



Students create art to promote mental health



New murals enliven Cejay's Barber Shop and San Leandro Washery



Urban Forest Friends Tree Planting



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Thingyan Water Festival Celebrates Myanmar Community



Photo by Edward Chee Photography

SUBMITTED BY MCCCC

On Sunday, May 28 Myanmar Community and Cultural Center Committee (MCCCC) will hold their 10th “Thingyan Water Festival.” This year, the event will take place at Newark Pavilion.

The Thingyan water festival is celebrated by all major ethnic and religious groups in Myanmar and marks the start of the Myanmar New Year, which occurs in mid-April. As water symbolizes purification, both physical and spiritual, and the new year’s festival focuses on apologizing for your missteps over the past year and honoring your elders. Of course, that’s along with good food, lively music and dancing, and some playful water fights.

The cultural center was established in 2014 in Union City by One Myanmar Community, a group of Myanmar expats living around the Bay Area. The center hosts free workshops, United States Citizenship Classes, Burmese and

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Music at the Mission: War and Peace



SUBMITTED BY VICKILYN HUSSEY

Epic tales of war and peace have been told throughout history via visual and performing arts, with music serving as a mirror of human emotions and experiences. Music at the Mission’s upcoming concert program on Friday, June 9 is a look at war and peace in music, specifically the present conflict in Ukraine. “War and Peace” presents a program of evocative works by Ukrainian composer Valentin Silvestrov and Russian composers Shostakovich, Rachmaninoff, and Arensky.

Throughout history, artists have spoken out against war through their works. A fine example is Beethoven, who famously crossed out the dedication in his Eroica Symphony to Napoleon once he realized his military aspirations. Others are

Shostakovich’s Symphony 7, composed during the siege of Leningrad; and Benjamin Britten’s War Requiem, juxtaposing the Latin requiem mass with anti-war poetry.

“Some might ask,” said Bill Everett, Music at the Mission Artistic Director, “If this concert program is in support of the Ukrainian people, why Russian music? Because also throughout history, some of the most influential art against aggressive regimes has come from within those countries, and Russia has a long history of this. One great example of this is Leo Tolstoy, who through a series of letters had a great impact on Mahatma Gandhi in formulating his views on non-violent resistance. It continues in Russia today, where one of the government’s most visible critics has been the band Pussy Riot, three

continued on page 19

Asian Night Market returns to Fairgrounds

SUBMITTED BY ALAMEDA COUNTY FAIRGROUNDS
PHOTOS FROM 626 NIGHT MARKET SOCIAL MEDIA

626 Night Market invites you to a night out! 626 Night Market, a celebration of Asian food culture, is back at Alameda County Fairgrounds in Pleasanton. The iconic Californian festival features hundreds of foods, merchandise, crafts, and arts vendors, as well as games, music, and entertainment attractions in an epic event spread over 10+ football fields.

Join us over Memorial Day weekend for warm summer days and bright nights this! Tickets are on sale online at www.626nightmarket.com.

626 Night Market
Friday, May 26: 3 p.m. – 11 p.m.
Saturday, May 27: 1 p.m. – 11 p.m.
Sunday, May 28: 1 p.m. – 11 p.m.
Alameda County Fairgrounds & Event Center
2005 Valley Ave., Gate 8, Pleasanton
www.alamedacountyfair.com
Admission: \$5 (Children 3 and under free)
Parking: \$15 (credit card only)



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Preeclampsia Puts Moms and Babies at Risk

Preeclampsia Awareness Month Focuses on Preventing Complications

Preeclampsia is a condition that happens during pregnancy and it can be very dangerous for moms and their babies. It causes blood pressure to rise and affects 5% to 10% of all pregnancies worldwide, according to the Preeclampsia Foundation. May is Preeclampsia Awareness Month, a good time to learn more about the condition to prevent serious complications like stroke and kidney damage.

“Most women with preeclampsia have healthy babies, but it can be very dangerous if it goes undiagnosed,” said Siobhan Calhoun, MD, a physician with Washington Township Medical Foundation who specializes in obstetrics and gynecology. “That’s why it’s important to work with your OB-GYN. We monitor blood pressure and there is a protein that shows up in urine with preeclampsia.”

There are a number of factors that put some women at higher risk for developing preeclampsia, including being overweight and having diabetes, kidney disease or an autoimmune disease like lupus, noted Dr. Calhoun.

“Women who already have high blood pressure or have had preeclampsia before are definitely at higher risk,” she added. “Also, if it’s an IVF pregnancy, or if you are pregnant with twins. Extreme ages seem to

increase risk. For example, it’s higher in teenagers and women over 35.”

Signs and Symptoms

There are signs and symptoms pregnant women can look for that indicate preeclampsia, including a headache that doesn’t go away, pain in the upper right belly area or in the shoulder, blurry vision, trouble breathing, sudden weight gain (2 to 5 pounds in a week), and swelling in the legs, hands or face.

“You should call your OB-GYN if you are having any of these issues,” Dr. Calhoun urged. “Left untreated, preeclampsia can cause stroke, liver and kidney failure, and seizures, just to name a few complications. It’s also risky for the baby and can cause preterm or stillborn births.”

The only real treatment option is delivery, according to Dr. Calhoun. “We can try to control blood pressure with medications, but we really need to deliver the baby,” she explained. “Since preeclampsia occurs most frequently after 37 weeks, we can usually have a safe delivery. But if it happens earlier in the pregnancy, sometimes women have to stay in the hospital until delivery is possible. That way, we can monitor both the mother and baby and provide the care they need.”

“Left untreated, preeclampsia can cause stroke, liver and kidney failure, and seizures, just to name a few complications.”

—Siobhan Calhoun, MD

On rare occasions, preeclampsia can occur after a woman gives birth. “That’s why it’s great that new moms stay with us for a day or two after giving birth,” she added. “If preeclampsia does develop, we can treat it with magnesium sulfate to reduce the risk for seizures.”

Dr. Calhoun said while many risk factors are out of women’s control, there are ways to reduce their chances of developing preeclampsia, including getting weight and blood pressure under control before getting pregnant. Also, women who are at higher risk are often prescribed a daily baby aspirin beginning at 12 weeks, which has been shown to reduce the risk.

What Causes Preeclampsia?

“We don’t completely know what causes preeclampsia, but there are a lot of theories,” Dr. Calhoun said. “Changes that occur with the placenta could contribute.

It’s something that only happens in humans. We don’t see it in any other species. There may be a contributing factor on the paternal side. We see women who have preeclampsia with one partner, and then later they get remarried and have more children, but don’t get preeclampsia.”

Dr. Calhoun estimates that about 10% of the women she treats develop preeclampsia. “It seems to be on the higher end of the statistic. It may be because we see higher rates of some of the risk factors in the Tri-City Area, including obesity and diabetes. Many of the women have careers, so they are delaying childbirth, and we see a lot of IVF pregnancies.”

For more information about Dr. Calhoun and the Women’s Health Specialists at WTME, visit mywtmf.com/services/obgyn.



InHealth

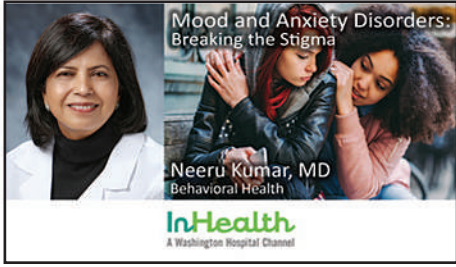
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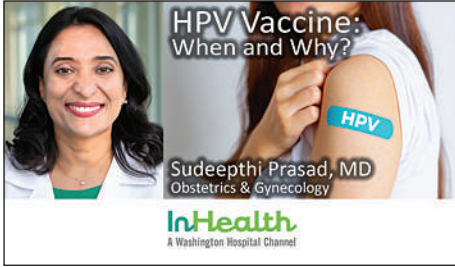
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Mood & Anxiety Disorders: Breaking the Stigma

Psychiatrist Neeru Kumar, MD, and marriage and family therapist Wajeeha Khan, LMFT, share facts, thoughts and resources about our community members' increasing struggles with mental health.



HPV Vaccine: When and Why? Tuesday, June 6, 12 p.m.

The HPV vaccine protects against most HPV infections. How important is this vaccine and when is the best time to receive it? Dr. Sudeepthi Prasad addresses this important topic.



Feeding Your Baby During the First Year Wednesday, June 14, 1:30 p.m.

Dr. Patricia Tenold will share nutritional guidance to help your baby develop and thrive during the first year.



Robotic-assisted Knee Replacement

Washington Hospital's award-winning Institute for Joint Restoration and Research continues to invest in the latest technology to benefit our community members. With the VELYS™ Robotic-Assisted Solution knee replacement procedure, surgery is planned in real time and tailored to each patient.



Other Video Topics:

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

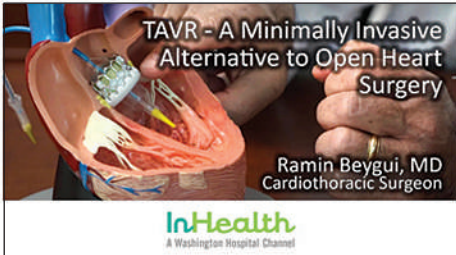
Events Information

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TAVR: A Minimally Invasive Alternative to Open Heart Surgery

Hear from cardiothoracic surgeon, Ramin Beygui, MD, and a local woman who is glad she found him and Washington Hospital.



High School Students Goals of Health Care Careers Get a Boost

Washington Hospital Service League Offers Scholarships



Winners of a Washington Hospital Service League scholarship: Yusuf Rasheed, Ariel Chang, Kristi Nguyen, Melissa Del Rio, Bhuvi Media and Jenna Duran.

The Washington Hospital Service League is well known for its many dedicated volunteers (including adults and students) who work with the Hospital's staff to provide care and support to patients, families, and visitors.

What may not be common knowledge is the Service League's support to our community by providing scholarships to residents 22 years of age or younger who wish to pursue a career in health care and also live in the Washington Township Health Care District. The Service League's Scholarship Program, which has contributed to the training and education of many young people in the Tri-City community, was established in 1961. The first nursing scholarship of \$150 was awarded to a nursing student training at Highland Hospital.

During the last 67 years, the Service League has awarded a total of

\$368,335 in scholarships to local students. Currently, the Service League grants two \$1,000 scholarships annually that are renewable for three additional years, based on the student's academic performance and continued focus on the health care field. A one-time scholarship is also awarded.

"Our volunteers love working in the Hospital and helping patients and families, but it is also meaningful to give assistance and support to budding doctors, nurses and other health care professionals in our community," explained the Service League's Scholarship Chair, Dian Zarzycki. "Meeting these impressive young people and learning about their past accomplishments and future hopes and dreams is inspirational."

Bhuvi Kedia is the winner of our four-year Josephine Walton Health Career Scholarship. She will be attending the University of Southern California and is

majoring in human biology with the goal of becoming a surgeon. The scholarship committee was so impressed with her passion to help others and the execution of her ideas, they also awarded her the one-time \$1,000 Ruth Nelsen Memorial Health Career Scholarship.

Yusuf Rasheed is the winner of our four-year Katherine Fusco Health Career Scholarship. He is attending Yale University and his career goal is to become a compassionate physician.

Kristi Nguyen is the winner of our Anna Elola Health Career Scholarship. She will be attending San Francisco State University to become a registered nurse.

Marissa Del Rio is the winner of our Charles Razzari Memorial Health Career Scholarship. She will be attending Stanford University with the goal of becoming a pediatrician.

Jenna Duran is the winner of our Joyce Wallace Memorial Health Career Scholarship. She will attend Mount Saint Mary's University, Los Angeles with the goal of becoming a registered nurse.

Ariel Chang is the winner of our Joseph Imana Memorial Health Career Scholarship. She will attend the University of the Pacific to become a pharmacist.

The Washington Hospital Service League and the entire Washington Hospital Healthcare System congratulate these outstanding students.

Learn more

To find out more about the Washington Hospital Service League, including how you can become a volunteer at Washington Hospital, go to www.whhs.com/volunteer

Virtual Health & Wellness

 facebook.com/WashingtonHosp

 youtube.com/whhsInHealth

Wednesday, June 14
1:30 p.m.

Feeding Your Baby During the First Year

Pediatrician Dr. Patricia Tenold will share nutritional guidance to help your baby thrive during the first year. Dr. Tenold will cover breast feeding, formula feeding and the introduction of solid foods.



Patricia Tenold, MD
Pediatrics

 Washington Hospital Healthcare System

If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.

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Do you remember the first time you treaded water or dog paddled? Learning to swim is an essential skill for recreation, fitness and, most of all, safety.

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Rrooar Academy Hosts Fourth Annual Speech Competition

SUBMITTED BY RROOAR ACADEMY

Eight months of classes and coaching culminated in Rrooar Coding and Robotics Academy’s fourth annual “Original Oratory Competition” over the weekend of May 13 and 14. Students of all ages from across the country competed in Rrooar’s online public speaking event in front of an audience of their peers and a panel of experienced judges from throughout northern California. Contestants were tasked with composing and performing a speech on the topic, “With Great Power Comes Great Responsibility.” Competitors were divided and judged according to their age group: Group 1 for students grades 1 through 3, Group 2 for grades 4 through 6, and Group 3 for grades 7 and above.

Rrooar Academy’s Founder and CEO, Gagan A. Kaur, described the kids’ ideas as “energizing, inspiring, and rejuvenating.” Referring to the bright future her students promise, she said, “We [the older generations] will walk away knowing that we are in good hands.”

Judges for the Zoom event were Rosalie “Chez Mama” Rascon Swiatek, a substitute teacher, Girl Scout Troop leader; Paul Romero, a credentialed school psychologist with over thirty years of experience; and Tracy Police Department’s Cherise Acosta, a Crime Prevention Specialist who works closely with Tracy’s youth and families.

Winners from each group were decided after the judges’ scores were tabulated,

 Joad Jesin 1st Place Group 1 Special Award Thought Leader Cordes Elementary Mountain House CA	 Aanya Shanware 2nd Place Group 1 Warwick Elementary Fremont CA	 Tamaira Batra 3rd Place Group 1 Challenger Newark CA	 Arnav Shah 1st Place Group 2 Special Award Motivational Speaker Hansen Elementary Mountain House CA	 Shriyadita Poduval 2nd Place Group 2 Fallon Middle Dublin CA
 Chloe Manas 2nd Place Group 2 Hansen Elementary Mountain House CA	 Saanvi Gaitonde 3rd Place Group 2 Fallon Middle Dublin CA	 Sukanya Dhiman 1st Place Group 3 Mountain House High School	 Medha Vinnakota 2nd Place Group 3 Mountain House High School	 Bisman Kaur 3rd Place Group 3 Mountain House High School

with the race in Group 2 requiring several tie-breakers. In Group 1, the winner was Joad Jesin from Cordes Elementary; for Group 2, the winner was Arnav Shah from Hansen Elementary; and Group 3’s winner was Sukanya Dhiman from Mountain House High School.

Third-grader Joad’s speech began with a story about climate change activists vandalizing a museum’s painting with mashed potatoes. He thoughtfully discussed the relationship between power and responsibility when it came to tackling environmental issues. “I don’t have all the answers,” he admits, “but unalterable changes are happening.” He advocated for a partnership between policymakers and constituents: “We need the people in power to exercise their responsibilities, and along with them, we need to do our part, too.”

Arnav’s winning speech itself served as an example of the power of one’s own voice. In a passionate display, Arnav went through the responsibilities one has in using their words to do good. The end of his speech rattled off ways Arnav utilizes his own voice, with him proudly explaining, “I use my voice to defend my friends. I use my voice to show

appreciation. I use my voice to show others that I care.”

Sukanya spoke about the sometimes-overwhelming power of one’s own mind. She provided an analysis of how unhealthy habits such as procrastination are formed, then explained how that same power of the mind can be used to replace unproductive routines with more fulfilling ones. According to her, changing one’s habits comes in three steps: “Identifying the cause [of the unwanted behavior], replacing that cause, and being persistent with it.” A personal example Sukanya used, in a fourth-wall-breaking line, was the writing and practicing of the very speech she performed for the event.

Students across all groups were eligible for the event’s special awards. The “Budding Orator,” given to a newcomer to public speaking that displayed excellent potential, went to Mountain House High School’s Medha Vinnakota. The “Motivational Speaker” award was granted to Arnav Shah, the winner from Group 2, for having an exceptionally moving and inspirational speech. Hansen Elementary’s Chloe Manas won the “Thought Leader” award.

The competition’s topic was inspired from the iconic quote from the Spiderman franchise, as Uncle Ben reminded a budding young superhero that “with great power comes great responsibility.” Considering the quote’s popular reference point, judges were impressed by the wide breadth of ideas the speakers were able to weave into their speeches. Other topics touched upon include the powers and responsibilities of art, presidents, social media, and day trips to a science museum.

Preparation and coaching for the competition were spearheaded by theater activist and Creative Director of Rrooar, Ish Amitoj Kaur. Her approach was to encourage the passions and original ideas shared by her students, offering guidance to help them create the speech that each of them wanted to write as opposed to dictating topics and talking points.

Judge Cherise Acosta summed up the consensus among the spectators and event organizers at Rrooar: “I am forever changed knowing that our youth, as early as first grade, have such insight.”



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Fremont's Urban Forestry Management Plan

By JACK ALCORN

Trees are aesthetically pleasing, they scrub the air of pollutants and filter stormwater. They provide oxygen, shade and offer food and a place to live for wildlife. Fremont's abundance of trees improves the quality of life for all city residents and enhances the city's urban character.

Fremont's many trees make a diverse urban forest cared for by the city and community stewardship. Thoughtful management is required to maintain a healthy, thriving, and sustainable urban forest.

In 2019, the California Department of Forestry and Fire Protection (CalFire) awarded Fremont a \$850,000 grant. To further urban & community forestry, this funding allowed Fremont to inventory over 75,000 trees and complete an Urban Forest Management Plan.

An Urban Forest Management Plan (UFMP) is a roadmap that creates a shared vision for the future of a tree canopy. A "canopy" is the area covered by the uppermost branches and leaves of a community of trees. UFMPs assess all the trees in a city's streets and parks. Assessment data provides information to build a long term plan that guides effective management of the urban forest.

The UFMP developed with CalFire funding reflects the Fremont community's desire to live in a green and vibrant town. The city is uniquely situated in a landscape of beauty – Mission Peak Regional Preserve, Don Edwards National Wildlife Refuge, and Central Park with Lake Elizabeth. A mild climate and abundant natural resources contribute to a lush and verdant environment. And Fremont residents harbor a high level of environmental awareness.

The city's tree canopy was shaped by Fremont's agricultural past, topography, development, and transportation infrastructure. Fremont was incorporated as a city in 1956. Its boundaries included five smaller towns (Centerville, Irvington, Mission San Jose, Niles, and Warm Springs) and

thousands of acres of farmland, open hills, salt ponds, marshes, and other vacant land located between the smaller towns.

Over the past six decades, Fremont has evolved from an agricultural community to a diverse city and large employment center with extensive housing, industry, and commercial development. Despite rapid change and development, Fremont has maintained a significant portion of its heritage by preserving its open spaces. Central Park and a network of smaller neighborhood and community parks have become symbols of Fremont's commitment to open space and a high quality life for its residents.

The City of Fremont, in partnership with community and urban forestry consultants, completed the Urban Forest Management Plan in early 2023. Fremont Community Services, Community Development and Public Works departments collaborated to develop the plan. Fremont City Council adopted the plan in April. This Plan is a guide to maintain, protect, and enhance Fremont's extensive tree canopy.

The Urban Forest Management Plan strategies include:

- Multi-agency public tree maintenance
- Public and private tree permits and regulations
- Regular, strategic tree planting projects
- Tree protection oversight for development projects

Fremont's urban forest—spanning over 14 percent of the city's land area—continues to be created, modified, and removed primarily by people. Sustaining it will require ongoing cooperation among homeowners, neighborhoods, businesses and city government.

The sight, smell and tranquility of trees encourage mental health and physical well-being. Chinese Hackberry; Southern Magnolia; and Swamp Myrtle are some of the more than 80 species of trees that comprise Fremont's canopy.

Celebration of life of Castro Valley teen murdered 29 years ago

SUBMITTED BY
JENNY LIN FOUNDATION

For the 29th anniversary of the loss of Jenny Lin, her family is hosting a memorial service on Friday, May 26 at the Castro Valley Library to honor the teenage girl. Alameda County Sheriff Yesenia Sanchez will be present to give an update on the investigation efforts. Following the ceremony will be a candlelight walk in downtown Castro Valley; this is to remind the public of the unsolved murder and to raise awareness of child safety. Everyone is invited to share this special occasion.

A young, talented musician and a straight-A student, Jenny was murdered in her own home on May 27, 1994, at the age of 14. This brutal death devastated her family and shocked the community. Jenny's parents, John and Mei-lian Lin, vowed to continue working with the police until the case is solved, and to carry on Jenny's dreams to see her life extended in a unique fashion.

For 29 years, the Jenny Lin Foundation has offered music scholarships and free music programs to the community each year, and has organized numerous safety fairs, workshops and contests to raise awareness of child safety issues and to improve safety knowledge and precautions for parents and children. In addition, the Foundation has been working on a safety book project in collaboration with East Bay public



libraries. Titles covering a wide range of safety themes were added to its collection.

To date, there is still no arrest or conviction related to Jenny's murder. However, her family remains hopeful that through continuous police effort and public help, this senseless, horrifying case will soon be solved. A reward of \$200,000 is available for the arrest and conviction of Jenny's killer. Anyone with information please call the Alameda County Sheriff's Department at (510) 667-3636 or the toll-free hotline at (855) 4-JENNY-LIN.

