerc Classic and it is basically a showcase of ournament's prep deaf athletes," said Weinstock. "We have Gallaudet University here scouting all the teams at this tournament."

For more on the Clerc Classic visit www.clercclassic.com

For information about California School of the Deaf Fremont visit www.csdeagles.com



CSD Fremont girls' basketball team

SPORTS

Renegades’ turn around season

SUBMITTED BY
OHLONE BASKETBALL
PHOTOS BY DON JEDLOVEC

Ohlone College Men’s Basketball began its Coast North Conference competition this week including an 89-61 rout of Cañada College from Redwood City on Monday, January 9. The win against Cañada followed a conference opener versus San Mateo College on Saturday, January 7 in which the Ohlone Renegades won 86-67.

Ohlone Men’s Basketball, led by first year Head Coach Jordan Lee, has opened with a

remarkable 13-3 record after taking over a program that went 2-25 the year prior. They have been led by Sophomores Jaylen Jones, Joshua Niusulu, and JP Patague along with a flurry of Freshman contributors.

In their game versus Cañada, Josh Niusulu (#23) and Jude Jennings (#5) led the way with 21 and 22 points, respectively.

Their full schedule and further information can be found at www.ohloneathletics.com.



Newark’s Holiday Shopping Event

SUBMITTED BY RACHEL KAHOALII

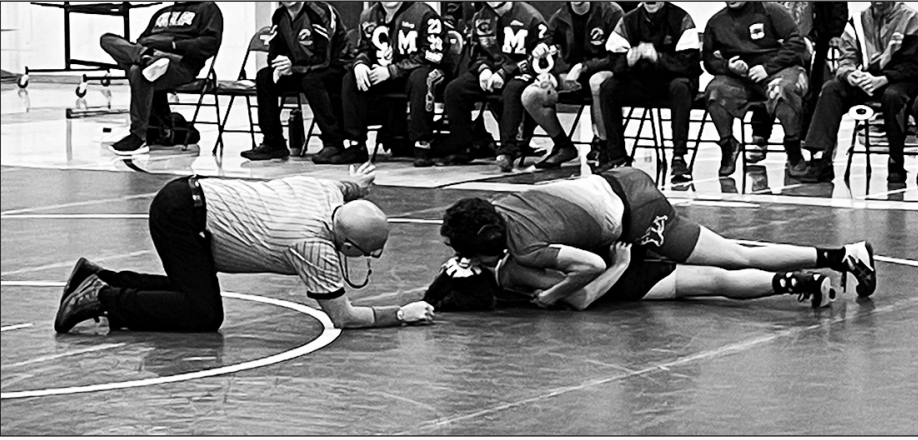
Newark Memorial High School Athletics was busy over the break with all winter sports teams competing and a few community service events, including a community shopping event. Newark Memorial Athletics partnered with a community donor, Newark Unified School District (NUSD) Parent Partners and Newark Memorial Puente student volunteers to host a “Holiday Shopping Event” where NUSD families were able to come and shop for free gifts for their families. Our efforts were able to provide gifts to over 250 NUSD students. I want to thank all who helped with this event!



Mission San Jose beats Irvington in riveting wrestling match

BY ANGELA XIONG

On Wednesday, January 11, Mission San Jose High School (Fremont) went head-to-head against Irvington High School (Fremont) in an intense and dynamic wrestling match. The match kicked off with three girls’ events where MSJ claimed swift victory against Irvington in all three matches.



Moving into the boys’ matches, MSJ was up by 12 prior due to two forfeits. The first boys match began with both players in a tackling headlock position. After taking multiple shots, Irvington wrestler Jonathan Ruiz executed a takedown on MSJ wrestler Rylan Dancel-Ragland, pinning him on the mat. Ultimately, with persistent escape techniques, Dancel-Ragland was able to escape,

shifting his momentum to take down his opponent. Equally matched in strength, Ruiz was able to escape and secured his victory with a lateral drop pin. The grueling match lasted into the second period, and was one of the longest matches of the night, resulting in a team score of MSJ 12 Irvington 6.

Due to a forfeit in the third round, the score tied at 12-12. Tension picked up in the third boys’ match – where strategy and patience came into play. MSJ wrestler Roland Lee acted deliberately with a single leg drop. Irvington wrestler Fernando Ruiz quickly reversed positions, escaping and pinning Lee to the mat. Lee tenaciously fought and reversed his position, standing up briefly before being pinned down once more by Ruiz’s pancake move. However, due to the period coming to an end, the two wrestlers returned to starting position where Lee was able to turn the tides by executing a reversal and takedown, bringing the score to 15-12. Due to a forfeit on the MSJ team,

Irvington gained the upper hand with a team score of 18-15.

In the following match, the pace shifted as MSJ wrestler Nikolaos Kalekos, who placed 4th in his weight class at the 2022 NCS MVAL Championships, lifted Irvington Wrestler Vincent Le and slammed him onto the mat with a double leg takedown, bringing the score to 21-18. Following a series of four forfeits on Irvington’s side, the match ended with a team score of 45-36, MSJ claiming the victory.

Reflecting on the match, Varsity Co-Captain senior Terry Chan said “the game was pretty good, our JV team had a really good learning experience and the Varsity team did really well. I think the most important factor to our success today was all the hard work that we put into training over winter break and thanks to the coaches’ technical advice, we got the win today.”

Hayward beats Arroyo in comeback win

BY ANDREW JOSEPH

The Hayward High Farmers boys’ basketball team beat the Arroyo Dons on Friday, January 13 at home in a Western Alameda County (WACC) league matchup.

Farmers’ leading scorers were junior Quincy Lavender with a game high of 22 points, Jacob Bolden had 18 points, and Jaydon Bonds added 11 points. Arroyo was led by Miles Pollard’s 18 points, Jeremiah Faumuina’s 18 points, and Macio Budge’s 12 points.

“My focus tonight was to attack the glass and have a dominant presence in the paint because they don’t have a big man that can match up with me,” said Lavender. “This is one of the first games we played together as a complete team.”

Arroyo controlled the pace of the game in the first half and continued making multiple open 3-pointers. The Farmers struggled to find an offensive rhythm at the beginning and also had multiple turnovers that led to points for Arroyo. The Dons went into halftime with a 33-24 lead.

“At halftime we made an emphasis on securing the rebounds and pushing the pace of the basketball,” said Hayward head coach Sunny Aujla. “We did a great job in the second half after making adjustments shutting down Pollard who had 18 points in the first half.”

The comeback for Hayward started in the fourth quarter with a 10-3 run sparked

by great defense. The Farmers’ Jaydon Bonds made a 3-pointer to give them their first lead at 50-49 with just five minutes left in the game. Hayward’s defense was able to get steals from Arroyo in the closing minutes that created fast break points in transition on the other end.

“Our man to man defense worked the best for us because we were able to deny a lot of shots and keep them from scoring,” said Bolden. “Our defensive rebounding is what really helped us and sparked our offense in the second half.”

Lavender scored on three of Hayward’s last four possessions, including a finish at

the rim that he was fouled on to give the Farmers a 59-55 lead with one minute remaining. Arroyo did not go away as they fouled four times while making the last two shots of the game, including two three-pointers that made it a one-point game as the clock expired.

“This win is really big for us, getting the victory in front of our home crowd,” added Lavender. “We’re putting the league on notice and whoever said that Arroyo is number one, counted us out.”

Hayward improves to 6-7 for the season and 1-1 in league. Arroyo falls to a 6-11 overall record and 0-2 in league play.



THEATRE REVIEW

StarStruck's Matilda: Nothing Short of a Miracle

By DAVID R. NEWMAN
PHOTOS BY ROSAURA STUDIOS

With a new year comes a host of brand new theatrical productions! We are lucky to live in a region overflowing with theatre companies, where actors, musicians, writers, directors, dancers, tech crews, and other creatives.

One of those groups is StarStruck Theatre, a Fremont-based youth non-profit founded by Director Lori Stokes over 25 years ago. Mixing a professional environment with the fun and enthusiasm of kids' community theater, Stokes' baby has blossomed into one of the premier youth theatre organizations in the Bay Area, producing two musicals a year in the Smith Center at Ohlone College.

Their productions are consistently top notch, and I'm pleased to say that their latest does not disappoint. It's "Matilda the Musical," based on the Roald Dahl book, and it's filled with memorable moments and outlandish situations. With a book by Dennis Kelly and music and lyrics by Tim Minchin, this Royal Shakespeare Company creation debuted in London in 2011 and on Broadway in 2013. It was made available to regional companies in 2018.