The 29th Memorial Service for Jenny Lin (1980-1994)
Friday, May 26
Reception: 6:15 p.m.
Ceremony: 7:00 p.m.
Candlelight Walk in downtown Castro Valley to follow Castro Valley Library 3600 Norbridge Ave., Castro Valley (510) 537-7366
www.jennylinfoundation.org

Everyday Magic: a spoken word poetry workshop for teens

SUBMITTED BY
CHRISTIANNE SELIG

Teens can learn the basics of spoken word poetry from Alameda County Youth Poet Laureate Yamini Jain in a three-part workshop being hosted at Castro Valley Library this June.

They can improve their creative writing skills and express their passions. Teens who sign up will receive four hours of writing and performance instruction from Yamini and a few guest poets in a welcoming environment, followed by an opportunity to perform for family and friends.

Details:

- 20 spots are available for youth in grades 6 to 12
 - Teens must be able to attend all three sessions
 - Refreshments will be provided
- To register, call (510) 667-7900 or email castrovalley@aclibrary.org.

The Castro Valley Library, a branch of the Alameda County

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

Spoken word poetry workshop for teens
Writing Workshop Part 1
Saturday, Jun 10
2 p.m. - 4 p.m.

Writing Workshop Part 2
Sunday, Jun 11
2 p.m. - 4 p.m.

Mini Poetry Slam
Saturday, Jun 17
2 p.m. - 4 p.m.

Castro Valley Library
3600 Norbridge Ave,
Castro Valley
(510) 667-7900
<https://aclibrary.org/locations/csv/>

ARE YOU READY FOR AN AQUA ADVENTURE?

SUBMITTED BY FREMONT AQUA ADVENTURE WATERPARK

Aqua Adventure Waterpark has been counting down until those hot summer days and they are finally here.

Starting Saturday, May 27 Aqua Adventure Waterpark in Fremont will be open to the public! Come check out all our park attractions including Round About River, Oasis Pool, Fortress of Fun and more. Season passes, birthday and group packages are available for purchase online. Visit www.goaquaadventure.com to check out the best day for your adventure and plan your day.

Aqua Adventure Waterpark
40500 Paseo Padre Pkwy., Fremont
(510) 494 - 4426
www.goaquaadventure.com

Reptile Rendezvous: Exploring Ecological Wonders at Sunol Visitor Center

By OLIVIA MA

Sunlight, pollen, families gathered under the canopy of one big tree—and most importantly, snakes. On May 14, The Sunol Visitor Center held their weekly "Reptile Meet and Greet," bringing together nature enthusiasts of all ages for an exciting encounter with some fascinating reptilian ambassadors. This event has become a tradition at the center, with regular Sunday sessions that showcase various reptiles.

"The program is kind of on and off during our winters...but we've been doing this pretty much every single year," said Kylie Suttle, one of the event's presenters, as she enthusiastically conversed with surrounding visitors.

Reptile Meet and Greets at Sunol Visitor Center are designed to cater to a wide range of participants, ranging from adults to small tots displaying their interests in local reptiles and the preservation of their ecosystems.

Along with having a variety of visitors, the events also differ in their selection of animals. "We have our blue belly lizards as well, and they're really important in our ecosystem because when ticks land on them, they can counteract Lyme disease," responded Suttle when asked about Sunol's reptiles.

The animals, carefully selected and cared for by the Sunol Visitor Center team, are an integral part of the Reptile Meet and Greets. "We take regular care of our animal ambassadors, taking them

to the vet once or twice a year, and if there's something off with them, we take them again," explained Suttle. This dedication ensures the wellbeing and health of the reptiles, allowing them to thrive and provide an educational experience for visitors.

Interestingly, the animal ambassadors at the Sunol Visitor Center are all remnants of a previous era. "We used to practice collection here in our parks, and we stopped in 2007, so all our animal ambassadors are the ones we had before then. We haven't figured out a new method for getting new animal ambassadors, but with what we have now, the Meet and Greets are still going great."

The Reptile Meet and Greet at Sunol Visitor Center stands as a local example to the commitment of promoting environmental education, conservation, and appreciation, an issue of ever growing importance in our world. By allowing visitors to engage with these captivating reptiles, they create a platform for learning and appreciation of the natural world. Whether young or old, everyone can find something intriguing and inspiring at these informative hands-on events.

Reptile Meet and Greet
Sundays
2:00 p.m. - 2:30 p.m.
Sunol Visitor Center
1895 Geary Rd., Sunol
(510) 544-3245
www.ebparks.org
Tickets: Free
Parking: \$5



The Joys of Chinese Painting

SUBMITTED BY FREMONT MAIN LIBRARY

Learn a new skill and celebrate Asian American Pacific Islander Heritage Month.

Paint seasonal flowers and small animals at this interactive brush painting workshop led by local artist Pauline Tsui. All art supplies will be provided, just bring a sense of creativity and fun!

This is a family workshop for children ages six and up. Space is limited. Register in advance to secure your spot.

The Joys of Chinese Painting
Thursday, May 25
3:30 p.m. – 5:00 p.m.
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aclibrary.org



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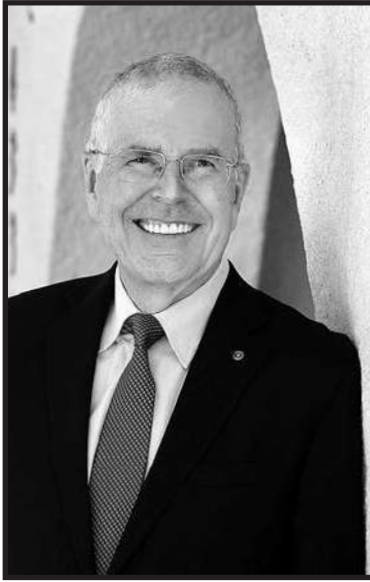


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Cohousing supports healthy eating habits

SUBMITTED BY
EVELYN LATORRE AND
JANE MUELLER

Future residents of Mission Peak Village, the cohousing community approved by Fremont Planning Commission on May 11, are looking forward to a multitude of benefits, ranging from reduced social isolation and improved mental health to increased physical activity and healthier eating habits. Six surprising healthy benefits are mentioned in a recent Intentional Communities blog by Cynthia Tina. (Communityfinders.com/blog.) A top benefit she lists is “supporting healthy eating habits.”

Cohousing residents maintain their own private households while sharing above-standard amenities, such as a Common House that serves as the community’s gathering spot, equipped with entertainment space, a large kitchen, dining and recreational areas, guest rooms, and quiet workspace. Most cohousing communities schedule a few meals together there each week.

Promotion of healthy meals happens naturally through the sharing of meals and food resources. Most communities grow

their own vegetables and some of the fruit they consume, so nutrition-rich food is readily available. An added benefit is a reduction in cost through buying in bulk and less food waste. Besides providing a sense of social connection and enjoyment, in sharing meals, residents are often exposed to a greater variety of healthy foods. Through discussions at mealtime about the pros and cons of nutrition plans, cohousers instruct and influence one another.

“As soon as I cut out sugar, the aches in my knees went away,” said member Evelyn LaTorre at a recent Mission Peak Village potluck. “That’s what Dr. Gundry’s book, *The Plant Paradox*, recommends. Plus, I lost lots of weight!”

Following Evelyn’s recommendation, fellow Mission Peak Village member Maria bought the Gundry book and made healthy changes in her diet too. Like most cohousing communities, members of Fremont’s Mission Peak Village cohousing group ascribe to several preferred eating plans. Until their 32-unit High Street development is built, their community meals are potlucks and include some food that suits everyone’s nutrition plans (and always, a bit of wine).

Whether vegan, vegetarian, Paleo, Keto, or a typical American diet, the eating



Mission Peak Village is a group of friends forming Fremont’s first cohousing community. Explorers are welcome and 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.

habits of cohousers can usually be partially or totally accommodated by providing a variety of options at group meals.

“Living alone, I would not be able to afford (both in money and time) healthy meals almost daily. By buying groceries and cooking together in a vegetarian-only space, I am the healthiest I’ve ever been in terms of diet,” says Gabrielle Tillenburg who lives in a cohousing community in Washington DC.

Famed author Kurt Vonnegut once gave a definition of heaven and hell that could apply to eating in cohousing. In his analogy, both realms involve people seated around a table, only able to reach the food by spoons with extremely long stems—implements that can easily be loaded with food, but which are much too unwieldy to turn around and eat from. Vonnegut explains, “In hell everyone is chained to a dining table laden with food, each trying but unable to eat. In heaven, it’s exactly the same. Except in heaven, the people are feeding each other.”

This article is part of an ongoing series on cohousing. To learn more about Mission Peak Village, visit www.missionpeakcohousing.org.

City of Fremont New Instant Solar Permits Available

SUBMITTED BY
CITY OF FREMONT

Starting June 1, solar installation contractors will be able to apply for the city’s new Instant Solar Permit (ISP) with the help of SolarAPP+, an online portal for permitting new residential rooftop solar and storage systems. SolarAPP+ will help streamline the permitting process by instantly issuing an ISP for code-compliant systems.

It will provide an automated permit process that integrates with the city’s existing permitting portal, Citizen Access.

The ISP application will be available for contractors registered with SolarAPP+. (Contractors can register now to be ready for June 1!) The ISP will accommodate roof-mounted solar photovoltaic panel installations with or without an energy storage system.

SolarAPP+ will make it easier for Fremont residents to install rooftop solar and storage systems. This will help promote clean, renewable energy for Fremont and help the City achieve its climate action goals.

For more information and instructions on how to apply visit: fremont.gov/Home/Components/News/News/470/

Flash Fiction Winner #2

SUBMITTED BY
FREMONT CULTURAL ARTS COUNCIL

If you didn't have a chance to stop by the Flash Fiction Contest at Half-Price Books back in April, we are running the highest-voted entries. Read Flash Fiction #3 next week!

The Riddle Of A Writer

By NITISHA SATHIYA

My pencil twists and turns into new places.
I take the wrong direction on purpose.
I run confidently into dark alleys and abandoned buildings.
Day and night, I fight.
I kill monsters and banish ghouls.
I reform corrupt governments.

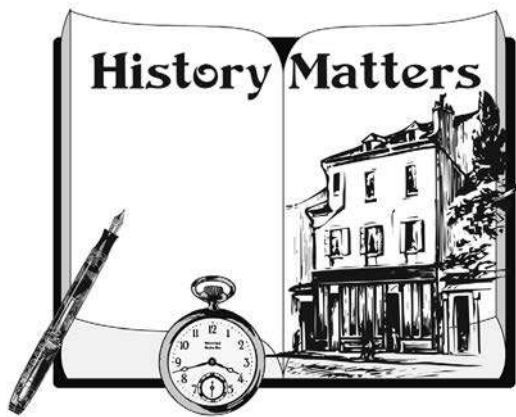
I build castles in wastelands.
I travel and experience more in each paper.

Every punctuation mark is a punch.
Every sentence is a new mystery.
Every poem is a power.
Every decision is another story.

Day and night, I write.
A vigilante in the streets made of lined paper.
I live in a different world within these words.
A world without boundaries.
A world without fear.

Some call me a fighter.
Others know me as the writer.

Read more at:
<https://fremontculturalartscouncil.org/2023-flash-fiction-winners>



By JOHN GRIMALDI AND
DAVID BRUCE SMITH
May 16 through 31

Lincoln's presidential nomination

On May 18, 1860, Abraham Lincoln, a former member of the anti-slavery Whig Party, was nominated for the United States presidency at the Republican National Convention in Chicago, Illinois. During the ramp up to the election Lincoln sparred with his rival, Stephen A. Douglas, for a November victory. According to History.com: "Lincoln ... first gained national stature during his campaign against Democratic Senator Stephen Douglas of Illinois for a U.S. Senate seat in 1858. The senatorial campaign featured a remarkable series of public encounters on the slavery issue, known as the Lincoln-Douglas debates, in which Lincoln argued against the spread of slavery while Douglas

maintained that each territory should have the right to decide whether it would become free or slave state. Lincoln lost the Senate race, but his campaign brought national attention to the young Republican Party." When the votes were tallied, Lincoln emerged as the 16th president—and the first Republican—to ascend to the office.

For more information, the Grateful American Book Prize recommends Lincoln and the Election of 1860 by Michael S. Green.

The great emigration to Oregon

By May 22, 1843, the "Great Emigration" of pioneers heading West was gaining momentum; on that day, a caravan of 1,000 men, women and children climbed aboard their horses and steered out of Elm Grove, Missouri. As History.com describes it, those pioneers brought with them "a herd of 5,000 oxen and cattle



Johnstown, Pennsylvania flood of 1997.

The Johnstown Flood

Johnstown, Pennsylvania—founded in 1800—has an anguished history. On May 31, 1889, its South Fork Dam crumpled, flooded the town, and killed more than 2,200 of the 30,000 residents. According to History.com, "People in the path of the rushing flood waters were often crushed as their homes and other structures were swept away. Thirty-three train engines were pulled into the raging waters, creating more hazards. Some people in Johnstown were able to make it to the top floors of the few tall buildings in town. However, whirlpools brought down many of these taller buildings. A bridge downstream from the town caught much of the debris and then proceeded to catch fire. Some people who had

The Grateful American Book Prize recommends The Oregon Trail: A New American Journey by Rinker Buck

survived by floating on top of debris were burned to death in the fire. Reportedly, one baby survived on the floor of a house as it floated 75 miles from Johnstown ... [It was] one of the American Red Cross's first major relief efforts. Clara Barton arrived five days later to lead the relief. It took five years to rebuild Johnstown, which again endured deadly floods in 1936 and 1977."

The Grateful American Book Prize recommends Through the Johnstown Flood by David J. Beale.

This feature is courtesy of The Grateful American Book Prize, which is an annual award given to authors who have created outstanding works of historical fiction or nonfiction for seventh to ninth graders. Visit them at gratefulamericanbookprize.com.

Cases in Copyright Law with Attorney Robert Parker

SUBMITTED BY
FREMONT AREA WRITERS

Most creators are familiar with the basic rules for copyright, copyright infringement, and fair use, but it can be much more challenging to know how and when those rules are applied. Attorney Robert Parker, who has previously been a guest of Fremont Area Writers (FAW), discussing topics on the business of writing and creating, is returning on May 27 to share some well-known copyright cases and some fun examples of how copyright disputes have played out in the real world.

This presentation will span all areas of copyright law, including a refresher course on the portions of copyright law which most affect writers, and examples from written word, visual arts, music, and even encyclopedias and board games.

Please bring any questions you might have about copyright law and how it impacts creative work, and Parker will do his best to answer them.



If you missed his first visit, mark your calendar and save the date; this is your chance to learn how to protect your work and yourself. Love it or hate it, the law applies to everyone; this is your opportunity to acquire at least a basic understanding of copyright law.

To get your link to this event, send an email request to scottfrombayside@yahoo.com with "FAW Zoom" on your subject line. You should receive the link the day before or the day of the meeting. Zoom participation is FREE to everyone.

Learn more about Fremont Area Writers at <https://cwc-fremontareawriters.org>. FAW is one of 22 branches of the California Writers Club (CWC) <https://calwriters.org>.

Cases in Copyright Law with Attorney Robert Parker
Saturday, May 27
2 p.m.
Online via Zoom
RSVP:
scottfrombayside@yahoo.com

Old Alvarado Park Refresh

By JACK ALCORN

Late Alameda County District 2 Supervisor Richard Valle's pet project is almost complete. Union City's Old Alvarado Park at the corner of Smith and Watkins Street is a community sanctuary for exercise, gatherings and a bit of nostalgia.

Funded by the County of Alameda Community Development Agency, the \$1 Million Old Alvarado/Cesar Chavez Parks Improvement Project brought new life to this century old plaza.

New asphalt and tanbark were added, the grass was reseeded,

and new benches, picnic tables and barbeque pits were installed. The basketball and tennis courts were painted, and two jungle gym areas for children were upgraded.

Located in the heart of the Alvarado Historic District the well shaded park hosts a Farmers' Market every Saturday. Vendors provide local and ethnic direct-to-consumer foods that are affordable and cater to Union City's diverse cultures.

The park features four reservable picnic/event areas with individual capacities of up to 80 people. Jumper/bounce houses are now able to come to the park.

Tennis courts can be reserved for 7.am. to 9 p.m. Reservations can be made at unioncity.org/180/Park-Facility-Reservation.

Restrooms are available, and electricity is available at the park's landmark turn of the century gazebo. And Union City Historical Museum is next door. The park is scheduled to fully reopen at the end of May.

unioncity.org/180/Park-Facility-Reservation



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Park It: Memorial Day weekend in the Regional Parks

BY NED MACKAY

Memorial Day weekend is almost here, and it's always one of the busiest times in the East Bay Regional Parks. All the Regional Parks will be open, some with special activities to celebrate the day.

On Memorial Day, May 29, there will be no picnic area reservations available; first come, first served will be the rule. So it's advisable to arrive at your favorite park early, if you wish to secure a desirable spot. This is especially true at parks with swim facilities, which are always crowded on summer holiday weekends.

If all tables are taken, visitors can enjoy blanket picnicking on lawn areas. Barbecuing is allowed at the stands designed for that purpose. Portable barbecues are okay, but only on lawn areas, not in tall, dry grass. Please dispose of coals in the concrete receptacles designed for that purpose, not in regular trash barrels. And of course, everyone should be extremely cautious with fire. Smoking is not allowed in the Regional Parks.

Especially at the parks with swim areas, cooperate with all rules and regulations. Swim within the limits of your skill, and supervise children at all times. Be sure to comply with all instructions from lifeguards, rangers, police, firefighters and other emergency personnel. Nobody wants dangerous situations to mar an otherwise pleasant park visit.

Before you go, check "Alerts and Closures" at the Park District website, www.ebparks.org, to be sure there are no restrictions at the park you wish to attend.

Here are some of the special activities planned in the Regional Parks during Memorial Day weekend:

Admission is free on Memorial Day, May 29, at Ardenwood Historic Farm in Fremont. From 10 a.m. to 4 p.m. you can help with farm chores, ride the train, tour the Victorian farmhouse, watch cooking demonstrations at the outdoor kitchen, or try some old-time games.

Ardenwood recreates life on a prosperous Victorian-era farming estate. The farm is at 34600 Ardenwood Boulevard, just north of Highway 84. For information, call (510) 544-2797.

The first campfire program of 2023 at Dumbarton Quarry Campground in Fremont will be a trivia contest from 8:30 p.m. to 9:30 p.m. on Saturday, May 27. Attendees will form teams to compete, answer questions and win points and prizes.

The trivia contest is for ages five and older; parent participation is required. There's a \$5 parking fee. This is a drop-in program; registration is not necessary. You need not be camping at the campground to participate.

Dumbarton Quarry Campground is at 9400 Quarry Road in Fremont, just off Highway 84. For information, call Coyote Hills at (510) 544-3220.

"Memorial Day Memories" is the theme of Family Nature Fun Hour at 1:30 p.m. on both Saturday, May 27, and Sunday, May 28, at the Doug Siden Visitor Center at Crab Cove in Crown Beach, Alameda. The program is free and drop-in, no registration is necessary. Learn how

to fold a flag, tie a knot, and make a flower to place on the park's Merchant Mariners Memorial.

Crab Cove also plans a Memorial Day Open House on Monday, May 29, starting at noon. Activities between 1 p.m. and 4 p.m. will include a reptile program, flag folding, nature stories, low tide exploration, and a self-guided history walk. Crab Cove is at 1252 McKay Ave. off Alameda's Central Avenue. For information, call (510) 544-3187.

A wool felting session is on the agenda for 11 a.m. to 12 noon on Saturday, May 27, at the Environmental Education Center in Tilden Nature Area near Berkeley with naturalist Jenna Collins. The group will use water and soap to produce little woolly creations. This is a drop-in program. Then from 2 p.m. to 3 p.m. the same day, Jenna will show how to spin yarn without a spinning wheel, using your hands and a drop spindle.

Both programs are free; no registration is necessary.

The Environmental Education Center is at the north end of Tilden's Central Park Drive, accessible via Canon Drive from Grizzly Peak Boulevard in Berkeley. For information, call (510) 544-2233.

At Big Break Regional Shoreline in Oakley, there's a nature-themed craft activity between 11 a.m. and 2 p.m. every Saturday in May and June. The programs are free and no registration is necessary. Big Break is at 69 Big Break Road off Oakley's Main Street. For information, call (510) 544-3050.

These are just a few of the programs planned in the East Bay Regional Parks in coming days. For the full list, visit www.ebparks.org/things-to-do. And however you spend it, have a safe and enjoyable Memorial Day weekend.

News and Notes FROM AROUND THE WORLD

SUBMITTED BY
THE ASSOCIATION OF
MATURE AMERICAN
CITIZENS

Michelangelo, the barber

LeBron James lived up to the expectations of his fans early in the 2023 NBA Playoffs. He led the Los Angeles Lakers in upending the NBA champion Golden State Warriors on May 12, a day after one of his more ardent fans had barber Miguel Rosas, Director at New Style Hair Academy in Moline, Illinois, carve a good luck likeness of LeBron in the hair on the back of his head. It took Rosas two hours to create his masterpiece. There are those who might say that it did the trick and helped LeBron score 30 points, nine rebounds and nine assists for the Lakers. See the hair masterpiece at <https://www.instagram.com/p/CsAMiM5Ovw3/>

He proved that beer can give you gas

Like many of us these days, inventor Ky Michaelson of Bloomington, Minnesota is fed up with the soaring cost of gasoline. So, he did something about it; he swapped the gas-powered engine of his motorcycle with a 14-gallon beer keg. A heating coil heats the brew to a temperature of about 300 degrees, superheating it into steam to drive the vehicle. Michaelson claims his new power

source allows the bike to reach speeds of up to 150 mph. He told Fox News that "The price of gas is getting up there. I don't drink. I'm not a drinker, so I can't think of anything better than to use [beer] for fuel." See the story on YouTube: [youtube.com/watch?v=KkNnJ2u rNs4](https://www.youtube.com/watch?v=KkNnJ2u rNs4)

A S-s-scary Story

Amber Hall, her daughter and her son lived in their new home in Centennial, Colorado for just two weeks before realizing that their abode was infested with slimy snakes. Her dogs were first to alert her; they found several slippery serpents slithering in and out of a garage wall. Hall called in pest control experts who, initially, found some 30 of the scary critters. It was of little comfort that they were not poisonous. "The snake wrangler said the snakes he caught look to be about 2 to 3 years old, so he imagines they've been here for a long time and there's a lot more," as she put it in an interview with KDVR-TV. See the story on YouTube: [youtube.com/watch?v=T3g6Sy-d2Io](https://www.youtube.com/watch?v=T3g6Sy-d2Io)

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.

Local real estate professional completes Weichert® Training

SUBMITTED BY
EVAN ROESER

Weichert, Realtors® - Rainbow Properties, located in Newark, is proud to announce that Palwasha Mohammadi successfully completed the Weichert Real Estate Affiliates,

Inc. Fast Track training program. The training helps quickly bring new and existing Weichert® affiliated agents up to speed on the latest information, resources and technology available to help them effectively list, promote and sell properties for their clients.

Celebrate Asian Heritage Festival

SUBMITTED BY
RITU MAHESHWARI

On Saturday, May 27, Fremont will celebrate Asian American and Pacific Islander Heritage month

with a festival at the Downtown Event Center. The event will show the unique cultures of Asia with entertainment, art exhibits, a cultural showcase, and food trucks. The event is free to attend.

Celebrate Asian Heritage Festival
Saturday, May 27
11 a.m. – 3 p.m.
Fremont Downtown Event Center
3500 Capitol Ave., Fremont
(510) 304-5619
apafestival2023@gmail.com

Eden Housing celebrates the grand opening of new affordable housing development

SUBMITTED BY
CAYLA MCGINNIS

Eden Housing, in partnership with For the Future Housing and City of Fremont, hosted a grand opening and ribbon-cutting ceremony of Granite Ridge Apartments on Monday, May 15. The ceremony was held in conjunction with National Affordable Housing Month and was attended by several local, county and state elected officials and field representatives, as well as other affordable housing advocates.

The ceremony was held at the Granite Ridge Apartments, located at the corner of

Sequoia Road and Paseo Padre Parkway. Those in attendance included field representatives of Senator Aisha Wahab and Assemblymember Alex Lee; David Haubert, Alameda County Supervisor; Lily Mei, Mayor of Fremont; Desrie Campbell and Raj Salwan, City of Fremont Councilmembers; and Linda Mandolini, President and CEO of Eden Housing.

The townhouse-style layout will feature 32 one-bedroom, 22 two-bedroom, and 19 three-bedroom rental apartment homes. Units will be leased to households earning 20% to 60% of the area median income,

equivalent to an annual income of \$22,860 to \$68,580 for a two-person household. The apartment complex will also feature several amenities, including a community center, computer lab, playground, on-site laundry facility, bicycle storage, covered parking and more.

Funding for Granite Ridge Apartments was received from the County of Alameda, California Tax Credit Allocation Committee, Hudson Capital, Capital One and California Community Reinvestment Corporation.

For more information, visit: <https://edenhousing.org/properties/granite-ridge-apartments/>.

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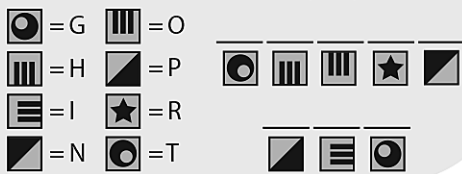
PORCUPINES

A porcupine is a peaceful and pokey animal. The word pokey has two meanings. It can mean slow. Or it can mean something sharp that can poke or jab.

Porcupines have sharp, pokey quills. These are how a porcupine protects itself from predators. They can also make a porcupine look larger and more scary.

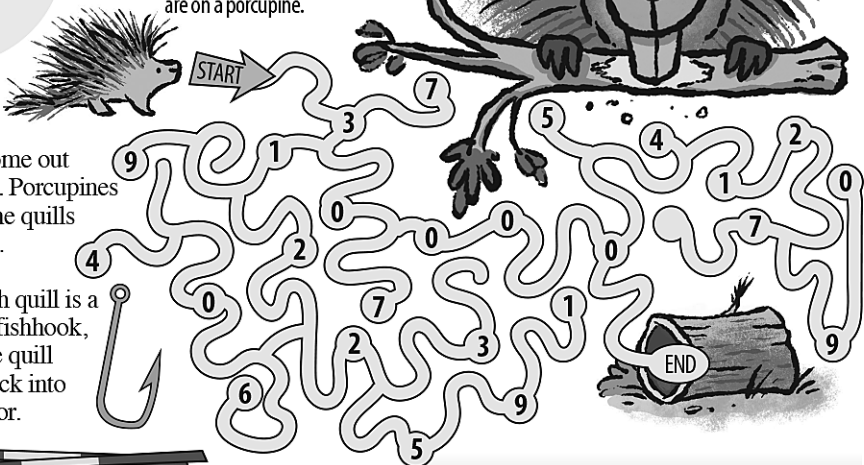


Use the code to discover what the word porcupine means.



Making a Point

Write down the numbers you find along the correct path through the maze to learn how many quills there are on a porcupine.



Porcupines can have up to _____ quills!

Don't Stick Around!

If a porcupine is attacked, its prickly quills come out and poke into the face or body of the attacker. Porcupines do not shoot their quills like arrows. But the quills come out easily when touched.



At the end of each quill is a tiny hook, like a fishhook, which makes the quill puncture and stick into skin of a predator.

Porcupines have soft fur mixed with sharp quills. The quills lie flat until a porcupine is threatened.

Standards Link: Science: Animals have distinctive adaptations to aid in survival.

The Tree Life

Porcupines eat leaves, twigs and fruit. No _____ many live in trees!

They have long tails that they can _____ around branches to help them up trees. But if they can't find a good sleeping spot in a tree, they will sleep on the ground or in a _____ log.

Porcupines are _____. This means they like to sleep during the day and stay up at night.

CLIMB
HOLLOW
WONDER
NOCTURNAL
WRAP

Newspaper Fact and Opinion Search

Look through today's newspaper and find and circle five facts. Then, find and underline five opinions.

Standards Link: Use the newspaper to locate information.

Kid Scoop Puzzler

Porcupines by the Numbers

Porcupines weigh anywhere from _____ to _____ pounds.
6 + 6
41 - 6

They can grow to be _____ to _____ feet in length.
10 - 7
7 - 3

Porcupines live to about _____ years old.
9 + 9

Standards Link: Math: Calculate sums and differences.

Double Double Word Search

BABY
FLAT
FRUIT
FUR
GNAW
HOOK
NOCTURNAL
POKE
PORCUPINE
QUILLS
ROLLS
SKIN
TEETH
TREE
TWIGS

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



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

Kid Scoop Together

Porcupine Facts and Opinions

Read each statement to a family member. Ask them to decide if each statement is a **FACT** or an **OPINION**. Then, do the math under each statement. If the answer is an even number, it is a **FACT**. If it is an odd number, it's an **OPINION**.

Porcupines are mammals.
☐ FACT ☐ OPINION
18 + 2 =

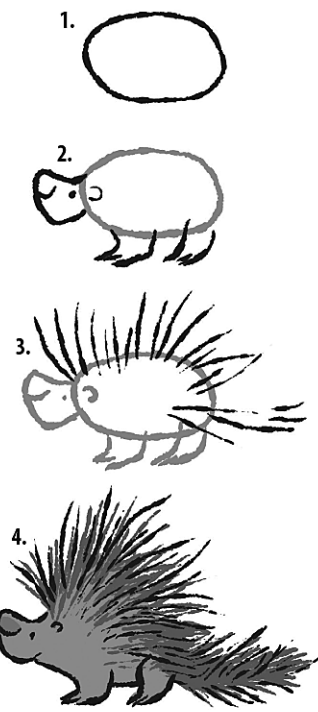
Porcupines can climb trees.
☐ FACT ☐ OPINION
12 + 12 =

Porcupines are cute.
☐ FACT ☐ OPINION
6 + 3 =

Porcupines are members of the rodent family.
☐ FACT ☐ OPINION
11 + 5 =

Porcupines are scary.
☐ FACT ☐ OPINION
14 + 7 =

Draw a Porcupine!



Kid Scoop VOCABULARY BUILDERS

This week's word: **PROTECT**

The verb **protect** means to keep something safe.

I closed the cooler to **protect** our lunch from seagulls.

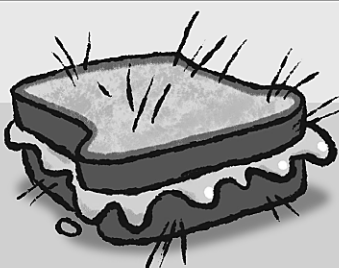
Try to use the word **protect** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Porcupine Poem

Look through the newspaper for 10 words that describe porcupines. Use these words to write a poem or a paragraph about porcupines. Ask your teacher if you can share it with your class.

Standards Link: Language Arts: Write descriptive paragraphs about a particular subject.



What kind of sandwiches do porcupines like best?

ANSWER: Quilled cheese!

Write On!

Signs of Spring

What are three signs of spring in your community? Write about how they make you feel.



The Fremont CONNECTION



Adding More In-Person Hours of Operation at City’s Development Services Center/Permit Center

The City’s Development Services Center/Permit Center, located at 39550 Liberty Street, is adding more in-person hours of operation to assist the public with their permitting inquiries. Starting the week of June 5, 2023, the new schedule—which includes an additional in-person day—will go into effect. The Center will be open to provide in-person services on Tuesdays, Wednesdays, and Thursdays from 8 a.m. to 3:30 p.m. (closed from 12 p.m. to 1 p.m.). The Center will no longer be open for in-person services on Mondays, and it will continue to be closed for in-person services on Fridays. On these days, staff will be focusing on processing online permits. Staff will continue to be available on Mondays and Fridays to assist the public by phone and email. Additionally, online services will become available over the next few months, which will replicate the in-person services provided on the days the Center is open to the public.

The Development Services Center/Permit Center serves as the City’s one-stop shop for helping community members obtain permits for their construction projects. Staff members from Planning, Building and Safety, Engineering, and Revenue are available to assist visitors and answer questions.

For more information visit <https://city.fremont.gov/dsc>.



Fremont Budget Hearings Coming Up



The City of Fremont’s proposed operating budget for the next fiscal year, which runs from July 1, 2023 through June 30, 2024, and the Proposed Capital Improvement Program (CIP) for Fiscal Years 2023/2024 through 2027/2028 were presented to the City Council at their regularly scheduled Council meeting on May 16 at 7:00 pm. The first public hearing to comment on the budget and CIP will be on June 6, and the second hearing and adoption is on June 13. Public hearings are part of the Council meeting which will begin at 7:00 pm. City Council agendas and how to attend the meetings will be posted online in the Agenda Center at least 72 hours in advance of the meeting.

For more information visit the City’s website:

Fiscal Year 2023/24 Proposed Operating Budget:
<https://city.fremont.gov/proposedoperatingbudget>

Proposed Capital Improvement Program (CIP) for Fiscal Years 2023/2024 through 2027/2028: <https://city.fremont.gov/proposedoperatingcipbudget>

Agenda Center for City Council Meetings:
<https://city.fremont.gov/agendacenter>

Take our Survey about the Fremont Family Resource Center (FRC) Strategic Plan

The Fremont Family Resource Center (FRC) is developing a Strategic Plan that will guide its course for the next five years. The Strategic Plan is critical to the success of its collaboration efforts as it continues to grow and address the ever-changing needs of our community and the individuals and families it serves. That is why your voice as a representative of the Fremont Community is needed to make this process possible.

As a member of the Fremont community, we are asking you to take a brief survey on MyFremont, our online engagement platform. Your response provides valuable input into the strategic processing plan and will be shared with the strategic planning committee at its June 1, 2023, meeting to help shape the FRC's next five-year plan.

Take the survey at www.my.fremont.gov/frc-strategic-plan.

State Homekey Application Approved by City Council

On Tuesday, May 9, the Fremont City Council voted unanimously for the City to apply for the third round of funding available through the State’s Homekey Program. The City will now be applying for a \$35 million Homekey grant to convert the Motel 6 at 46101 Research Avenue in Fremont to 156 units of permanent supportive affordable housing. For more information, please read the staff report that was provided to the City Council.

City staff plans to submit the Homekey application to the State no later than May 16, 2023. Staff expects to receive funding notification from the State by July 2023. If funding is awarded, the goal will be to complete the project by spring 2024.

For more information, please visit the City’s Homekey Project webpage at <https://city.fremont.gov/homekey>.

To receive Homekey project updates by email or text message, please sign up for the City’s Homelessness Interest List at <https://city.fremont.gov/homelessinterestlist>.

State of the City Annual Meeting & Breakfast



State of the City

Annual Meeting & Breakfast

JUNE 8, 2023
8 AM - 10 AM

DOWNTOWN EVENT CENTER



Thursday, June 8, 2023
8 a.m. - 10 a.m.
Downtown Event Center
3500 Capitol Ave.
Fremont, CA 94538

The Fremont Chamber of Commerce is pleased to present the State of the City address on June 8 from 8 a.m. to 10 a.m. at the Fremont Downtown Event Center. The event includes breakfast, Fremont Chamber volunteer recognition, Mayor Lily Mei’s State of the City address. The Fremont Chamber of Commerce’s State of the City event is the premier business networking event in Fremont attended by business and community leaders.

8 a.m. — Registration & Breakfast
8:30 a.m. – 10 a.m. — Main Program
Fremont Downtown Event Center
3500 Capitol Ave., in Fremont

Ticket price:
\$45 Chamber member
\$90 Non-member

For more information, please visit <https://tinyurl.com/fremontsotc2023>.



Students create art to promote mental health

SUBMITTED BY
FREMONT YOUTH AND
FAMILY SERVICES

To celebrate the art and creativity of Fremont students, the city's Youth and Family Services Division and Fremont Unified School District hosted the sixth annual "Children's Mental Health Awareness Art Competition."

Students were invited to submit work in a digital format that helped promote mental

health awareness and the theme of "My Happy Place." Formats included drawing, painting, collage, photography, sculpture, and creative writing. Participants ranged from kindergarten through 12 Grade, and were judged in categories based on grade level.

View all submissions at the city website at <https://fremontcityofca.prod.gov-access.org/home> under the Youth and Family Services page.



"Happy Meal at Happy Place" by Allie Liao (BASIS Independent)
1st place, 2nd - 3rd grade division



"Bike Ride" by Alisa Liao (Mission San Jose High School)
2nd place, High School division



"Tunnel's End" by Zhuoting Lin (Mission San Jose High School)



"Smile" by Ania Wong (Mission San Jose High School)



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aclibrary.org



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- ◆ New Laminate Flooring
- ◆ Granite Counters in Kitchen
- ◆ Gas Range
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OAKLAND ZOO



CONSERVATION SOCIETY OF CALIFORNIA
OAKLAND ZOO
oaklandzoo.org

Home & Garden

Managing the heat of hot peppers

BY MELINDA MYERS
PHOTOS COURTESY OF
ALL-AMERICA SELECTIONS

Do you like to bring the heat to your cooking—even while everyone else is begging for water? Don't worry if the rest of your family doesn't always appreciate the spicy heat your favorite hot peppers add to entrees, beverages and desserts. Proper pepper selection, care and preparation can help you turn down the heat as needed without jettisoning peppers altogether.

Hot peppers' spicy heat is measured in Scoville Heat Units, named for Wilbur Scoville. The level of heat was originally determined by a panel of individual tasters. Chili peppers were ground and added to a sugar-water solution. The solution was continually diluted until the panelist found the solution no longer burned their mouth. Each pepper was assigned a number based on the amount of sugar-water solution needed to reach that point. Today a more accurate and less subjective high-performance liquid chromatography method can be used for measuring the pungency of hot peppers.

Poblano and Siracha rate between 1,000 to 2,500 units, jalapenos up to 8,000, cayenne can peak at 50,000, habaneros up to 350,000, and one of the hottest, the ghost pepper, at as much as 2,200,000 units. If you like the citrusy flavor of habaneros but not the heat, try the All-America Selections winner Roulette.

Ornamental peppers are edible as well as pretty. Most rate anywhere from 10,000 to 50,000 Scoville units. Chilly Chili



ornamental peppers produce an abundance of attractive yellow, orange, and red upright fruits on 10" to 12" plants. As the name suggests, they have almost no heat. Mix with flowers for decorative displays in containers and garden beds.

Peppers grow and produce best when day temperatures are 70° to 80° F, and night temperatures are 60° to 70° F. Cold, heat and drought are the most common cause of blossom drop, misshapen fruit, and a poor harvest.

Use a hand pruner or garden snips to harvest peppers without damaging plants. Harvest most hot peppers when fully mature and red for the strongest flavor. Green chili and jalapeno peppers are harvested when green. And some, like

jalapeno, habanero and Anaheim, are hot whether harvested when green or red. When your summer is filled with long hot days, hot peppers tend to be even hotter.

Avoid hot surprises when cooking by labeling hot peppers when growing, harvesting and storing. Many sweet and hot pepper varieties look similar and confusing the two could be unpleasant. Just keep a glass of milk handy in case you need to neutralize the sting.

Turn down the heat, if needed or desired, when preparing your favorite recipes. Since most of the capsaicin, which gives hot peppers their heat, is in the white membrane that houses the seeds, remove this and the seeds if you want the flavor with less of the heat.

Wear rubber gloves and avoid touching your face and eyes when working with hot peppers, as they can burn. Wash your hands, utensils and cutting boards when finished.

Turn a portion of your pepper harvest into pickled peppers for the hot pickle fans in the family to enjoy throughout the winter. The key to success and safety is using a tested recipe that contains the right amount of ingredients and processing it properly. Check University or other vetted sources for safe recipes and processing guidelines.

Try some of these strategies and mention health benefits to encourage reluctant eaters to try hot peppers. Although hot peppers and spicy food can add to the pain and irritation of ulcers, they do not cause them, contrary to some of the hot pepper myths. They do, however, provide gastric relief, kill cancer cells, prevent sinus infections, reduce inflammation, and even burn fat. Over time you may be able to turn up the heat on your favorite recipes for all to enjoy.

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



THE ACWD CONNECTION

Lawn Be Gone! Rebate Program

ACWD customers that convert lawns to water-efficient landscape may be eligible for a rebate up to \$2 per square foot of lawn converted.

Low water use landscapes are beautiful and can save money on water bills, fertilizers, pesticides and maintenance.

Speak with an ACWD Water Use Efficiency Specialist during virtual office hours and discuss any questions related to the Lawn Be Gone! Rebate Program or other water conservation related topics. For a program application, visit acwd.org/rebates.

Virtual Office Hours with a Water Use Efficiency Specialist

Tuesdays @ 4:30 p.m. - 5:30 p.m.
Thursdays @ 12 p.m. - 1 p.m.

Join via Zoom at
acwd.org/Calendar.