As I sat there on opening night with my teenage daughter, you could feel the excitement. Months of hard work led up to this moment: hours of rehearsal (four times per week, beginning the first week of October), coordinating the army of parent volunteers, designing and publishing programs, etc.



Says Stokes, "It's been an incredible experience, mostly because this is the first time being in such big production for a lot of the younger kids. It is probably one of the hardest shows for young kids to do because of all the difficult dancing and lyrics."

Matilda is the story of a precocious, highly intelligent 5-year-old with psychic powers who loves to read. She lives with her abusive parents and is terrorized at school by the despotic headmistress Miss Trunchbull. As with all Dahl stories, it pits the innocence of youth against the insane ugliness that can be adulthood.

A diminutive and spunky 11-year-old, Araceli Herrera, makes her debut as the title character, and she hits all the right notes. She delivers her lines, and there are many, with vigor and tenderness, a totally believable portrayal. Although plagued with mic issues, Herrera was undeterred.

In fact, the whole cast of 40+ kids shines throughout the show, especially in the large group numbers. Choreographer Francesca Cipponeri, another StarStruck debut, has managed to wrangle these youngsters into performing complex show stopping numbers. I particularly enjoyed "When I Grow Up", where the stage is transformed into a giant playground, complete with four giant see-saws, a slide, and kids gliding across on scooters. The scene perfectly captured the spirit of chaos. Says Cipponeri, "I'm so proud of these guys! They trusted me and they let me play. It made my heart smile to see their camaraderie."

"Revolting Children" is also a standout scene, where the children finally get their revenge on the evil Trunchbull. The energy had the audience cheering. As Stokes points out, the lyrics can be fast and tricky to pronounce, especially while using an English accent, but the cast does an admirable job of singing loudly and clearly, no doubt thanks to the expert tutelage of Musical Director Nancy Godfrey.

All of this young talent coming at you full force makes the quiet moments all the more important. Gracie Wagner plays the kind teacher Miss Honey, who takes Matilda under her wing, and delivers some touching solos. Herrera also has her



moment in "Quiet," a difficult song with the words coming a mile a minute, only to resolve into a tender lullaby.

Of course, no Dahl story is complete without a villain. Casting Christopher Apy as the former world champion hammer thrower Miss Trunchbull is n absolute genius. He is hilarious, eccentric, and completely mesmerizing in every scene he is in. He offers us a refreshing take on Trunchbull with biting wit, while staying true to the original character.

Matilda's parents provide much comic relief, played superbly by Garrison Garcia and Gemma Krotz. It would be easy to overplay these roles, but the humor is never forced. Garcia takes full advantage of this when he croons "All I Know" with son Michael (Kamran Motahari) to open Act 2. And Krotz brings the audience to tears of laughter in "Loud", where she tangoes her way across the living room floor with her dance instructor, played by the marvelously flamboyant Brian Loh.

I also liked the librarian Mrs. Phelps (Lily Davis). As she gets lost in Matilda's stories, we see how magical books can be. In the play, as Matilda weaves her tale of an escape artist and an acrobat who fall in love, actors portraying these characters appear on stage and echo her words. A child's drawings spring to life, animated on screen, which further enhances the effect. It's well thought out and a nice touch.

The sets are simple and playful. It's a testament to the expertise of Director Stokes and her team that everything moves smoothly with no stumbling or bumbling about, every child focused on their own task.

I have much more to say, but word count prevents it. Maybe it's the excitement of seeing live theatre again. Or maybe it's because it's just that good, and one of the best ways I can think of to start off the new year - with hope and heart and a little miracle.

Matilda the Musical
Friday, Jan 13 – Sunday, Jan 29
Fri / Sat: 7 p.m.
Sun: 2 p.m.
Smith Center at Ohlone College
43600 Mission Blvd., Fremont
(510) 659-1319
<https://starstrucktheatre.org/pages/matilda-playingnext>
Tickets: \$25-30



Electric vehicles win truck, utility of the year awards

ASSOCIATED PRESS

Electric vehicles took two of three categories for the first time in this year's North American Car, Truck and Utility of the Year awards.

Ford's F-150 Lightning electric pickup won the truck category, while Kia's EV6 battery-powered EV was named the top SUV. The Integra, a small sedan from Honda's Acura performance brand, won car of the year.