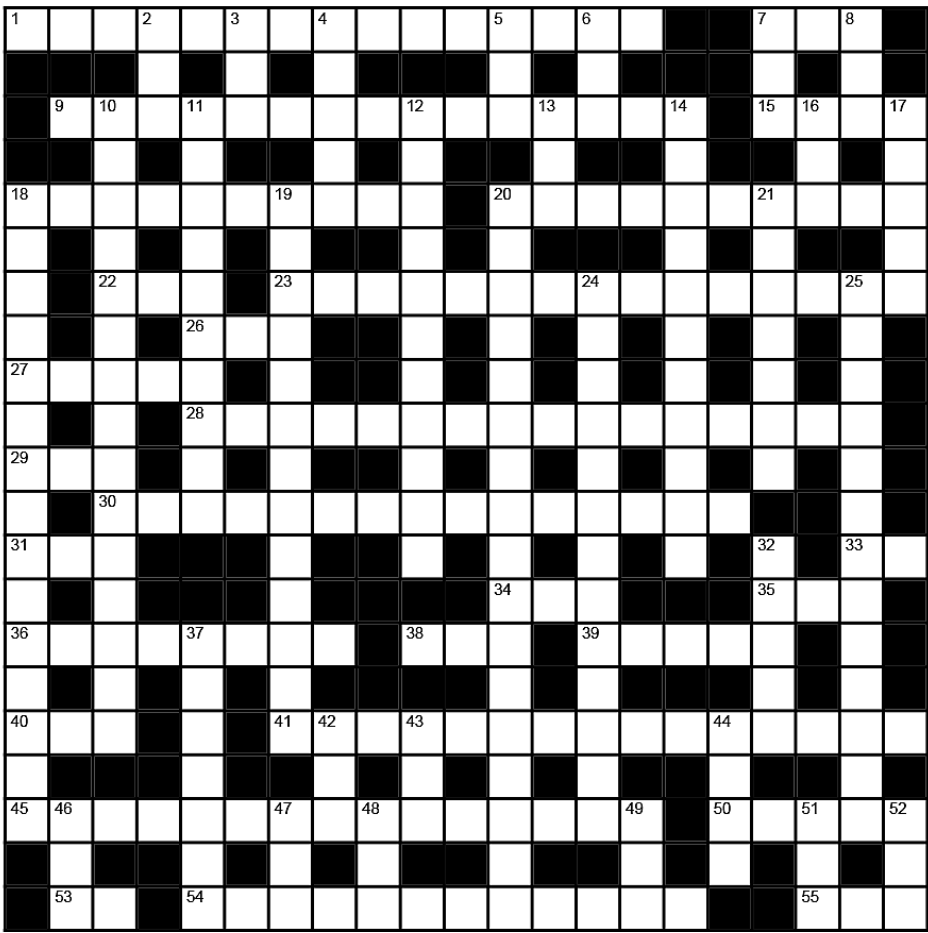


Applicants must apply prior to beginning work. Lawn Be Gone! Rebate participants are required to attend an office hours session for a pre-approval Q&A. Virtual office hours are unavailable on holidays. Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



Mind Twisters

Crossword Puzzle



- Across

1

Receipt (5-2-8)

7

"Still ____" (1999 rap song) (3)

9

Difficult spot (6,9)

15

Abu ____ (Muslim leader after Muhammed) (4)

18

Chinese restaurant specialty (6,4)

20

How this answer is situated (6,4)

22

Suffix with mock (3)

23

Raise Cain (7,3,5)

26

A hand (3)

27

Go over (5)

28

Show with cuffs and collars (6,10)

29

Tee, e.g. (3)

30

Trolley turnaround point (3,3,2,3,4)

31

"Will it ever stop? ____ don't know..." ("Ice Ice Baby" lyric) (3)

33

I give you ____ word (2)

34

Boxer (3)

35

Airline's home base (3)

36

Bestows a title upon (8)

38

Kind of ribs (3)

39

"If I ____ do it all over again..." (3,2)

40

Garlic, in the Southwest (3)

41

Limit of a sort (10,5)

45

Come into one's own (4,6,5)

50

Bing, bang or boom (5)

53

3.14 (2)

54

Colorful fish: 2 wds. (7,5)

55

Suffix with access (3)

16

Active Japanese volcano (3)

17

Wrinkles (5)

18

Last governor of New Netherland (5,10)

19

1955 Astaire musical (5,8)

20

Singing group. (10,7)

21

Fourth Sunday in Lent (7)

24

Adjustable illumination (5,8)

25

Microbiological barriers (4,9)

32

It's a snap (5)

37

Bar employee (7)

42

Invoice abbr. (3)

43

Former USSR constituent (3)

44

Lousy (4)

46

Death on the Nile cause, perhaps (3)

47

British healthcare syst. (3)

48

Letters on an ale (3)

49

____ Claire, Wis. (3)

51

"Am ____ believe ...?" (3)

52

Bridge guru Culbertson (3)
- Down

2

"Certainment!" (3)

3

Doc ____ (foe of Spidey) (3)

4

Pari ____ (at an equal rate) (5)

5

"Isn't ____ bit like you and me?" (Beatles lyric) (3)

6

____ Lanka (3)

7

Apply gently (3)

8

Johann ____, 16th-century defender of Catholicism (3)

10

Find fault with (4,9,2)

11

Halloween treat (5,5)

12

Enjoy a sabbatical (4,4,3)

13

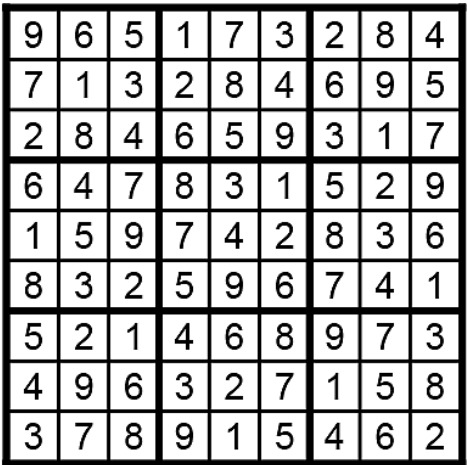
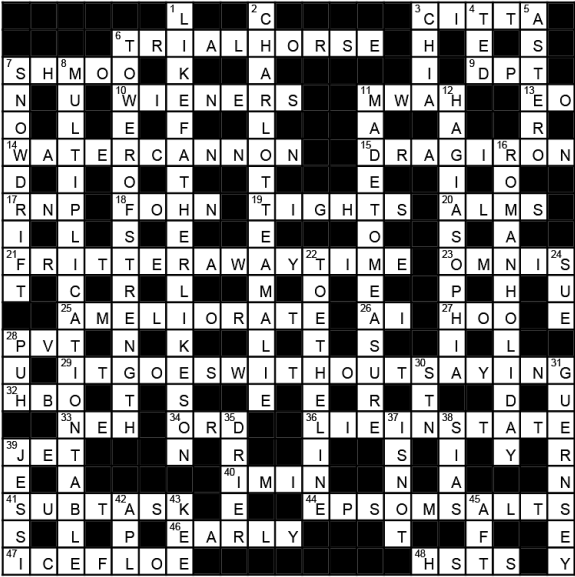
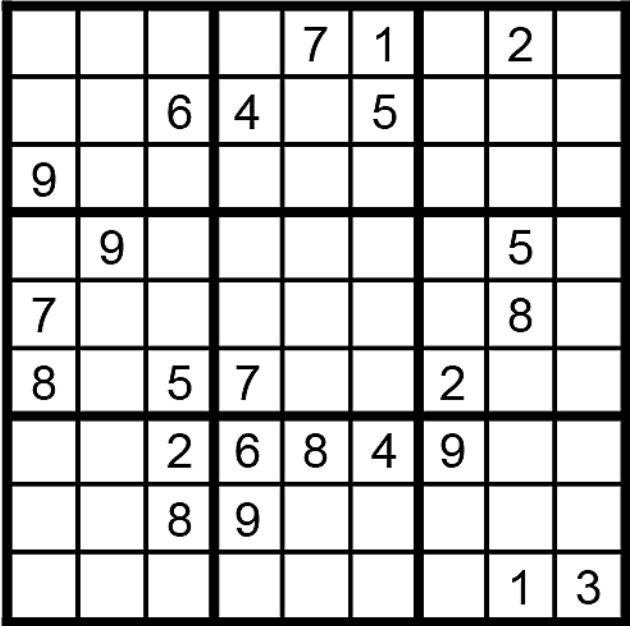
Datebook abbr. (3)

14

It lets you feel (5,6)

Sudoku:

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



Tri-City Stargazer FOR WEEK: MAY 23, 2023

All Signs: Every year, the Sun moves through all 12 signs, staying for four weeks in each. We are now entering the four-week window when the Sun will radiate Gemini energy, making everyone more curious. We'll want to take short trips and explore the world. We will have an increased desire to pop out for coffee, and catch up on the latest with friends and neighbors. Many will sign up for a course to or explore ways to learn something new.

Aries the Ram (March 21-April 20):

Because you're the "first" sign of the zodiac, there's something about spring that really boosts your energy. If you thought you were busy before – get ready because in the next month, you're pulling out all stops. Suddenly, you've got things to do, places to go and people to see! You also want to entertain and redecorate at home. In addition, you feel competitive, especially with group sports and kids' activities. Meanwhile, while you juggle all this, you're full of money-making ideas.

Taurus the Bull (April 21-May 20):

This is a lovely time for you because lucky Jupiter is in your sign for the next 12 months, bringing you good fortune and giving you an edge over other signs. This is a major blessing! Meanwhile, for the next four weeks, the Sun will sit in one of your Money Houses, prompting you to think about cash flow, earnings and wealth. You want to make your money and what you own work for you. What you own should make your life easier and not the other way around.

Gemini the Twins (May 21-June 20):

Once a year, the Sun is in your sign for four weeks, and that time has arrived. It's your chance to rejuvenate and replenish yourself. The Sun in your sign also attracts favorable situations and interesting people. Because fiery Mars is in your House of Communications, you identify more with your ideas.

But you might be stubborn this week, which is not the best way to get what you want. Meanwhile, you will attract money, goods and favors, which encourages you to buy beautiful things for yourself and loved ones.

Cancer the Crab (June 21-July 21):

For the next four weeks, contradictory influences might affect you. On one hand, you're happy to be reclusive and work alone. On the other hand, with Venus in your sign, you are charming, diplomatic and eager to schmooze with others. Both Mercury and Jupiter in your House of Friendships will promote interacting with friends and groups, particularly younger people. Meanwhile, Mars makes you identify with your possessions. You might even get into disputes about values or possessions. Trust that Jupiter's beneficial influence will smooth things with friends and groups.

Leo the Lion (July 22-August 22):

For the next four weeks, you're more popular! Enjoy increased activity with friends, groups and organizations. In addition, fiery Mars is now in your sign, boosting your energy and urging you to assert yourself. Count on this being a productive week, mainly because you have energy to work. This is why this an ideal time for physical sports and workouts. Meanwhile, discussions with bosses, parents and important people will go well, in large measure because you look successful to people –everyone loves a winner.

Virgo the Virgin (August 23-September 22):

The Sun is at the top of your chart, for the next four weeks, which symbolizes that you're cast in a flattering spotlight. People see you as capable, even if you don't do anything special. This window of time is perhaps the most advantageous of the year for you to promote your agenda. Go after what you want because you will likely get it. Meanwhile, Venus will smooth the way with friends and groups because it will make you ooze charm and diplomacy. For some, a friend will become a lover.

Libra the Scales (September 23-October 22):

Your desire to explore the world is pumped in the next four weeks. Look for ways to change your routine or travel. Or be a tourist in your own town. Expand your world through books, or film, plus talking to people from other countries and cultures. Your interest in philosophy, religion, politics and the law will be strong. This is a special time because your ruler Venus is at the top of your chart attracting people, especially related to your career. Romance with a boss or mentor figure might begin.

Scorpio the Scorpion (October 23-November 21):

You are a passionate sign, and in the next four weeks, this will intensify. Perhaps you will encounter someone who encourages powerful life changes? Personally, you have a stronger desire to experience life at a feeling level, not just on an abstract, intellectual understanding. You will also be more involved with bills, taxes, debt, shared property and

inheritances. Plus, your ambition is aroused because Mars is at the top of your chart. Meanwhile, your desire to travel for pleasure and escape is strong! Travel if you can because you will love it.

Sagittarius the Archer (November 22-December 21):

Once a year, for four weeks, the Sun sits opposite your sign, which means symbolically it is as far away as it can get all year. Because the Sun represents "energy," this means you'll need more sleep. This polarized position of the Sun will also give you more objectivity about your closest relationships. Meanwhile, Mars is urging you to travel and get a change of scenery; while Venus sweetens romance in a tender, affectionate away. Venus will also attract money and goodies to you.

Capricorn the Goat (December 22-January 19):

You'll be as productive as possible in the next four weeks because you're setting high standards for yourself. These will include your health and work; you might begin a new regime, possibly a diet or an exercise program. Relations with those closest to you will be lovely and rewarding because fair Venus is opposite your sign sitting in your House of Partnerships. This will make you appreciate your loved ones. In fact, this is a romantic time for your sign. Grab opportunities to play and perhaps swing a vacation!

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

Once a year, the Sun is in the most playful part of your chart for four weeks, and this time has

arrived! Do what you want and set your own priorities. Fun activities with children will appeal, along with sports events. This is a wonderful time for a vacation and romance. Enjoy the arts, barbecues, short trips, the theatre, galleries and musical performances. A work-related romance might begin. With Mars opposite your sign, you have to be patient with partners and close friends, but this will be easy because you're happy!

Pisces the Fish (February 19-March 20):

Home, family and your private life will be your primary focus in the next four weeks. Many of you will be involved more than usual with a parent. You might focus on redecorating or reorganizing at home. You might also enjoy relaxing among familiar surroundings. Meanwhile, Venus will encourage entertaining and socializing, so invite the gang over. It's a great time for games and fun. Romance will be sweet and affectionate. One thing that will make you relaxed is you feel there's no need to pretend to be who you are not.



By Georgia Nicols
www.georgianicols.com.

CASTRO VALLEY TOTAL SALES: 7						
Highest \$: 1,675,000		Median \$: 1,400,000				
Lowest \$: 922,000		Average \$: 1,376,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
20332 Center Street	94546	922,000	3	1141	19524/12/23	
4861 Crow Canyon Rd	94552	960,000	3	1475	19204/10/23	
17007 High Pine Way	94546	1,390,000	3	2252	19754/11/23	
5719 Gold Creek Drive	94552	1,400,000	5	2357	19964/10/23	
19281 Edwin Markham Dr	94552	1,625,000	4	3078	19844/12/23	
18600 West Cavendish Dr	94552	1,660,000	4	2078	19784/10/23	
4617 Cristy Way	94546	1,675,000	3	1584	19584/11/23	

FREMONT TOTAL SALES: 12						
Highest \$: 2,300,000		Median \$: 1,250,000				
Lowest \$: 434,500		Average \$: 1,353,875				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
106 Boston Fern Cmn #249	94539	434,500	2	1303	2008 4/11/23	
3672 Colet Terrace	94536	650,000	2	900	1974 4/10/23	
40613 Verne Street	94538	1,030,000	3	1152	1960 4/11/23	
4548 Piper Street	94538	1,055,000	3	1036	1959 4/10/23	
3765 Foxswallow Ter	94555	1,065,000	2	1315	1986 4/10/23	
36471 Feliz Court	94536	1,100,000	3	1246	1954 4/11/23	
40973 Gramercy Terrace	94538	1,400,000	-	1639	2012 4/10/23	
3321 Coventry Court	94536	1,515,000	3	1664	1965 4/12/23	
1518 Shinn Court	94536	1,602,000	4	1958	1985 4/11/23	
235 Tonopah Drive #1	94539	1,980,000	4	1912	1978 4/13/23	
524 Gamay Court	94539	2,115,000	5	2272	1985 4/13/23	
645 Kirby Common	94539	2,300,000	3	2037	1989 4/12/23	

HAYWARD TOTAL SALES: 16						
Highest \$: 2,300,000		Median \$: 822,500				
Lowest \$: 570,000		Average \$: 931,344				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
25930 Kay Avenue #302	94545	570,000	2	1286	1982 4/11/23	
25185 Soto Road	94544	620,000	3	1548	1925 4/12/23	
84 Fagundes Court	94544	675,000	2	858	1950 4/12/23	
936 Lester Avenue	94541	720,000	3	1040	1950 4/11/23	
27436 Palmwood Avenue	94545	750,000	3	1350	1956 4/13/23	
200 Old Oak Lane #2	94541	768,000	3	1468	2010 4/13/23	
17112 Los Banos Street	94541	769,000	-	1240	1978 4/13/23	
241 Spring Harvest Road	94544	810,000	3	1611	2018 4/12/23	
28540 Aragon Avenue	94544	835,000	3	1179	1959 4/11/23	
1046 Redstone Place	94542	849,500	3	1842	1961 4/12/23	
363 Medford Avenue	94541	940,000	3	1200	1918 4/10/23	
3800 Amyx Court	94542	965,000	4	2016	1960 4/10/23	
1526 Highland Boulevard	94542	980,000	4	2366	1947 4/11/23	

22563 Northview Drive	94541	1,000,000	4	1614	1963	4/13/23
27981 High Country Dr	94542	1,350,000	4	2552	1972	4/11/23
2764 Breaker Lane	94545	2,300,000	5	4252	2006	4/13/23

MILPITAS TOTAL SALES: 4						
Highest \$: 1,935,000		Median \$: 1,067,500				
Lowest \$: 705,000		Average \$: 1,193,750				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1101 South Main St #110	95035	705,000	2	977	2007 4/12/23	
834 North Abbott Ave	95035	990,000	3	1345	1981 4/14/23	
587 Redwood Avenue	95035	1,145,000	4	1415	1960 4/12/23	
1205 Madalen Drive	95035	1,935,000	4	2683	1966 4/12/23	

NEWARK TOTAL SALES: 1						
Highest \$: 660,000		Median \$: 660,000				
Lowest \$: 660,000		Average \$: 660,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
6270 Joaquin Murieta Ave #D	94560	660,000	2	1112	1982 4/10/23	

SAN LEANDRO TOTAL SALES: 8						
Highest \$: 1,110,000		Median \$: 668,000				
Lowest \$: 338,000		Average \$: 704,875				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2077 Washington Ave #313	94577	338,000	1	692	1984 4/12/23	
1494 159th Avenue	94578	540,000	2	880	1922 4/10/23	
2124 Harte Circle	94577	605,000	2	1088	1944 4/12/23	
516 Joaquin Ave #U-516	94577	620,000	2	1409	1980 4/11/23	
1948 Charlotte Avenue	94577	716,000	3	1015	1943 4/11/23	
1325 136th Avenue	94578	785,000	3	1222	1947 4/12/23	
16500 Severn Road	94578	925,000	3	1260	1965 4/11/23	
2406 Easy Street	94578	1,110,000	4	1610	1950 4/11/23	

SAN LORENZO TOTAL SALES: 1						
Highest \$: 819,000		Median \$: 819,000				
Lowest \$: 819,000		Average \$: 819,000				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
597 Heritage Circle	94580	819,000	5	1973	2004 4/12/23	

UNION CITY TOTAL SALES: 6						
Highest \$: 1,451,000		Median \$: 1,288,000				
Lowest \$: 560,000		Average \$: 1,082,833				
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
5014 Bridgepointe Pl #33	94587	560,000	2	888	0 4/10/23	
2912 Flint Street #117	94587	560,000	2	908	1988 4/11/23	
2539 Begonia Street	94587	1,275,000	3	1392	1972 4/10/23	
2502 Hilton Street	94587	1,301,000	3	1452	1964 4/11/23	
3138 San Angelo Way	94587	1,350,000	4	1530	1968 4/10/23	
34197 Soto Drive	94587	1,451,000	3	2000	2005 4/12/23	

Home Sales Report

Urban Forest Friends Tree Planting



SUBMITTED BY LYNN MILLER

Bright and early on Friday, May 12, volunteers came to Westridge Park in Centerville to plant young Oak trees. Twenty-five Burr Oak, Cork Oak, and Southern Live Oak trees were planted by volunteers from Lam Research and from Urban Forest Fiends (U.F.F.), a local nonprofit group

and part of Tri-City Ecology Center, the organization who donated the trees.

City of Fremont staff helped prepare the areas and will water the trees using their new watering truck. U.F.F. looks forward to more opportunities to grow our Urban Forest after the new Urban Forest Management Plan was adopted by Fremont City Council in April.



Planting trees that grow large and sequester carbon is important to fighting climate change and lowering temperatures in city parks.

Urban Forest Friends
(510) 604 - 8206
urbanforestfriends.org

EARTHTALK

Gas Car To EV Conversion: Is It Even Possible?

BY RODDY SCHEER AND DOUG MOSS

Dear EarthTalk: Is it possible to retrofit an old car with an Electric Vehicle drivetrain?

—Jerry M., Topeka, Kans.

It is definitely possible to retrofit an old internal combustion engine car with an electric vehicle (EV) drivetrain, but the process can be complicated and expensive. In fact, it may be cheaper when all is said and done—not to mention easier and quicker—to just buy an EV.

If you're undeterred and want to proceed with a conversion anyway, keep in mind that certain types of cars lend themselves to the process better than others. For starters, older cars that rely on mechanics more than computers are often easier to convert. Another consideration to keep in mind is that it's easier to convert a car with a manual transmission since they

use less power and are a lot less complicated than automatic cars. Likewise, lighter vehicles make better candidates for conversions given that less weight translates into greater range.

The first step in retrofitting an old car with an EV drivetrain is to remove the existing engine and transmission. This requires specialized knowledge and tools, so it's important to find a reputable mechanic or EV retrofitting company to do the job. Once the old engine and transmission are removed, the new EV drivetrain can be installed. This typically includes an electric motor, battery pack, charger, and other components needed to make the car run on electricity. The placement of these components will vary depending on the make and model of the car, and the specific EV drivetrain being used.

One of the biggest challenges in retrofitting an old car with an EV drivetrain is finding the right balance between performance and range. The battery pack needs to be large enough to provide adequate range, but it also needs to be small enough to fit in the car without compromising performance or

handling. This can be a delicate balance, and it often requires custom fabrication and design work.

Another challenge is integrating the new EV drivetrain with the car's existing systems. This includes things like the brakes, steering and suspension, as well as the dashboard and other controls. In some cases, it may be necessary to replace or modify these systems to ensure they work properly with the new EV drivetrain.

Despite the hassle and expense, converting an internal combustion engine car over to electric is a great way to breathe new life into your old ride and reduce its environmental impact. In addition to being more efficient and producing fewer emissions than gasoline-powered cars, EVs also require less maintenance and can save drivers money on fuel costs over the long term. It's also a lot less wasteful to electrify an old clunker and give it years and years of additional use than buying a brand-new EV, which requires the extraction and use of precious resources and lots of new carbon emissions to build and ship out.

Several companies, including Electric GT, Legacy EV and EV West, now

manufacture conversion kits. Even GM and Ford are getting in on the act with the recent release of so-called crate engines that car owners (or their mechanics) can easily swap into the engine bays of corresponding models.

ONLINE CONTACTS

- Electric GT
electricgt.com
- EV West
evwest.com/catalog/
- Legacy EV
legacyev.com

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.

New murals enliven CeJay's Barber Shop and San Leandro Washery

SUBMITTED BY DSAL

On Wednesday, May 10, community members held a ribbon cutting ceremony and barbecue to celebrate the addition of three new murals to the Ashland and San Leandro area. The murals are part of a comprehensive public safety project funded by the National Endowment for the Arts (NEA) to create a series of murals on the East 14th Street commercial corridor.

Deputy Sheriffs' Activities League (DSAL) and Alameda County Sheriff's Office (ACSO) work in partnership with REACH Ashland Youth Center and Alameda County Office of Education (ACOE) to enlist local youth who, with the guidance of professional teaching artists from ACOE, design and produce

beautiful public murals that energize the area and create a compelling, culturally authentic identity; improve public safety; and strengthen community pride.

The murals were designed by Tiffany King, Greg Duggan and other members of REACH's Arts and Creativity classes and workshops. King and Duggan designed the murals in close consultation with the business owners. Then they met with the Alameda County Office of Community Development to learn about building codes and how to execute public murals within them. The project also gave the team a chance to learn professional skills including budgeting, color matching, ordering supplies, going from digital to large-scale formatting, and working with commercial paints. Joaquin Newman led the project onsite.

The first mural is on the façade of CeJay's Barber Shop, owned by Craig Barber. Craig is a long-time partner of DSAL and ACSO, and his business is a pillar of the community. Craig started his business 18 years ago. He first got involved with ACSO through Captain Mike Carroll.

The second mural is located at the San Leandro Washery next door to CeJay's and includes an illustration of the ocean. The Washery is owned by Derek Thoms, who is also pleased about the chance to support young artists.

The third mural spans the rear of the building and combines both motifs. ASHLAND is painted in bold, colorful letters. A fourth mural, paid for by building owner Derek Thoms, was created by local graffiti artist Chris Granillo.

Youth Designers who contributed to the murals include:

- Greg Duggan, designer
- Tiffany King, designer
- Jasmine Quiroga
- Chuck Davis
- Tim Curran
- Terris Ricks
- Marco Alberto
- Julian Chancellor
- Andy Tran
- Sydney Johnson
- Antonio Moore
- Anjie Deleon

www.acdsal.org





MUSIC

at the

MISSION

Chamber Music Outside the Box

WAR & PEACE

Laryssa Sadoway, Mezzo - Ertan Torgul, Violin

Aileen Chanco, Piano - Michael Graham, Cello

Friday June 9, 2023 at 8:00 pm

7:15pm Pre-Concert Talk

Old Mission San Jose

43300 Mission Blvd. Fremont

SILVESTROV - RACHMANINOFF - SHOSTAKOVICH - ARENSKY



WWW.MUSICATMSJ.ORG

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https://richardkendrickguitar.com/
E-mail:rwkendrickjr@yahoo.com

Hayward
Animal Shelter



510-293-7200

www.HaywardAnimals.com

16 Barnes Court, Hayward
(Near Soto & Jackson)

Connecting rescued animals
with loving homes!



Dexter is 1.5year old German shepherd
mix looking for that special home. Dexter
loves to play, jump and go on an all-out
adventure. He would do best in a home
with teens and up. To adopt contact
Hayward Animal shelter 510-293-7200.



RJ is a 1-year-old Pit bull mix looking to
be active and play all day with his new
family. RJ is a rambunctious rough and
tumble boy who can go all the way
and back on any trail with the right
family. He would do best in a home
with teens and up. To adopt contact
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

Poker Tournaments

6:00 pm
Weekly tournaments for beginner or
a seasoned player
The Clubhouse Bistro & Bar
4020 Technology Pl., Fremont
(510) 651-2500
bit.ly/3GllRwI

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

Wednesdays

Trivia Night R\$

6:30 pm - 8:30 pm
Play & win prizes
The Clubhouse Bistro & Bar
4020 Technology Pl., Fremont
(510) 651-2500
fremontclubhouse.com

Wednesdays

Ping Pong

1:00 pm - 3:00 pm
Activities for people with Parkinson
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
mtorrez@fremont.gov

Wednesdays

Tropics Bingo

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

Thursdays

Chronic Pain Support Group

12:30 pm - 2:30 pm
Group guidance from Stanford Pain
Management Clinic
For zoom link:
agewellcenters@fremont.gov
(510) 790 - 6600

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

Thursdays & Saturdays

Story Time

10:30 am - 11:00 am
Picture book story time
Banter Bookshop
3768 Capitol Ave. Ste. E., Fremont
(510) 565-1004
bit.ly/3VFpbcz

Thursday -Sunday

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
Admission fee applies

Fourth Fridays

Eden Night Live

3:00 pm - 7:00 pm
Futsal, music & dancing, food
vendors, games, resource fair
Hayward Adult School
22110 Princeton St., Hayward
(510) 783-4001
acdsal.org/enl

Fridays and 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
bit.ly/3phdLx

Saturdays

Laugh Track City \$

8:00 pm
Series of improvised games and
scenes
Made Up Theatre
4000 Bay St. suite B., Fremont
(510) 573-3633
bit.ly/3HKIhsa

Saturdays & Sundays

Recreational Swim \$

12:30 pm - 3:00 pm
Activity pool, waterslides, lazy river,
and more
Silliman Activity and Family Aquatic
Center
6800 Mowry Ave., Newark
(510) 578-4620
bit.ly/3nxo0is

Second & Fourth Sundays

Larry "O" Teen Workshop

10:00 am - 12:00 pm
Bike repair Donation accepted
Larry Orozco Teen Workshop
33623 Mision Blvd., Union City
(510) 675-5487
RobertS@unioncity.org
Instagram @ibikeunioncity

Mondays & Thursdays

Fruit Tree Gleaning

9:00 am - 10:30 am
Donate fresh fruits from your garden
LEAF CR Stone Garden
55 Mowry Ave., Fremont
bit.ly/42e4FIR info@fremontleaf.org

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

Wednesdays, February 15 -
June 7

Youth basketball clinic R

4:30 pm - 5:30 pm
Free Basketball clinic for Hayward
students ages 12 - 17
Matt Jimenez Community Center
28200 Russ Rd., Hayward
(510) 887-0400
hayward-ca.gov/pal

Last Thursdays, February 23 -
August 31

The Peaceful Poets

5:30 pm - 8:00 pm
Writers & appreciators meet
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171

Tuesdays, March 21 -
December 19

Chess Mix

12:30 pm - 3:00 pm
Drop in for some casual chess games
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640

Tuesdays, April 4 -
September 5

Lego & Duplo Time

3:00 pm - 4:30 pm
Create your own design using your
imagination and engineering skills
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629

Wednesdays, April 5 -
September 6

Board Game Night

4:00 pm - 6:00 pm
Play board games with family,
friends, or make new friends
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
bit.ly/3VTzrhF

Thursday - Sunday, April 6 -
May 27

Member Juried Show

12:00 pm - 5:00 pm
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
bit.ly/42vhqYP

Thursdays, Fridays &
Sundays, April 13 - June 30

Historic Days

10:00 am - 4:00 pm
Ride a train, tour the museum, and
more
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
Admission fee applies

Mondays, April 17 -
December 8

Job Lab

12:00 pm - 2:00 pm
One-on-one help for jobseekers

Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
bit.ly/3mbW8Qz

Fridays & Saturdays, April 25 -
August 31

Your Wildest Dreams, an
exhibit

11:00 am - 3:00 pm
An exhibit of wildlife's paintings by
Rita Sklar
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270

Wednesdays, April 26 -
September 06

Manitas en Acción

4:00 pm - 5:30 pm
Reading out loud, learning about the
culture, and other hands-on crafts in
Spanish
Newark Public Library
37055 Newark Blvd., Newark
(510) 284-0675

Tuesday & Saturday, May 2 -
June 24

"Hawaiians in Hayward"

During library hours
Asian American Pacific Islander
Heritage art exhibit
Hayward Public Library
888 C St., Hayward
(510) 293-8685
bit.ly/4142uQr

Thursdays, May 4 -
August 24

French Conversation Circle R

2:00 pm - 3:45 pm
Practice your French Meeting Room
C (Medium Room)
Hayward Public Library
888 C St., Hayward
(510) 293-8685
bit.ly/HPLFrench23
wu@hayward-ca.gov

Fridays, May 5 - October 20

Fremont Street Eats \$

5:00 pm - 9:00 pm
Food trucks and community fun!
Fremont Downtown Event Center
3500 Capitol Ave., Fremont
(510) 742-7510
bit.ly/2VfuSgv

Wednesday - Tuesday,
May 10 - July 18

A Thread Through Time

During Senior Center hours
Textile Art by Anita Carse
Hayward Area Senior Center
22325 North 3rd Street, Hayward
(510) 881-6700
bit.ly/423u8hH

Tuesdays, Wednesdays and
Thursday, May 16 - August 3

Free Recreational Summer
activities in Fremont R

2nd - 5th grade: 9:00 am - 10:30 am
6th - 8th grade: 11:00 am - 12:30
pm
Session 1: Jun 13 - June 29
Session 2: July 18 - August 3
Brichfield Park
24438 Santa Clara St., Hayward
(510) 881-6700
bit.ly/3NZJ4cr
Limited space, registration going on
now

Sundays, May 21 - July 16

Creative Hands Exhibit at Dove
Gallery

12:00 pm - 3:00 pm
A collection of art depicting hands
creative endeavors
Dove Gallery
875 S Park Victoria Dr., Milpitas
(408) 464-5011
Dove@ParkVictoria.org

Tuesdays, May 23 - July 11

Stay & Play

2:00 pm - 3:30 pm
Toys and activities to explore and a
mini story time with music,
movement, and rhyme
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640
bit.ly/435psr
sanlorenzo@aclibrary.org

Thursday, Fridays & Saturdays, May 25 - June 10
Welcome Spring Art Exhibit
11:00 am - 3:00 pm
Meet artists, members of A.R.T., Inc & experience the historic site of Castro valley
Adobe Art Center
20395 San Miguel Ave., Castro Valley
(510) 881-6735

Fourth Saturdays, May 27 - November 25
Reading Buddies for Grades K - 5th
2:00 pm - 3:00 pm
Buddy up with a furry friend & read one-on-one
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
bit.ly/3MEpC3X

UPCOMING EVENTS

Tuesday, May 23
Planning Committee Meeting
1:30 pm – 4:00 pm
Local Hazard Mitigation Plan
Downtown Event Center
3500 Capitol Ave., Fremont

Tuesday, May 23
Informational Public Meeting
6:00 pm – 7:30 pm
Local Hazard Mitigation Plan
Silliman Community Center
6800 Mowry Ave., Newark

Tuesday, May 23
Jobs Forward: FREE Support for Job Seekers through the WIOA
5:30 pm - 6:30 pm
Learn about the Workforce Innovative Opportunity Act
Hayward Public Library
888 C St., Hayward
(510) 583-2113
bit.ly/3pRiCYE
sandra.stewart@hayward-ca.gov

Tuesday, May 23
Intermediate II Grammar Class
10:00 am - 11:00 am
Free ESL Grammar Workshop Series for intermediate learners
Hayward Public Library
888 C St., Hayward
(510) 881-7775
bit.ly/3pVZkkK
amy.choi@hayward-ca.gov

Tuesday, May 23
Rhythm and Rhyme
10:30 am - 11:00 am
Sing, dance, read, learn some rhymes, play and create
Hayward Public Library
888 C St., Hayward
(510) 293-3302
bit.ly/3MggUHO
kavita.sagran@hayward-ca.gov

Tuesday, May 23
Tech Support Tutor Sessions
10:30 am - 12:30 pm
Meet one-on-one with a tutor to get assistance with tech issues
Hayward Public Library
888 C St., Hayward
(510) 583-2120
bit.ly/3BCcHZZ
ivan.padilla@hayward-ca.gov

Tuesday, May 23
Preschool Stories for Ages 3-5
11:00 am - 11:45 am
Bring your preschool-age kids for story time enriched with kindergarten readiness activities
Hayward Public Library
Large Room Whole (Rooms A and B)
888 C Street, Hayward
(510) 293-8685
bit.ly/3ILD4qQ
michelle.nogales@hayward-ca.gov

Tuesday, May 23
Online English Conversation Circle
12:00 pm - 1:00 pm
A supportive and fun environment to practice English-speaking skills
Hayward Public Library
888 C St., Hayward
(510) 583-5326
bit.ly/3Iozmg6
rodrigo.konrath@hayward-ca.gov

Tuesday, May 23
After-School Movie Time
3:30 pm - 5:00 pm
The Cat in the Hat
Hayward Public Library

888 C St., Hayward
(510) 881-7984
bit.ly/3WgvDqM
kellye.pineda@hayward-ca.gov

Tuesday, May 23
Curbie visits Mia's Playground
2:00 pm - 4:00 pm
Your curbside library is coming to a neighborhood near you
Mia's Playground
28377 Huntwood Ave, Hayward
bit.ly/41LOF9D

Tuesday, May 23
Bingo Night
5:30 pm - 7:00 pm
Bingo night for all ages
Chick-fil-A Auto Mall
5539 Auto Mall Parkway, Fremont
bit.ly/45r3gKX

Wednesday, May 24
Live Music and Dance Featuring the Canyon Band \$R
2:00 pm - 4:00 pm
An afternoon of live music and dance
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
bit.ly/3pNNMjz
njordan@fremont.gov

Wednesday, May 24
Caregiver Webinar: Moving Beyond the Trap of Guilt R
3:00 pm
Online Events
bit.ly/45fvNCM
Susan@daybreakcenters.org

Wednesday, May 24
The Journaling Hour
6:30 pm - 7:30 pm
Create calendars, trackers, and learn about journaling basics.
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
bit.ly/3Wn9qrm

Thursday, May 25
Bilingual Stories/Cuentos Bilingües (English and Spanish)
11:30 am - 12:00 pm
Bilingual story time in English and Spanish
Hayward Public Library
888 C St., Hayward
(510) 881-7943
bit.ly/3InZW9q
Martha.Mena@hayward-ca.gov

Thursday, May 25
Happy Hour to Empower R
7:00 pm
Connect with SAVE's members & learn about the work they do to end violence in the community
SAVE (Safe Alternatives To Violent Environments Inc.)
39176 Argonaut Way, Fremont
bit.ly/3Mgb5dn

Friday, May 26
Hike & Sip \$R
5:00 pm - 9:30 pm
5:00 pm: Easy hike
6:30 pm: Moderate hike. Ages 21+
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7329
bit.ly/3MEevs4
LHoover@chabotspace.org

Friday, May 26
AWC Cinemas R
2:00 pm - 4:00 pm
Featuring “The Bold, the Corrupt & the Beautiful” (in Mandarin with English subtitles)
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
bit.ly/42Q2KnM
mtorrez@fremont.gov

Friday & Saturday, May 26 - May 27
Mind Block \$R
9:00 pm
Tollywood & Bollywood DJ Night
Amnesia Lounge
200 Serra Way, Milpitas
bit.ly/3o7gLYZ

Friday, May 26
Prince Paint Party \$R
7:00 pm - 9:00 pm
Guest DJ spinning R&B and Prince music
The Clubhouse Bistro & Bar
4020 Technology Pl., Fremont
(510) 651-2500
bit.ly/3OvAbYm

Saturday, May 27
Wooly Lambs
11:30 am - 12:00 pm
Use some wool from our sheep to take home an Ardenwood tradition
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/3WiCOK5
Admission fee applies

Saturday, May 27
Stilts
1:00 pm - 1:30 pm
Learn about how stilts have been used on farms for both work and play
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/3ljuq\$T
Admission fee applies

Saturday, May 27
Story Time
10:30 am - 11:00 am
Gather 'round to read stories about fun farm friends
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/45bfk2B
Admission fee applies

Saturday, May 27
Storytime & Author event R
10:30 am - 11:30 am
Reading of "This is not my home" by author
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640
bit.ly/42JRzx1

Saturday, May 27
AAPI Heritage Month Festival: Performances R
1:00 pm - 2:00 pm
Chinese Folk Dances, K-pop Dances, Indian Songs, Martial Arts
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
bit.ly/3BAr69b
fremontchildrens@aclibrary.org
Time ticket required for Arts and Crafts

Saturday, May 27
Poops and Paws
1:30 pm - 2:30 pm
Come learn the signs animals leave behind
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
(510) 544-3245
bit.ly/42O8NJH
Parking fee applies.
5+yrs. All children must be accompanied by an adult.

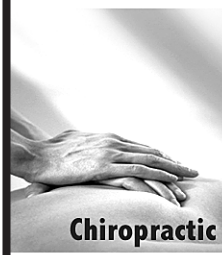
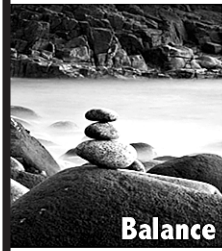
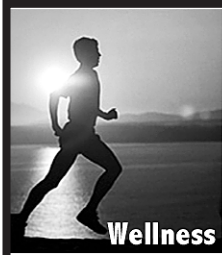
Saturday, May 27
The Man Who Laughs (1928, Universal) \$R
7:30 pm
A rare screening of the movie
Niles Essanay Silent Film Museum
37417 Niles Blvd., Fremont
(510) 494-1411
bit.ly/45bcmej

Saturday, May 27
Plant & Cutting Swap
12:00 pm - 2:00 pm
Share your plant cuttings, extra plant or seed starts with other gardeners
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
bit.ly/3IpmpCT
fremont@aclibrary.org

Saturday, May 27
Asian Heritage Festival
11:00 am - 3:00 pm
Celebrate the unique cultures of Asia
Fremont Downtown Event Center
3500 Capitol Ave., Fremont
(510) 742-7510
bit.ly/43ceUaw
apafestival2023@gmail.com

Saturday, May 27
Coyote Hills Puppet Show
11:30 am - 12:00 pm
Follow our cast of animal characters on an imaginary adventure around the park
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
bit.ly/45grkjj
Parking fee applies

Saturday, May 27
Storywalk Along the Marsh
3:00 pm - 3:30 pm
Explore the wonders of the marsh
Coyote Hills Visitors Center



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Saturday, May 27
Trivia Night - Campfire
8:30 pm - 9:30 pm
Campfire, answer the question, win points followed by lots of laughs and prizes
(510) 544-3220
Dumbarton Quarry Campground
9400 Quarry Rd., Fremont
bit.ly/3Io6zZa
csulots@ebparks.org
Ages 5+

Saturdays, May 27
Divine Satsang Sabha
5:00 pm - 7:00 pm
Know techniques of living a virtuous, harmonious, & meaningful life
36665 Cedar Blvd, Newark
(650) 585-5325
bit.ly/4380OGV

Sunday, May 28
The Menagerie's Peculiar Pop-Up R
11:00 am - 4:00 pm
Oddities & Curiosities event
Birdhaus Beer Garden
3821 Smith Street, Union City
bit.ly/3MHaSl9

Sunday, May 28
Reptile and Meet Greet
2:00 pm - 2:30 pm
Crawl, slither, or glide to the Sunol Visitor Center for an encounter with wildlife
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
(510) 544-3245
bit.ly/3Wf6Rye
Parking fee applies

Sunday, May 28
Top Gun: Maverick (2022)
1:30 pm - 03:45 pm
Screening of Oscar winning movie
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
bit.ly/41L02Pk

Sunday, May 28 – Monday May 29
Slumber with the stars family sleepover \$R
6:00 pm - 9:00 am
Live science theater performance, hands-on activities & demonstrations, indoor & outdoor sleeping option.
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
bit.ly/3pPdWfA
Ages 4+

Sunday, May 28
Reptile Rendezvous
10:00 am - 11:00 am
Get up close to some of our reptile animal ambassadors
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
bit.ly/3pRIXa7
Parking fee applies

Sunday, May 28
Music Meetups
2:00 pm - 3:00 pm
Album Discussion: Darkness on the Edge of Town by Bruce Springsteen
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
bit.ly/3WiLyF9

Sunday, May 28
We All Scream for Ice Cream!
1:00 pm - 2:00 pm
Put together some ice, salt, cream, sugar to learn how we make old-fashioned ice cream
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/42Pqicn
Admission fee applies

Sunday, May 28
Rabbit Rendezvous
2:00 pm - 2:30 pm
Hop on over for a warm welcome from some of the farm's furriest residents
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/3o6EqiB
Admission fee applies

Sunday, May 28
Wax: It's The Bees Knees!
11:30 am - 12:00 pm
Make a candle and taste some of Ardenwood's honey.
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/3BC4Lb9
Admission fee applies

Sunday, May 28
Cam & Trent & Friends \$R
8:00 pm - 9:00 pm
Stand up & improv comedy show
Made Up Theatre
4000 Bay St. suite B., Fremont
(510) 573-3633
bit.ly/3WeC7Xf

Monday, May 29
Memorial Day Free Day
10:00 am - 4:00 pm
Celebrate the holiday with an admission-free day of fun
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
bit.ly/3Oir39C
Admission fee applies



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continued from page 1

Music at the Mission: *War and Peace*

members of which were jailed for their opposition.”

Shostakovich's Trio no. 2 was composed during World War II. While his Symphony 7 was very much about the triumph over the invading German forces, this work comes later in the war, when many of the horrors of the Nazi regime were discovered. It is believed that the theme of last movement was inspired by the recent liberation of the Majdanek and Treblinka death camps.

“If there is any composer who represents the soul of Ukraine, it is Valentin Silvestrov,” Everett pointed out. “He was expelled from the Ukraine Composer's Union in 1970 for protesting the Soviet invasion of Czechoslovakia. He then broke from his previous avant garde style, starting with his song cycle ‘Silent Songs.’” Courtney Miller joins in as a guest artist performing two songs from this set, “Farewell O World, O Earth” and “Song Can Heal the Ailing Spirit,” with lyrics by Ukrainian nationalist poet Taras Shevchenko and Yevgeny Baratynsky.

Anton Arensky served as a bridge between 19th and 20th century Russian music. A student of Rimsky-Korsakov, and highly

influenced by Tchaikovsky, he went on to teach students (including Scriabin and Rachmaninoff) at the Moscow Conservatory, before dying too young at 44. He is probably best known for the Trio no. 1, one of the finest examples of late Romantic chamber music.

Rachmaninoff fled his native Russia during the revolution of 1917, and spent the rest of his life in the United States. One of the greatest piano virtuosos of the Twentieth Century, his works for piano remain his best-known compositions. “Less known,” says Everett, “are his wonderful song cycles.” Music at the Mission will be presenting two songs, the first representing the horrors of war, the second the hope of peace. “The Soldier's Wife” is a heart-wrenching song about a woman whose husband becomes a conscript of war in Russia. “To the Children” is an elegy sung for the children who are no longer there.