Six of the nine finalists were powered by batteries, and analysts say the more of the awards are likely to go to electric vehicles in the future as the industry spends billions to roll out multiple new EV models.

Fifty automotive journalists from the U.S. and Canada are judges for the three awards, which are announced every January. They're chosen from dozens of candidates and must be new or substantially changed for the current model year. Automakers often use the awards in

advertising. The judges evaluate finalists on innovation, design, safety, handling, driver satisfaction, user experience and value. The selection process started last summer.

In addition to the Integra, finalists for the car of the year included the Genesis G80 electric sedan, and the Nissan Z sports car. The Lightning's finalist competitors were the Chevrolet Silverado ZR2 off-road pickup and the Lordstown Motors Endurance electric commercial pickup. Utility vehicle finalists included the Cadillac Lyriq electric SUV and the Genesis GV60 electric SUV.



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Cohousing helps residents feel more secure when away from home

SUBMITTED BY
EVELYN LATORRE

Like many future Mission Peak Village cohousing residents, my husband and I love to travel. As a writer, I would like to be able to report our adventures on social media as we go, especially when traveling to foreign lands, because friends and relatives at home say they want to hear and see what we experience as it unfolds. For fear of revealing that our current home is unattended, however, I post very little about our travels until after we return.

This precaution won't be necessary after Mission Peak Village is built on High Street and we are living in our cohousing home. When we are living with the 31 other cohousing families, we will know our neighbors and feel our home is safe—even when we are away for long periods of time. Our neighbors will be aware of our plans and keep an eye on our condo, and we will gladly do the same for them. One of the benefits of cohousing is an increased sense of safety and security.

Even prior to moving into Mission Peak Village, however, the families who are already members have a mutual feeling of community. For example, when one couple fell ill, the rest of us brought them meals. Last August, when my husband and I were departing to attend the International Cohousing Convention in Madison and needed to be at San Jose airport at the ungodly hour of 3 a.m., fellow Mission Peak member Maria Caluag drove us there. Just this month, when we were returning from a month in Morocco, two cohousing members offered to meet and get us home. If other cohousers need transportation, we will be there for them.

I expect even more Mission Peak Village neighbors will be available to provide future airport transportation using the community-owned electric vehicles we're planning. And, as indicated above, when we live in cohousing, I won't have to worry about our home's safety. Neighbors will keep an eye on the aftermath of downpours and power outages when my husband and I are abroad exploring. I'll feel more comfortable sending reports and photos on social media in real time of experiences like riding camels in the Sahara Desert and viewing mosques. With our cohousing development still at the City approval stage, however, I will give you a sample of the travel adventures in Morocco.

I'd have loved to post photos on social media of my husband and me in Morocco's capital of Rabat as we waited hours with the crowd of tens of thousands to cheer for the Moroccan soccer team after their impressive play in the 2022 World Cup. The Lions were the first African or Arab football team to reach the World Cup semifinals. On the evening we were in Rabat, the team was on their way—in business suits, not their red uniforms—to have dinner with their country's King Mohammad VI.

The enormous and beautiful Hassan the Second Mosque in Casablanca is the second largest in the world, after Mecca. It can accommodate up to 105,000 worshippers at a time (25,000 inside; 80,000 in the courtyard) and is located next to the ocean. The mosaics are breathtakingly beautiful shades of turquoise, ocher and gold.

When we join Mission Peak Village, we can upload photos and reports in real time.

This article is part of an ongoing series on cohousing, a type of development designed by the residents themselves with ample common spaces surrounded by private homes. Shared spaces typically include a common house with a large kitchen and dining room, recreational areas, and outdoor gardens, in which neighbors play together, cook for one another, share tools, and work collaboratively. To learn more on the topic of cohousing, visit www.cohousing.org.





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16th Annual Crab Feed Fundraiser
Friday February 17, 2023**

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Dine-In Time*: Doors Open at 5.30pm Dinner starts at 6pm

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(*Beer and Wine will be sold at event. No Outside Alcohol Permitted.)



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FAMILY
SERVICES**

Mission Peak Village is a group of friends forming Fremont's first cohousing community. Memberships are still available. Call Kelli at (510) 413-8446 or visit Mission Peak Village on Facebook, Instagram, or the www.missionpeakcohousing.org website, where you can register for a monthly walk to explore the neighborhood around the future site in the Irvington district of Fremont.