The performing artists for this exceptional concert are Turkish-American violinist, Ertan Torgul who has toured the world as recitalist, chamber musician, concertmaster and teacher; pianist Aileen Chanco, a lauded soloist, chamber musician



Aileen Chanco, piano



Michael Graham, cello



Ertan Torgul, violin

and recording artist; and cellist Michael Graham, who has toured and recorded with Van Morrison, Nadja Salerno-Sonnenberg, and John Densmore of the Doors.

Joining them is Music at the Mission's captivating guest artist, mezzo soprano Courtney Miller, who made her San Francisco Opera solo debut in 2022 and will be a Resident Artist at Opera San José for their 2023-2024 season. Miller will bring to life the power and poignancy of songs by Silvestrov and Rachmaninoff!

In addition to Music at the Mission's “War and Peace” concert on June 9, a special FREE Community Outreach Performance and Panel Discussion hosted by David Bonaccorsi will be held the following day, Saturday, June 10 at the Anderson Auditorium at Washington Hospital, Fremont. Panelists include musicians and speakers. For details, please visit the Music at the Mission website.

“The Panel Discussion will highlight how their musical performances reflect on the



Courtney Miller, mezzo

universal and timeless longing for freedom amid the anguish of war,” explained Bonaccorsi. “And this reflection will be a call to action to support the Ukrainian people today who are enduring unimaginable suffering from genocidal war crimes. The fight for freedom in Ukraine is our fight for all freedom-loving people worldwide. Slava Ukraini!”

**Music at the Mission:
War and Peace
Friday, Jun 9
7:15 p.m. Pre-Concert Talk
8 p.m. Concert
Old Mission San Jose
43300 Mission Blvd., Fremont**



Discussion panel host
David Bonaccorsi

**Tickets online: \$48 / \$43 / \$38
Tickets at the door:
\$50 / \$45 / \$40**

**War and Peace Free
Community Outreach & Panel
Discussion
Saturday, Jun 10
12:30 p.m.
Anderson Auditorium at
Washington Hospital
2500 Mowry Ave., Fremont**

**(510) 402-1724
www.musicatmsj.org**

BayPhil Plays Beethoven

**SUBMITTED BY
BAYPHILHARMONIC**

Bay Philharmonic (formerly Fremont Symphony) presents “Bay Phil Plays Beethoven” on June 3 and 4 in Union City. The two high-energy performances

will feature internationally award-winning pianist, improviser, and composer Charlie Albright, visionary conductor Jung-Ho Pak, along with the highly entertaining 50-piece Bay Philharmonic.

Concertgoers will enjoy an evening listening to the passionate sounds of Beethoven. Artistic Director/Conductor Jung-Ho Pak will lead the Bay Philharmonic in two of Beethoven's most beloved works—the rhythmically exciting “Seventh Symphony” and the virtuosic “Third Piano

Concerto.” Guest soloist Charlie Albright promises to create dazzling moments on the spot—just like Beethoven did. Together, Pak and Albright explore the limitless possibilities and timeless relevance of music that remains very much alive today. Pak says, “this is not a symphony concert, we're throwing a party and a rock show all in one!”

The Philadelphia Inquirer says Charlie Albright brings “the art of classical music improvisation to a new level,” and the *Washington Post* says that he is

“among the most gifted musicians of his generation.” Described by *The New York Times* as a conductor who “radiates enthusiasm,” Jung-Ho Pak is known for his unique approach and vision for symphonic music. In concert, Albright, Pak, and Bay Philharmonic will deliver a truly imaginative, unusually entertaining, and highly energetic show.

**BayPhil Plays Beethoven
Saturday, Jun 3: 7:30 p.m.
Sunday, Jun 4: 3 p.m.
James Logan High School**



Director/Conductor Jung-Ho Pak

**Performing Arts Center
1800 H St., Union City
Tickets: \$35 - \$67
bayphil.org**

Community Bulletin Board

		FREMONT COIN CLUB Established 1971 Meets 2nd Tues in person 7pm Meets 4nd Tues with Zoom 7pm Holy Trinity Lutheran Church 38801 Blacow Rd, Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365		
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 in-person and zoom meetings. Visit https://alanond17.weebly.com/ for a full meeting list. You can also email easydudz@gmail.com or call us at 510.276.2270 for more info.		A-1 Comm. Housing Svcs. A HUD Approved Agency 1st Time Home Buyers Workshop Presented on ZOOM Learn the process of homeownership. Down Payment Assistance Please register www.a1chs.org or call 510.674.9227		
		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		
CRAFTERS WANTED Oct. 4-7 10am – 4 pm Home Craft Fair 1608 Via Sarita, San Lorenzo 94580 510-276-1504 510-785-2145 djtrubod@comcast.net craftsbydebbiej@aol.com	FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT,CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org See our website to meet us on Zoom			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
Memorial Lutheran Chapel for the Deaf (MLCD) MLCD is an independent congregation in partnership with Prince of Peace Lutheran Church and School. Location: Prince of Peace Lutheran Church and School (Meeting in Mosley Chapel) 38451 Fremont Blvd., Fremont, CA Sunday Bible Study: 9:30 a.m. - Sunday Worship: 11:00 a.m. Church Office: 510-499-8473 or 510-516-9566 Email: mlcdeaf@yahoo.com OR gomez.andylorena@sbcglobal.net You can find us at: Memorial Lutheran Chapel for the Deaf-YouTube "Where people gather...to worship, learn and share the love of Jesus"		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	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	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	First church of Christ Scientist, Church Service English at 10 AM Lección Sermon leído A las 11.15 AM EN ESPAÑOL 1351 Driscoll Rd Fremont ALL WELCOME! BIENVENIDOS TODOS W E L C O M E	THE HISTORIC SHINN HOUSE 1251 Peralta Blvd, Fremont, CA Open for public tours \$4 adults, \$2 Children (7-13) on the: First Wednesday of each month, and Third Sunday of each month from 1 PM to 4 PM. Groups of six or more need to make a reservation Groups of five or less are welcome without a reservation We will enforce current local CDC Guidelines All tours are Docent led and last about one hour. More information and large group reservations call: (510) 795-0891	
Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 5PM. at BRONCO BILLY'S PIZZA at 41200 Blacow Road, Fremont We welcome experienced players and will work with new players hoping to learn the game. Email:Accgr43@gmail.com For more information.	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 Washington High School Alumni Foundation and WHS Associated Student Body 2023 Hall of Fame Ceremony & Dinner Saturday, May 20 For information about the Hall of Fame, visit www.whsaf.org This year's inductees are: Louis Costin Bufkin (Posthumously) Teacher & Coach 1961-1987 Education Ed Neumeister, Class of 1970 - Arts & Entertainment Mike Jacinto, Class of 1971 (Posthumously) - Lifetime Recognition Denise Jacinto, Class of 1972 - Lifetime Recognition Swiss Park, 5911 Mowry Avenue (across from NewPark Mall), Newark. Doors open 5pm dinner 6pm Order Tickets: https://www.eventbrite.com/e/515144098867	
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 510-303-1055	Newark Memorial High School 40th Reunion - Class of 83 June 10, 2023 - 6:00pm - 10:00 pm Massimos Italian Restaurant (Includes Dinner) 5200 Mowry Ave., Fremont Ca Tickets:\$99 if purchased in advance \$110 at the door Venmo: @NMHS83 (last 4 digits of phone number: 1197) Website: www.newarkmemorial83.com Email: newarkmemorial83@gmail.com SAVE THE DATE		NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES protecting and preserving your benefits Meets at Noon the 4th Friday at Fremont's Age Well Center at Lake Elizabeth Come meet new and old friends, discuss developments regarding your benefits, share your experience and knowledge and get involved. For info: www.NARFE.org or 800-456-8410 (5am-2pm PT M-F) or leave msg for Jeannie at 510-792-6327	
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	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		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	SOMETHING OLD, SOMETHING NEW SPRINGTIME BOUTIQUE Friday, June 9 - 9am-3pm Featuring Something New, Something Old at the Age Well Center at Lake Elizabeth in the Multi-Purpose Room. Come browse through hidden treasures and enjoy homemade baked goods. Proceeds benefit the Age Well Center at Lake Elizabeth. Sponsored by the Senior Center Builders Fund.	

OPINION



WILLIAM MARSHAK

We are approaching a date that marks a national remembrance of those currently in the military and others who have served in defense of our country, many of whom gave their lives for an idea... freedom through our form of democracy. Although an imperfect model and messy, it has served this country well and continues to operate even under trying conditions. Public service and sacrifice for this concept is not new and not exclusive to the military. A plethora of actions by citizens, whether military or not, forms the bedrock of our society; continuation of a particular way of life.

Although some try to undermine the concept of freedom of thought and disagreement, our people have the right -

and obligation - to not only question, but make changes to our system when things go awry. Political changes should be the result of civil debate over appropriate tactics to achieve desired values and strategies. When alternative methods are used to suppress thoughts and actions, democracy suffers. At all levels of government, open debate and dialogue, without demagoguery, is crucial to honoring those who have sacrificed all or part of their lives to maintaining our way of life.

While events at the national, state and even regional scene may be a bit esoteric for many of us, we can have a significant effect on our local environment. Those who serve their communities through active participation either as volunteers or public employees are at the bottom line of accountability. It is at this level that all of us can make a difference and thereby affect what happens upstream. Those who aspire to regional, state and national prominence start somewhere and that somewhere is in local communities. Action at the local level is not only an affirmation of values that stabilize our country but gives credence to the institution that protects us and values our worth as human beings. The only thing asked in return is participation in

community interests at whatever level is comfortable. Doing so adds net worth to society, promotes freedom and gives meaning to Memorial Day.

Whether serving on an advisory board or commission, within a governing body or volunteering, we advance a common good; Memorial Day and those it honors, also honors you. Service to our communities, families and friends is the glue that binds us. The men and women who gave all for us did so to ensure that the American way of life perseveres. Giving our time, energy and talent to activities that make our communities function - from Little League and soccer to boards and commissions - is what we are all about. It is appropriate that summer days begin with a holiday that gives meaning to our freedom and a reminder that this lifestyle is paid for through a willingness to understand and participate in its defense.

William Marshak
PUBLISHER

EARTHTALK

A New Generation of Inspiring Environmental Documentaries

BY GRACE LYONS

Dear EarthTalk: I am looking for more stuff I can binge watch on my TV. Any environmental documentaries you'd recommend?

-- Couch Potato, via email

The power of film is in its capacity to transport viewers to places we might not have been able to go before. Nature documentaries in particular bring us close to ecosystems and species that are beyond most people's reach. They can reinvigorate the environmental movement, as with An Inconvenient Truth, or expose environmental travesties, like Blackfish's expose of Seaworld. Here are a few recent environmental documentaries filled with incredible footage and a wealth of information.

A documentary that touches on the powerful cross section

between mental health and nature, The Scale of Hope centers on a former White House climate advisor, Molly Kawahata, as she prepares for an intense climb in Alaska. Kawahata examines the various ways hikers, travelers and climbers can use their passion to advocate for climate conservation in this Patagonia-produced film. Or follow Alex Honnold, a free solo climber famous for his ascent of El Capitan in Yosemite, as he travels to the Amazon with National Geographic in Explorer: The Last Tepui. He attempts to get biologist Bruce Means to the top of a tepui while they learn why tepuis are necessary to Amazonian biodiversity.

Take a deep dive into the lives of whales with Secrets of Whales, a mini-docuseries, also produced by National Geographic. Each episode looks at a different whale species and at its relationship dynamics and survival techniques. Another ocean-focused documentary is Seaspiracy, which examines the validity of 'sustainable' fisheries and advocates for a fish-free diet to protect marine environments. The filmmakers work shines a light on illegal fishing practices and the detrimental effects of ghost nets and overfishing.

For those interested in examining how their diet can affect climate change, check out

Meat Me Halfway with Brian Kateman, an investigative documentary about mindful meat consumption. Kateman founded the redudetarian movement; this movie encourages viewers to reduce their meat intake, as total vegetarianism or veganism isn't realistic for everybody.

Fire of Love is a visually stunning documentary using footage shot by the two main subjects - volcanologists Katia and Maurice Krafft. The movie follows the Krafft's expeditions, from Mt. St. Helens in Washington to Mt. Unzen in Japan, as they perform research on active volcanoes. This documentary also highlights the importance of preparedness for environmental disasters, as they commit to informing at-risk regions about the importance of evacuations.

Against all odds, The Year Earth Changed found the bright side of lockdowns, isolation and travel restrictions: Certain ecosystems thrived during the height of COVID-19 pandemic. Whales were recorded using completely new sounds, able to communicate without boat noises acting as obstacles, and female sea turtles had the benefit of empty beaches during nesting season. The documentary shows the benefits of taking a step back and offering back to nature the

space that humans have dominated for decades.

And for a quick but impactful watch, try After Ice. This twelve-minute film compares footage of Icelandic glaciers in the twenty-first century with archival footage from the National Land Survey of Iceland. After dedicating just an hour or two toward one of the documentaries, you might find yourself looking at the environmental movement with a new perspective.

ONLINE CONTACTS

- The Scale Of Hope: www.patagonia.com/stories/the-scale-of-hope/video-124190.html
- Meat Me Halfway: www.youtube.com/watch?v=tx96wVA8jd4
- Fire Of Love: www.youtube.com/watch?v=p8CDWqP5krk

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

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PUBLISHER
EDITOR IN CHIEF
William Marshak
DIRECTOR OF OPERATIONS
Sharon Marshak
DESIGN/PRODUCTION
Marissa Patridge
Jessica Wu
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INTERNS
Esha Bansiya
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Anushka Vasudev

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Subscribe
Call 510-494-1999

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

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6:00PM
6:30PM

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Alameda County Board of Supervisors Approves Climate Plan and Sets Goal for Carbon Neutrality

SUBMITTED BY
ALAMEDA COUNTY
GENERAL SERVICES AGENCY

The County of Alameda Board of Supervisors approved a four-year climate action plan for government services and operations outlining a comprehensive strategy to achieve reductions in greenhouse gas emissions from county operations and build community resilience to the unavoidable impacts of climate change. This plan sets a goal for carbon neutrality in county operations by 2045, aligned with the State of California’s goal.

In 2010, the Board of Supervisors approved the county’s first operational climate plan. The county exceeded that plan’s goal of reducing emissions over 30 percent from 2003 levels by 2019. A key action contributing to this success was purchasing carbon-free electricity. “We’ve learned from over a decade of climate leadership that by working with our partners, we can develop creative solutions that improve quality of life for

County residents,” said Board President Nate Miley. Miley continued, “Guided by this plan, we will invest in resilient service delivery and aggressively pursue emissions reductions in the County’s operations.”

In 2019, the county declared a climate emergency, noting the severe impacts of global climate change on the local economy and on community health and safety. Since then, climate change has continued to exacerbate heat waves, wildfires and poor air quality, storms, and flooding, as described in the Intergovernmental Panel on Climate Change (IPCC) Sixth Assessment Report. The plan’s adoption comes on the heels of a winter of record-setting rainfall where California saw 12 atmospheric river storms.

As of 2019, the primary sources of greenhouse gas emissions generated by county government operations were combustion of natural gas in buildings and facilities and use of gasoline for employee commutes and on-the-job travel. The plan includes actions such as transitioning to allelectric

buildings and vehicles powered by renewable energy. The plan also includes actions to promote resilience of county services and support community preparedness. The plan was developed over the course of two years with input from county employees and residents.

Communities likely to be most affected by climate change impacts include older adults, unhoused residents, people with limited English proficiency, residents with pre-existing health conditions, and uninsured and underinsured individuals. County residents can take climate action by getting involved with local sustainability organizations, taking steps to reduce their energy and transportation emissions, and engaging with their city or unincorporated area climate plans.

The County’s unincorporated Community Climate Action Plan and Safety Element update is currently in development. To view the new plan, visit <https://www.acgov.org/sustain/nexus/plan.htm>. To sign up for updates on plan implementation, visit <https://bit.ly/climateAC>.

County Urges College Students to Sign Up for Food Benefits Before June 10 Deadline

SUBMITTED BY
SANTA CLARA OFFICE OF
COMMUNICATIONS AND
PUBLIC AFFAIR

Santa Clara County encourages college students who are eligible for CalFresh Food benefits to apply before June 10, when eligibility rules that were expanded during COVID-19 will revert to pre-pandemic levels.

CalFresh Food, the state’s version of the federal Supplemental Nutrition Assistance Program, helps low-income individuals and families afford food and groceries. That includes college students, many of whom experience food insecurity.

Before the pandemic, college students who worked 20 hours or more per week were eligible for CalFresh Food. If they participated in the Federal Work-Study Program, however, they qualified regardless of how many hours they worked.

As part of the government’s COVID-19 response, CalFresh Food requirements were loosened so that merely being eligible for the Federal Work-Study Program, and not necessarily participating, qualifies students for CalFresh Food. Students are also eligible for CalFresh Food, under the pandemic rules, if they do not receive any financial support from their family toward their education.

With those two exemptions to the usual rules slated to disappear, it is important for students who meet those criteria to apply for CalFresh Food now.

“The County urges students who are eligible for CalFresh Food under the expanded pandemic rules to apply for the program before June 10,” said Angela Shing, Director of the Department of Employment and Benefit Services within the County’s Social Services Agency. “Food insecurity is a serious problem that affects far too many young people in Santa Clara County. Students need all the help they can get to begin their adult lives and prepare for their careers.”

Those who apply for CalFresh Food by June 10 will have their benefits for a year, so long as they continue to qualify during that period. CalFresh Food benefits range from \$23 to \$234 a month, depending on an enrollee’s circumstances.

CalFresh Food Electronic Benefit Transfer (EBT) cards can be used at grocery stores, farmers markets, and to purchase groceries online for home delivery through Amazon, Walmart, and participating Albertsons, Safeway and Vons locations.

To check eligibility and apply, go to benefitscal.com, the State’s benefits portal.

<http://calfresh.dss.ca.gov>

Hayward City Council

May 16, 2023

Consent Calendar

- Approve an amended agreement between the City of Hayward and Hayward Fire Chiefs’ Association and authorize the side letter of agreement to revise vacation leave payout contributions
- Approve policies and procedures for granting priority water and sewer service to Housing Development Projects that include units affordable to lower-income households
- Approve the Project List for FY2024 Road Repair and Accountability Act funding for the FY2024 Pavement Improvement Project
- Authorize an Agreement with Dudek for the Tree Preservation Ordinance Update and Hayward Executive Airport Landscape Guidelines
- Authorize the Downtown Hayward Promise Neighborhood five-year contract, and accept \$1,698,782 in funding from Downtown Hayward Promise Neighborhood over fiscal years 2023-2028
- Authorize an amendment to the contract with 3Di Systems to extend the contract for Wildfire Vegetation Management Inspection Software through April 30, 2024
- Approve plans and specifications and calling for bids for the FY23 Sidewalk Rehabilitation and Wheelchair Ramp Project
- Authorize amendment No. 2 to the professional services agreement with HydroScience

Engineers, Inc., increasing the contract amount for Project Design and Engineering Services for the Sewer and Water Line Improvements Projects

- Extend and amend the agreement with Advocates for Human Potential, Inc. for the California Department of Healthcare Services, Behavioral Health Justice Intervention Services Project
- Authorize an agreement with Motorola for the Purchase of 105 Portable Radios
- Authorize an agreement with First Responder Wellness for the provision of the First Responder Wellness Mental Health Program for the Hayward Fire Department

• Accept funding from First 5 of Alameda County to support Library services and programs for Fiscal Year 2023, and annually for the next three fiscal years (FY 2024 - FY 2026)

• Authorize an amended Coordination, Resiliency, and Action Agreement with Russell City Energy Company, LLC

Items Removed From Consent Calendar

- Appoint Council Member Syrop to the Alameda County Mosquito Abatement District Board of Trustees to fill the remainder term left by former Council Member Marquez which would end December 31, 2024 Passed 6-0-1 (Abstain, Syrop)

Mayor Mark Salinas	Aye
Angela Andrews	Aye
Ray Bonilla	Aye
Dan Goldstein	Aye
Julie Roche	Aye
George Syrop	Aye, 1 Abstain
Francisco Zermeno	Aye

Alameda County Sheriff's Log

SUBMITTED BY
ALAMEDA COUNTY SHERIFF’S OFFICE

Tuesday, May 16

- At around 2:00 p.m., Alameda County Sheriff’s Office (ACSO) deputies located an occupied stolen vehicle as it traveled westbound on I-580 near Estudillo in San Leandro. Deputies followed the vehicle until additional resources were in place to assist with a high-risk traffic stop on the driver, later identified by ACSO as Jose Barajas-Avalos, 27, of Oakland. Barajas-Avalos eventually pulled into a parking lot near 35th Avenue and E. 12th Street, where deputies

attempted to contain and stop him. Barajas-Avalos intentionally rammed his vehicle into three occupied law enforcement vehicles, disabling two of them and injuring a deputy. Barajas-Avalos was able to escape, but ACSO air support maintained visual contact with the vehicle, which was ultimately located in the 700 block of High Street. The suspect had exited the stolen vehicle and was located hiding in a parked vehicle and taken into custody without further incident. The deputy was transported to a local hospital and treated for minor injuries. His vehicle sustained major damage and had to be towed from the scene. Barajas-Avalos was booked into Santa Rita Jail for multiple felony offenses.

LETTER TO THE EDITOR

Canal Coverage

I am from Bengaluru, India, a Civil Engineer by profession.

Recently, my son took me on a drive to visit my grandson in the University of California, Riverside (UCR) and all through the drive, at several places, I saw miles and miles of water canals of varying size (breadth, depth), running to its full brim. The entire stretch of canals are open, un-covered, causing millions of acre-feet of water evaporating in summer heat.

America produces quality aluminum and steel as a wastage from its construction industries, defense

establishments, aircraft industry, etc. These items can be purchased at a cheap cost or even free of cost to be used for covering the canal. The covering of the canal can be done in 100-foot panels with a six-inch gap to take care of contraction / expansion in the extreme climate conditions.

K.V. Srinivasan
Fremont

Ohlone College Board of Trustees

May 10, 2023

Consent Agenda

- Approval of Student Member Board Privileges for the 2023-2024 term
- Approval of April 2023 payroll warrants
- Approval of personnel actions
- CCCT Board Report

- New, revised and deactivated credit courses and programs for 2023-2024

- Deactivated and revised noncredit courses and programs for 2023-2024

- Review of purchase orders
- Ratification of contracts

Lance Kwan	Aye
Rakesh Sharma	Aye
Greg Bonaccorsi	Aye
Suzanne Lee Chan	Aye
Betty Ho	Aye
Elisa Martinez	Aye
Richard Watters	Aye

Classifieds Deadline: Noon Thursday
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Rahi Systems, Inc., Fremont, CA., Senior Software Engineer (Multiple Openings). Architct & dvlp scalble distrbutd systms on-prem or on cloud; Dvlp back-end code, database schema, & UI components; Build, dploy & mng app components; Creat & run automatd test scripts; Automat dploymnt; & Creat front-end & back-end automatn test framework for web apps. Salary: \$133K-140K/year. Resumes: HR, 48303 Fremont Blvd., Fremont, CA 94538.

Hiring Caregivers for Senior Assisted Living.

No experience required.
Will train. Must be over 18 years old, have valid ID and pass background check. Fremont Area.
For information, please call me 510-656-4373

Sr. Director, Marketing Analytics (Union City, CA) - Using data/mktg analytics, develops, deploys and refines marketing programs to drive growth in the retail channel by partnering closely with sales team Requirements: MS in Analytics or Marketing with one year Experience in campaign analytics & market research, Python, Tableau, R Prog, IRI. Worksites: 20% at HQ in Alameda County, California, 80% telecommuting from Alameda County, California MSA, 5% travel required within the United States. Salary \$158,000 to \$163,000. Resume to: La Terra Fina, 1300 Atlantic Street, Union City, CA 94586; fsanchez@laterrafina.com.

Business Systems Analyst, Lam Research Corporation, Fremont, CA. Gather bus reqs & spprt the dvlpmnt & deployment of product spprt soltns to enable bus capabilities. Req. Bachelor's degree in Bus, Comp Sci, Comp Engg, Information Systems, Ops Mgmt or rel + 2 yrs of exp in an IT role. \$88,802 - \$117,000/yr. Please email resume to resumes@lamresearch.com & reference Job #5419.

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Birth

Marriage

Obituaries

LIFE CORNERSTONES

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



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



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

Lynnette C. Weeks
Resident of Newark
April 3, 1952 – May 21, 2023
Fremont Chapel of the Roses

Mary Ellen Brew
Resident of Newark
June 13, 1939 – May 14, 2023
Fremont Memorial Chapel

Carmen Bargas
Resident of Fremont
October 10, 1944 – May 20, 2023
Fremont Memorial Chapel

John Steven Paul
Resident of Hayward
January 18, 1959 – May 9, 2023
Fremont Chapel of the Roses

Willie E. Moorer
Resident of Newark
September 29, 1969 – May 14, 2023
Fremont Memorial Chapel

Maxine A. Blake
Resident of Fremont
February 28, 1933 – May 14, 2023
Fremont Chapel of the Roses

William “Bill” Spicer
Resident of Fremont
June 3, 1941 – May 7, 2023
Fremont Chapel of the Roses

Viola Muehling
Resident of Newark
February 2, 1933 – May 9, 2023
Fremont Chapel of the Roses

Barron Jay Erwin
Resident of Fremont
March 30, 1932 – May 8, 2023
Fremont Chapel of the Roses

Julio “Juju” Lopez
Resident of Fremont
February 14, 1990 – May 2, 2023
Fremont Memorial Chapel

Reg Wallace
Resident of Newark
July 6, 1935 – April 22, 2023
Fremont Chape of the Roses

Donald “Mike” Miller
Resident of Fremont
January 26, 1974 – April 25, 2023
Fremont Memorial Chapel

Mario J. Migliardi
Resident of Rohnert Park
August 10, 1963 – April 24, 2023
Fremont Memorial Chapel

Mary L. Lozano
Resident of San Jose
August 25, 1940 – April 24, 2023
Fremont Chapel of the Roses

Mary E. Shambaugh
Resident of Newark
September 17, 1963 – April 7, 2023
Fremont Chapel of the Roses



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Tej Mattu
Resident of Fremont
April 27, 1938 – May 19, 2023

Pichaiammal Mathurbootham
Resident of Dublin
June 16, 1944 – May 17, 2023

Piar Kaur
Resident of Fremont
June 2, 1947 – May 16, 2023

Meena Punjabi
Resident of Fremont
June 12, 1959 – May 15, 2023

Denise Walker
Resident of Union City
July 14, 1960 – May 14, 2023

Scott Rego
Resident of Union City
May 15, 1967 – May 14, 2023

Edward Reyes
Resident of Salida
June 8, 1980 – May 13, 2023

Yueh Siu Wu
Resident of El Cerrito
July 2, 1939 – May 12, 2023

Kieu Bui
Resident of Milpitas
November 21, 1956 – May 10, 2023

Kantaben Patel
Resident of Pleasanton
December 6, 1931 – May 10, 2023

Devendra Raval
Resident of Union City
February 12, 1940 – May 9, 2023

James Marriott
Resident of Fair Oaks
January 19, 1970 – May 7, 2023

Angelita Mendoza
Resident of Fremont
March 16, 1951 – May 6, 2023

Frank Williams Jr.
Resident of Fremont
August 18, 1939 – May 5, 2023

Davinderjeet Singh
Resident of San Jose
April 12, 2005 – May 5, 2023

Subrat Mohapatra
Resident of San Jose
May 18, 1964 – May 4, 2023

Patricia Maloney
Resident of Ione
November 8, 1942 – May 3, 2023

Carol Harding
Resident of Fremont
November 24, 1933 – May 2, 2023

Dinkar Muthal
Resident of San Jose
June 2, 1938 – May 2, 2023

Vernon Ranger
Resident of Fremont
March 26, 1933 – May 1, 2023

Rajalakshmi Sundaresan
Resident of San Jose
September 30, 1948 – May 1, 2023

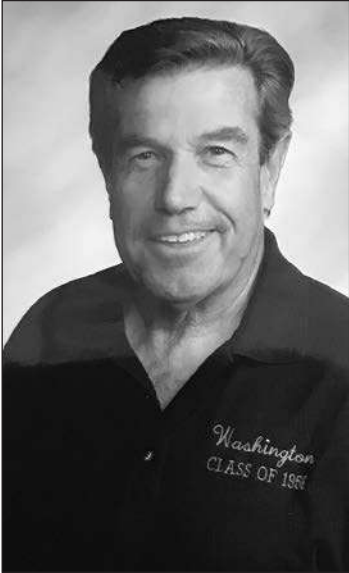
Miguel Flores
Resident of Fremont
September 29, 1967 – May 1, 2023

John Joseph Perry

October 1, 1937 - April 30, 2023

Resident of Fremont

Longtime Fremont resident John Joseph Perry passed away on April 30, 2023 of natural causes. He was 85 years young. John was born and raised on Beard Rd. in Fremont, CA on October 1, 1937. He was the son of Joseph F. Perry and Rita Mello. The Perrys and the Mellos were close, hard-working Azorean immigrants who farmed various vegetables and fruit. John attended Alviso Elementary School and graduated from Washington High School in 1956. John worked for the Pacific Bell phone company for 42 years. He was an extremely social individual and enjoyed retirement immensely. John had a passion for classic cars and cruising in his ’57 Chevy. He spent time with his beloved brother, Joseph, at Perry’s Pumpkin Patch driving tractors for the school children. John was known to frequent the coffee shops and restaurants to meet up with friends. He also enjoyed his social hours at Swiss Park, The Florence, Huddle, O’Sullivan’s, and Johnny’s Pub with his immediate and extended family and friends. John was extremely loving and friendly and would give anyone the shirt off his back. He was fondly known as “Uncle John” to many all over town. John was a member of the S.E.S., Washington Township

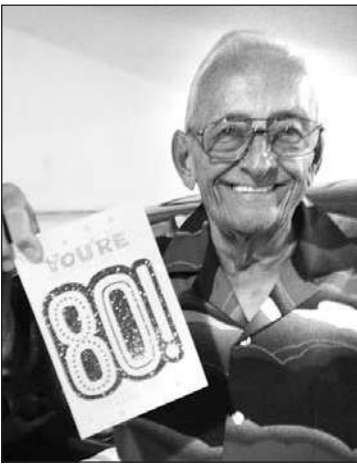


Men’s Club, and Native Sons of the Golden West. John is survived by his partner of 24 years, Carol St. John. His daughter Sherese (Jim Vallerga), son Jason (Mariana Lopez), and grandchildren Hannah, Arillana, Zach, John, and Jason. Also survived by Carol’s sons, Dan and Gary (Kim). He is predeceased by his parents Rita and Joseph, sisters Lorraine Perry and Edith Pine, brother Joseph Perry, and John’s former spouse Patty Hahn Perry. At John’s request, the family has arranged a Celebration of Life to be held at Swiss Park in Newark on Saturday, July 1, 2023 at 1:00p.m.

Reg Wallace

July 6, 1935 – April 22, 2023

Resident of Newark



Reginald (Reg) Wallace passed away peacefully at home on April 22, 2023. He was born to Franklin Wallace and Jennie Wallace (Richards) on July 6, 1935 in Lawndale, North Carolina. He had two younger siblings Jolene and Danny. He lived in a rural area where after school many boys hunted wild game for supper. The local schools also had a multi-week break during the cotton harvest and Dad did his share of cotton picking. After his high school graduation in 1953 Reg moved to Washington DC with a friend and was hired by Capitol Airlines. Soon after he was drafted by the Army and spent two years in Germany. In 1956 he returned to Capitol Airlines which merged with United Airlines. He quickly met his future wife of 50 years Ann Lorraine McGinnis and they were married in 1957 and by the end of 1960 they had two sons, Mike and Rick. Reg took a transfer to San Francisco in 1964 and the family moved to Belmont, CA for five years.

In 1969 Reg and Lorraine bought their one and only house in Newark, CA and both spent the rest of their lives in that home. In his younger years Dad liked to play softball, golf, and fish. As he got older, he liked to travel with Lorraine and went to many places in Europe and Asia and took numerous cruises. But his first choice of a good time was to go to casinos. Dad took his boys fishing, tried to teach them golf (he failed), and took them to many sporting events including the 7th game of the World Series between the Oakland A’s and New York Mets. He also took them to scout camping trips and numerous little league and football practices. After Mom’s health began to decline Dad devoted much of his time for many years to caring for her and seeing to her needs. He is survived by his brother and sister-in-law Danny and Sharman Wallace, his sons Mike (Marie) and Rick Wallace, grandchildren Sarah, Richard, and Marc, former daughter-in-law Sumaya, good friend Bonnie Kelley, and numerous nieces and nephews. He was proceeded in death by his parents, wife Lorraine Wallace, sister and brother-in-law Jolene and Bob Suddreth, and good friend Tim Kelley. Per his wishes there will be no memorial. Reg was a unique, funny, quick-witted man who worked hard to provide for his family, he will be missed.

Fremont Chapel of the Roses
510-797-1900

LETTERS POLICY

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

tricityvoice@aol.com

James Allen Caldwell (Jim)

September 2, 1942- April 8, 2023

Longtime resident of Fremont

“We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord.” – 2 Corinthians 5:8 (NKJV)

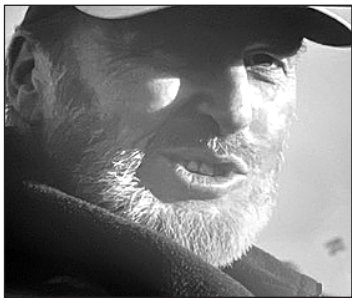
James Allen Caldwell (Jim) left this world and was immediately held in the arms of Jesus, his Savior, breathing freely and in His presence.

Jim was born in Richford, New York, as the middle child of seven, to Ralph and Marjorie Caldwell (later Brannon) on a dairy farm.

In 1953, the Caldwell family left their snowy farm and moved to the Fremont/Newark area. All seven children and their parents traveled with limited belongings in one car to California and camped on the hills of Fremont while Ralph secured a job and home for them. Jim graduated from Washington High School in 1961. He married Elva Jane (Janie) Lobato in 1964. They were each other’s only true love and were married for 58 ½ years. In 1974, they welcomed their only child, daughter Dawn Renee. She was the apple of her daddy’s eye.

He is survived by his wife Janie of 58 ½ years; his daughter Dawn De Wulf (husband Henry) of Cottage Grove, Oregon; granddaughters and grandsons-in-law: Allison (Ryan) Kangail; Amber (Sean) Sweeney; Anissa (Korey) Klausing; April and Angelie Jaimes. Step-grandchildren: Zac, Emma, and Hank De Wulf. And his latest loves, his great-grandchildren: Remy James and Avery Renee of Oregon and Mikaela Ann of Novato.

Additionally, he is survived by his brother Louie Caldwell (Billie) of West Covina; Sisters Gwen Lopes of Medford, Oregon; Gloria (Paul) Allen of Carson City, NV; and Sally



(Rick) Neves of Rocklin; step-sister Rita (Don) Beeman of Virginia; sister-in-law Ronnie Caldwell of Winston, Oregon, as well as 20 nieces and nephews and too many great-nephews and nieces to count.

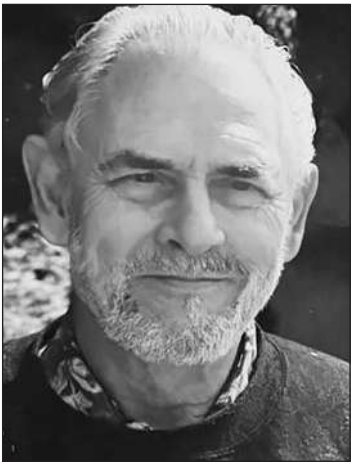
He was predeceased by his father, Ralph Caldwell, mother Marjorie (Caldwell) Brannon, stepfather Lewis Brannon, brothers George (Marlene) and Richard Caldwell, and father and mother-in-law, Walter and Emily Lobato, as well as nephew Randy Caldwell.

Jim was a member of the California National Guard, where he trained military dogs, owned a gas station, worked as a construction worker, and loved photography, fishing, and collecting. However, his greatest loves were always Janie, Dawn, and, even more so, his granddaughters, who he was obsessed with. Now, those granddaughters will ensure that his spirit, love, and sense of humor will live on in his great-grandchildren. According to his girls: “He was the best Papa and Great-Papa that ever lived.” ‘His girls’ were his greatest achievement.

A family memorial will be held at a later date. No flowers, please. Any donations can be directed to Faith Chapel Assembly of God, 6656 Alisal St, Pleasanton, CA 94566.

The Lord giveth, and the Lord taketh Away. Blessed be the name of the Lord.

James Allen Bouthillier



Cribbage with friends. Over the many years of his active retirement, he and the one-and-only True Love of His Life, his wife Judith, were able to enjoy multiple excursions to Europe.

Other activities Jim enjoyed included kayaking, hiking along our local mountain trails, and taking long walks to the park with his dog, Angus.

James Allen Bouthillier Sr. is survived by his wife of 60 years, Judith, their four children James A. Bouthillier Jr., Jacqueline Bouthillier-Kline (Spouse of Stephen Kline), John Bouthillier (married to Melani Halili-Bouthillier and Jennifer Bouthillier.

Jim was also blessed with many grandchildren & great grandchildren: Davis and Zoë Kline, Daniella Bouthillier, Justine Gleason-Bouthillier, Ilana Marquez, Laura Marquez, Luka Marquez-Chickos, Rosie Marquez-Lowe, Enzo Marquez-Grelli.

A private Celebration of Life for James is being planned for the near future.

Our beloved family Patriarch, Mister James Allen Bouthillier Sr, 90 years of age, passed away peacefully on Wednesday, April 26, 2023 in Pleasanton, California.

Jim’s immediate family was lovingly at his side those last and final days.

Jim was born in Alameda County and resided there his whole life. He lived in Livermore for the past 20 years.

Mr. Bouthillier was a Machinist by Trade. He retired about 20 years ago.

In retirement, Jim was always a vigorous and energetic gentleman. Jim enjoyed playing Chess and

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

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

Mary Elizabeth Shambaugh

September 17, 1963 – April 7, 2023

Resident of Newark

Mary Ritter was on the job just a week when she met a co-worker named Steve Shambaugh. Steve says it was love at first sight, but it took a little persuasion to win Mary over. When he learned that Mary shared his passion for music and that she needed new strings for her guitar, he came up with a plan. He told Mary he had a spare set of strings at home and that he’d be more than happy to come to her house and re-string her guitar. It was a stretch of the truth, but Steve hustled down to the music store and bought a set of strings and went to Mary’s house and strung her guitar. He then serenaded her with “Stairway to Heaven” on the guitar. The two were engaged months later and married the following year. They were preparing to celebrate their 40th wedding anniversary this October, but Mary died suddenly on April 7, while at home in Newark, CA. She was 59. Mary Shambaugh was the type of woman who did everything with gusto, care and a keen sense of curiosity.

Mary Elizabeth (nee Ritter) Shambaugh was born on Sept. 17, 1963, to Thomas Ritter and Margaret Papp in Youngstown, Ohio. Mary moved to Cupertino in 1982 and immediately landed a job at the



Dysan Corp. as a quality control technician. Mary worked at the company until 1986 when she decided to be a stay-at-home mom. Over the years, Steve and Mary were involved with the homeschooling community, sports teams, neighborhood associations and Boy Scouts’ leadership. Mary was also a contract employee at Fremont Christian School until 2010. The couple had a shared Christian faith and attended the Church of Christ in Fremont, and an unwavering devotion to their children and extended families.

Mary Shambaugh is survived by her husband Steve; her sons Alex (Nancy) of Newark, CA, and Michael of Fremont. CA; her daughter Cassie of Pleasanton, CA; brother Thomas Ritter of Alexandria, VA; sister Margaret Cleckner of Struthers, OH; sister Charmaine Jabr (Joe) of Morgan Hill, CA.; sister Cathleen DeMarco of

Niles, OH.; brother Mark Ritter of Toledo, OH.; sister Judith Reynolds of Youngstown, OH; and more than 100 nieces and nephews including grands and she loved them all dearly.

Mary was preceded in death by her parents, Thomas and Margaret Ritter; brothers Daniel and James; sister Suzanne; brothers-in-law James Reynolds and Joe DeMarco; niece Veronica Vigorito and nephew Brian Cleckner.

On Steve’s side she is survived by Steve’s parents Charles and Arlene Shambaugh of Colorado Springs, CO; and Don and Judy Roberts of Ben Lomond, CA.; Sister Nancy Collins (Joe) of Newport Beach, CA.; Sister Nicole Rea (Mike) of Clovis, CA.; and Brother Jeff Roberts of Scotts Valley, CA.

A Celebration of Life service will be held on Saturday, May 27th from 1 to 4 p.m. at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont CA.

For anyone who wishes, donations can be made on Mary’s behalf to a favorite organization of hers www.bichonfurkids.org. Our current rescue dog, Maddie, came from this worthy organization.

Fremont Memorial Chapel
510-793-8900

Carmen Bargas

October 10, 1944 – May 20, 2023

Resident of Fremont



Carmen Bargas, 78, passed away on May 20, 2023. Carmen is preceded in death by her son, Jerry, mother, Aurora, father, Gabriel, and sisters Josephine, Laura, and Margarita. She is survived by her youngest son, Scott, and her four grandchildren, Jennifer, Madison, Noah, and Olivia. Carmen, AKA, “Gramz” or “Gigi,” is remembered for her

unconditional and selfless love for her family and friends.

Her love for travel, food and family will carry on. She will be unbelievably missed.

A Memorial Service will be held on Friday, May 26, 12pm, at Fremont Memorial Chapel, 3723 Peralta Blvd., in Fremont.

Fremont Memorial Chapel
510-793-8900

World’s oldest dog celebrates 31st birthday, according to Guinness World Records

ASSOCIATED PRESS
May 15, 2023

The world’s oldest dog recently celebrated his 31st birthday, according to Guinness World Records.

Bobi, a purebred Rafeiro do Alentejo, a breed of Portuguese dog, celebrated during a party Saturday at his home in the Portuguese village of Conqueiros, where has lived his entire life.

More than 100 people attended the “very traditional” Portuguese party, owner Leonel Costa said.

Local meats and fish were served to up to 100 guests, with extra for Bobi, who only eats human food. A dance troupe also performed with Bobi participating in one of their routines.

Costa has owned several old-age dogs in the past, including Bobi’s mother, Gira, who lived to age 18. However,

Costa said he never imagined any of his dogs would reach their 30s.

“We see situations like this as a normal result of the life that they have, but Bobi is one of a kind,” Costa said.

One of the biggest contributing factors to Bobi’s longevity is the “calm, peaceful environment” in which he lives, according to Costa.

Throughout his life, Bobi has freely roamed the forests surrounding the Costa house. He has never been chained or leashed.

The “very sociable” dog was never lonely because he grew up surrounded by many other animals, Costa said.

Now in his senior years, Bobi finds it difficult to walk, so he prefers to hang out at home in the yard. His eyesight has gotten worse, meaning he often bumps into things when he walks. Just like old-age humans, Bobi sleeps a lot. He immediately lies down in bed after eating, although on

cold days he chooses to nap by the fire, his owner said.

Bobi’s birth date has been confirmed by the Veterinary Medical Service of the Municipality of Leiria, which registered Bobi in 1992.

His age also has been verified by a pet database authorized by the Portuguese government.

Costa, now 38, was just 8 years old when Bobi was born. For him, Bobi is a living reminder of the past, he said.

“Bobi is special because looking at him is like remembering the people who were part of our family and unfortunately are no longer here, like my father, my brother, or my grandparents who have already left this world,” Costa said. “Bobi represents those generations.”

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PUBLIC NOTICES

BULK SALES

NOTICE TO CREDITORS
OF BULK SALE

(Secs. 6104, 6105 U.C.C.)

Escrow No. 159746P-CG

NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s) and business address(es) of the seller(s) is/are: Do Life, Inc., a California Corporation, 44047 Osgood Road, Ste 220, Fremont, CA 94539

Doing business as: Club Pilates and Club Pilates Fremont

All other business name(s) and address(es) used by the seller(s) within the past three years, as stated by the seller(s), is/are: None

The location in California of the chief executive office of the seller(s) is: 4980 Roselle Common, Fremont, CA 94536

The name(s) and business address of the buyer(s) is/are:

Riserfit CA, LLC, a Delaware limited liability company, 44047 Osgood Road, Ste 220, Fremont, CA 94539

The assets to be sold are generally described as: Business, Furniture, Fixtures, Equipment, Goodwill, Computer Systems, Peripheral Hardware, Supplies, Point of Sale Systems, Security and Surveillance Systems, Vendor, Supplier, and Customer Lists, Catalogs, Trade Signage, Brochures and Other Advertising, Marketing or Promotional Materials, Catalogs, and Source Material For All Such Applicable Materials, Telephone and Fax Numbers, Domain Names, Social Media Accounts, Inventory, Gift Card Liability, Security Deposits, Assumed Contracts, Covenant Not to Compete and Leasehold Interest and are located at: "Club Pilates" AKA "Club Pilates Fremont" 44047 Osgood Road, Ste 220, Fremont, CA 94539

This bulk sale is intended to be consummated at the office of: Allison-McCloskey Escrow Company, 4820 El Cajon Boulevard, San Diego, CA 92115-4695 and the anticipated sale date is 6/9/2023.

This bulk sale is subject to California Uniform Commercial Code Section 9106.2.

The name and address of the person with whom claims may be filed is: Allison-McCloskey Escrow Company, 4820 El Cajon Boulevard, San Diego, CA 92115-4695, and the last day for filing claims by any creditor shall be 06/08/2023, which is the business day before the anticipated sale date specified above.

Dated: 05/02/23

Buyer's Signature

Riserfit CA, LLC, a Delaware limited liability company

By: /s/ Eduardo Lombardi, its Manager

5/23/23

CNS-370202#

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597024

Fictitious Business Name(s):

EXXELL FIRB VIOLEMS, 9 EMBARCADERO, OAKLAND, CA 94607 County of ALAMEDA

Registrant(s):

EXXELL CORPORATION, 360 GRAND AVE., #355, OAKLAND, CA 94610

Business conducted by: a Corporation

The registrant began to transact business using the fictitious business name(s) listed above on MAY 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].)

EXXELL CORPORATION

S/ RONALD COATS

This statement was filed with the County Clerk of Alameda County on 04/11/2023.

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).

5/23, 5/30, 5/6, 6/13/23

CNS-370376#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 561097

The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):

The Fictitious Business Name Statement filed on 07/11/2019 in the County of Alameda

FIONA MILLER, 4795 HANSEN AVE, FREMONT, CA 94536, County of ALAMEDA.

Registered Owner(s):

FIONA MILLER, 4795 HANSEN AVE, FREMONT, CA 94536, County of ALAMEDA.

This business is conducted by: AN INDIVIDUAL

I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].

S/ FIONA MCLELLAN

This statement was filed with the County Clerk-Recorder of Alameda County on 05/02/2023.

5/23, 5/30, 6/6, 6/13/23

CNS-3703227#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 597740

Fictitious Business Name(s):

BINARY WAVE, 1031 WALNUT AVE APT 2609, FREMONT, CA 94536, County of ALAMEDA

Registrant(s):

HUIXIN HUANG, 1031 WALNUT AVE APT 2609, FREMONT, CA 94536, County of ALAMEDA

Business conducted by: AN INDIVIDUAL

The registrant began to transact business using the fictitious business name(s) listed above on 05/09/2023

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/ HUIXIN HUANG

This statement was filed with the County Clerk of Alameda County on 05/09/2023

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).

5/23, 5/30, 6/6, 6/13/23

CNS-3701317#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 597766

Fictitious Business Name(s):

MEGNA STUDIO, 44002 DEGAS TERRACE, FREMONT, CA 94539, County of ALAMEDA

Mailing Address: 43575 MISSION BLVD #344, FREMONT, CA 94539

Registrant(s):

KANAN R VYAS, 44002 DEGAS TERRACE, FREMONT, CA 94539

Business conducted by: AN INDIVIDUAL

The registrant began to transact business using the fictitious business name(s) listed above on 01/01/2023

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/ KANAN R VYAS

This statement was filed with the County Clerk of Alameda County on 05/10/2023

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).

5/23, 5/30, 6/6, 6/13/23

CNS-3701316#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597665

Fictitious Business Name(s):

UMBRELLA RESIDENTIAL CARE, 2242 PTARMIGAN CT, UNION CITY, CA 94587 County of ALAMEDA

Registrant(s):

SIMLORENCE LLC, 2242 PTARMIGAN CT, UNION CITY, CA 94587

Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

SIMLORENCE LLC

S/ ANABELEN D. VALLARTA

This statement was filed with the County Clerk of Alameda County on 05/04/2023.

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).

5/16, 5/23, 5/30, 6/23

CNS-3700814#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597450

Fictitious Business Name(s):

CALI MOTORS, 3695 STEVENSON BLVD UNIT #237, FREMONT, CA 94536 County of ALAMEDA

Registrant(s):

WAIS ABED, 3695 STEVENSON BLVD UNIT #237, FREMONT, CA 94536

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on N/A.

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/ WAIS ABED

This statement was filed with the County Clerk of Alameda County on 04/25/2023.

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).

5/16, 5/23, 5/30, 6/23

CNS-3700814#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597382

Fictitious Business Name(s):

DANDOS AUTOMOTIVE SERVICES, 45554 INDUSTRIAL PL #9, FREMONT, CA 94538 County of ALAMEDA

Registrant(s):

KENETH A KEELER, 319 I ST., FREMONT, CA 94536

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on 11/03/2008

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/ KENETH A KEELER

This statement was filed with the County Clerk of Alameda County on 04/21/2023.

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).

5/16, 5/23, 5/30, 6/23

CNS-3699355#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597530

Fictitious Business Name(s):

DURABLE POOL SOLUTIONS, 627 WASATCH DRIVE, FREMONT, CA 94536 County of ALAMEDA

Registrant(s):

EIRIK LYSSAND LLC, 627 WASATCH DRIVE, FREMONT, CA 94536

Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

EIRIK LYSSAND LLC

S/ EIRIK LYSSAND

This statement was filed with the County Clerk of Alameda County on 05/28/2023.

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).

5/9, 5/16, 5/23, 5/30/23

CNS-3697931#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 596936

Fictitious Business Name(s):

RED CURBS SKATE SHOP, 40575 GRIMMER BLVD, FREMONT, CA 94538 - 2800 County of ALAMEDA

Registrant(s):

RED CURBS SKATEBOARDING LLC, 40575 GRIMMER BLVD, FREMONT, CA 94538

Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on 01/01/2015.

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/ LILLI FILICHA

This statement was filed with the County Clerk of Alameda County on 04/07/2023.

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).

5/9, 5/16, 5/23, 5/30/23

CNS-3696940#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 597390

Fictitious Business Name(s):

BEST CAR MOTORS, INC DBA AUTO 4 LESS, 3801 PERALTA BLVD, FREMONT, CA 94536, County of ALAMEDA

Registrant(s):

BEST CAR MOTORS, INC., 3801 PERALTA BLVD, FREMONT, CA 94536

Business conducted by: A CORPORATION

The registrant began to transact business using the fictitious business name(s) listed above on 04/24/2023

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/ DAVIN DAIWEN LIN

This statement was filed with the County Clerk of Alameda County on 04/24/2023

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).

5/9, 5/16, 5/23, 5/30/23

CNS-3696936#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597284

Fictitious Business Name(s):

HOLYOAKS FINEST, 5583 GREELEY PL, FREMONT, CA 94538 County of ALAMEDA

Registrant(s):

QUALITY CLEANING MAID TO ORDER LLC, 5583 GREELEY PL, FREMONT, CA 94538

Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on N/A

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

QUALITY CLEANING MAID TO ORDER LLC

S/ THERESA PETERSON

This statement was filed with the County Clerk of Alameda County on 04/18/2023.

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).

5/2, 5/9, 5/16, 5/23/23

CNS-3695599#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 597361

Fictitious Business Name(s):

BILINGUE SPEECH THERAPY, 31358 SANTA FE WAY, UNION CITY, CA 94587 County of ALAMEDA

Registrant(s):

BERENICE MORENO, 31358 SANTA FE WAY, 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/ BERENICE MORENO

This statement was filed with the County Clerk of Alameda County on 04/21/2023.

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).

5/2, 5/9, 5/16, 5/23/23

CNS-3695599#

GOVERNMENT

CITY OF NEWARK
City Council

City Hall, City Council Chambers

37101 Newark Boulevard, Newark, CA 94560

(510) 578-4330 E-mail: planning@newark.org

PUBLIC HEARING NOTICE

Thursday, June 8, 2023

7:00 p.m.

Publication Date: May 23, 2023

The meeting will be held in the City Hall Council Chambers at 37101 Newark Boulevard, Newark, CA 94560. Members of the public may attend the meeting in person, virtually, or watch it via YouTube or Cable Channel 26.

Details on how to participate in the meeting virtually will be set forth in the meeting agenda which is anticipated to be posted by 5 p.m. on June 2, 2023 at https://www.newark.org/departments/city-manager-s-office/agendas

PUBLIC NOTICES

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 Auction.com at 800.280.2832 for information regarding the Trustee's Sale or visit the Internet Website address www.Auction.com for information regarding the sale of this property, using the file number assigned to this case, CA08000041-20-1 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. Date: May 12, 2023 MTC Financial Inc. dba Trustee Corps TS No. CA08000041-20-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 711 949.252.8300 By: Bernardo Sotelo, Authorized Signatory SALE INFORMATION

CAN BE OBTAINED ONLINE AT www.Auction.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Auction.com at 800.280.2832 NPD04365110 To: TRI-CITY VOICE 05/23/2023, 05/30/2023, 06/06/2023 5/23, 5/30, 6/6/23 CNS-3703324#

T.S. No.: 22-6816 Loan No.: *****8891 APN: 543-0442-016 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/23/2007. 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, or check drawn by a 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 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, express 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. Trustor: ANDRE F SAGAYARADJ AND SAGAYAMARY SAGAYARADJ, HUSBAND AND WIFE Duly Appointed Trustee: Prestige Default Services, LLC Recorded 2/14/2007 as Instrument No. 2007421995 of Official Records in the office of the Recorder of Alameda County, California. Date of Sale: 6/1/2023 at 9:00 AM Place of Sale: Fallon Street Steps, Alameda County Courthouse, 1225 Fallon Street, Oakland, CA 94612 Amount of unpaid balance and other charges: \$448,239.38 Street Address or other common designation of the property: 4607 AMIENS AVE FREMONT, California 94555 A.P.N.: 543-0442-016 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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 within 10 days of the date of first publication of this Notice of Sale. 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 property, 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. All checks payable to Prestige Default Services, LLC. 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) 793-6107 or visit this Internet Website www.auction.com, using the file number assigned to this case 22-6816. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to 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) 793-6107 or visit this Internet Website www.auction.com, using the file number assigned to this case 22-6816 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. Date: 4/18/2023 Prestige Default Services, LLC 1920 Old Tustin Ave. Santa Ana, California 92705 Question: 949-427-2410 Sale Line: (800) 793-6107 Patricia Sanchez, Trustee Sale Officer NPP0433931 To: TRI-CITY VOICE 05/09/2023, 05/16/2023, 05/23/2023 5/9, 5/16, 5/23/23 CNS-3697552#

T.S. No. 107060-CA APN: 531-0218-056-00 NOTICE OF TRUSTEE'S SALE IMPORTANT

NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 4/3/2004. 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 On 6/7/2023 at 12:00 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 6/11/2004 as Instrument No. 2004261523 the subject Deed of Trust was modified by Loan Modification recorded on 5/18/2007 as Instrument 2007189229, and was again modified by Loan Modification recorded on 8/28/2018 as Instrument 2018167720, the subject Deed of Trust was modified by Loan Modification recorded on 6/10/2020 as Instrument 2020133610 of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA executed by KAUSALYA SINGH WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE FALLON ST. EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON ST. , OAKLAND, CA 94612 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 5437 BORGIA RD, FREMONT, CA 94538 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$399,929.09 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. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. 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 (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 107060-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 107060-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP 8880 Rio San Diego Drive, Suite 725 San Diego, California 92108 5/16, 5/23, 5/30/23 CNS-3696358#

San Leandro City Council

May 15, 2023

Action Items

• Update on Eviction Moratorium Extension Passed 6-1 (Nay, Reynes)

Consent Calendar

- Approve the City's Gann Appropriation Limit for 2023-2024
- Approve the Annual Update of the City of San Leandro Investment Policy Statement
- Approve City of San Leandro Investment Policy Statement
- Accept Audited Financial Statements for the City of San Leandro for the Fiscal Year Ending June 30, 2022

- Authorize a Consultant Service Agreement with Whitewater West Industries, Ltd to furnish and install a new play structure for the Washington Manor Pool Renovation Project
- Authorize the City Manager to Award a Construction Contract to Gruendl Inc. dba Ray's Electric for Wicks Boulevard and Manor Boulevard Traffic Signal Upgrade Project
- Approve Fiscal Year 2024 Proposed Projects Paid from the State's Road Maintenance and Rehabilitation Account to City's Gas Tax Fund (152-31-057) for Streets Maintenance Attachments: A - Reso City's Gas Tax Fund
- Authorize a first amendment to the agreement with San Leandro Transportation Management Organization for the management and administration of

West San Leandro Shuttle and Business Improvement

• Authorize a fully grant-funded Consulting Services Agreement with Terraphase Engineering to Develop a Sea Level Rise Master Plan

• Adopt a resolution to acknowledge the Completion of Good Work and approve the ending of the Shoreline Advisory Group

• Nominate Arlene Lum as the District 4 Representative to the Human Services Commission

Mayor Juan Gonzalez	Aye
Bryan Azevedo	Aye
Celina Reynes	Aye, 1 Nay
Victor Aguilar	Aye
Fred Simon	Aye
Xouhoa Bowen	Aye
Pete Ballew	Aye

72-hour notices of the exact start time of work from project contractor Bay Cities Paving and Grading, Inc.

The city's annual Pavement Improvement Project is funded through a combination of Alameda County Measure B and BB transportation sales tax revenue, gas tax revenue, state vehicle registration fees, street system improvement funds, and the California Road Repair and Accountability Act of 2017.

To learn more and see a list and map of street segments included in the Project visit this project page on the City of Hayward website.

Authorities started investigating the property this week after receiving an anonymous complaint. The nursery owner will be fined nearly \$60,000 each day his property is in violation of structural, health and environmental codes, Pasculli said. The landlord's name is not being released due to an ongoing investigation, he said.

County officials were working with the families to find suitable housing and their landlord will have to pay for two months of rent for each of the 62 families that were living on his property, Pasculli said.

conditions are very rough," Pasculli said.

It was not yet clear if the farmworkers were employed at the nursery in the community of Royal Oaks or just lived there, Pasculli said. He added that some residents were paying up to \$2,000 per month in rent and one told investigators he had lived there for more than eight months.

Nor have investigators determined yet where the migrant families are from, according to Pasculli, though some of them speak indigenous languages native to the Mexican state of Oaxaca.

Annual Pavement Improvement Project set to begin next month

SUBMITTED BY CITY OF HAYWARD

The City of Hayward is gearing up to start its annual pavement improvement project, which this year will bring \$16 million of spot repairs, pavement grinding and overlay, curb-ramp upgrades, and restriping for vehicles, cyclists and pedestrians to more than 52 lane miles of city roadway.

The project, expected to start in early June and be completed by October, includes 111 street segments that have been selected based on City evaluation of current pavement conditions, public and City Council member input, geographic grouping of streets for efficiency, and available funding.

Residents living on street segments included in the Fiscal Year 2023 Pavement Improvement Project will receive

More than 60 migrant families found living in dilapidated greenhouse in rural California

ASSOCIATED PRESS

A dilapidated greenhouse at a Northern California nursery was home to dozens of farmworkers and their families who were living in tiny and unsafe dwellings without ventilation, authorities said.

Officials found 62 makeshift dwellings inside the greenhouse on a property in rural Monterey County that were put together with plywood, sheetrock and other materials, said Nick Pasculli, a county spokesperson.

“There are exposed gas lines and wiring, no proper sewer. The

BART Police Log

SUBMITTED BY BART POLICE DEPARTMENT

Friday, May 12

• At 5:53 a.m. an officer administered 3 doses of NARCAN to an unresponsive male subject at MacArthur Station who appeared to be suffering from an apparent drug overdose. The subject was transported to an area hospital for further medical evaluation and treatment.

• At 8:54 a.m. a person police identified by police as Ajanae Adams, 22, of Vallejo was taken into custody at Santa Rita Station and booked into Contra Costa County Jail for an outstanding warrant.

• At 9:14 a.m. a man identified by police as Rahul Bhatia, 28, of Pleasanton was taken into custody at San Leandro Station for resisting arrest. Bhatia was booked into Santa Rita Jail. Bhatia was issued a prohibition order in regard to this incident.

‘Click it or Ticket’ seat belt safety campaign runs through Memorial Day

SUBMITTED BY UNION CITY PD

Union City Police Department reminds everyone taking a trip to visit friends or family over the Memorial Day Weekend to always buckle up and keep children in child safety seats.

This year's Click it or Ticket campaign is from May 15 - June 4. During this time, the Union City Police Department will have additional officers on patrol actively looking for drivers and passengers who are not wearing a seat belt. This includes vehicles where children are not secured in child safety seats.

“Wearing a seat belt should be an automatic for all drivers and passengers,” Union City Police Sgt. Steven Fong said. “It’s the safe thing to do, especially when it comes to securing children in child safety seats.”

According to the National Highway Traffic Safety Administration (NHTSA),

10,893 people killed in crashes throughout the country in 2020 were not wearing seat belts. In California, 756 people killed in crashes in 2020 were not wearing seat belts, or nearly 20 percent of all traffic deaths in the state.

California law requires a child to be secured in a safety or booster seat until they are at least eight or at least 4 feet, 9 inches tall. Children under the age of two must ride in a rear-facing seat unless the child weighs 40 or more pounds or is 40 or more inches tall.

California has a primary seat belt law, which allows law enforcement officers to ticket someone for not wearing a seat belt even if they do not commit another traffic violation.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

SPORTS

Renegades' Roberts inducted into CCCATA Hall of Fame

SUBMITTED BY OHLONE COLLEGE ATHLETICS

Ohlone college's Jeff Roberts has been inducted into the California Community College Athletic Trainers Association (CCCATA) Hall of Fame. He is set to be honored at the CCCATA's business meeting at the Far West Athletic Trainers Association (FWATA) annual meeting in July.

Roberts is currently the head athletic trainer/professor of kinesiology at Ohlone, a position he has held since 2008. During his time at Ohlone, Roberts has been able to provide high quality health care to thousands of Renegade student-athletes and mentorship for at least 40 students interested in becoming an athletic trainer, in addition to the hundreds of students impacted during time in his previous roles. Additionally, he has served on various shared governance committees at Ohlone, including being the faculty senate president and co-chair of college council, and was named faculty member of the year in 2016.

As a member of the CCCATA, Roberts has been the coast conference representative (2010-2020), women's basketball sport representative (2012-2015), and is currently the baseball sport representative (2017-present). Roberts' continued desire to serve and enhance the profession led him to become involved in the California Athletic Trainers' Association in 2012, first as a Regional Director (2012-2019), later as the treasurer (2019-2023), and he continues to assist with ongoing legislative efforts. His contributions at the state level have been invaluable for the California



Jeff Roberts

Community College Athletic Trainer Association due to his understanding, support and advocacy on behalf of the CCCATA.

He received his Bachelor of Science in exercise science/athletic training from the University of Iowa (1991), a Master of Science in exercise and sport science/athletic training from the University of Arizona (1993), and became BOC certified in 1991. During his spare time, Roberts serves as a high school football official while also spending time traveling with his family and friends.

Chabot athletes shine in Ojai State Tennis Championship



Darian Quinonez

SUBMITTED BY
CHABOT COLLEGE
ATHLETICS

Darian Quinonez had a strong showing when the Chabot men's tennis team completed the season at the 121st Ojai California State Championship.

Quinonez notched two wins in singles before dropping a tough three-setter against Rafael Rullan of Riverside City, 3-6, 7-5, 6-2. Quinonez beat Aaron Smith of El Camino 6-0, 6-1 in the Round of 64, and outfought Devon Kashishian of Irvine Valley 4-6, 6-2, 6-4 in the Round of 32.

In doubles, Quinonez and Stefan Schneider defeated to

Sunny Choi and Clajerson Gimena of Bakersfield before falling in the second round, in a tight two-setter.

Also in singles, Chabot's Schneider and Timon Nguyen both fell in straight sets to players from Bakersfield.

Chabot, seeded third in the NorCal Dual Team Playoffs, advanced to the semifinals before falling to No. 1 American River 8-1 on April 11. Quinonez got the Glads' lone win, beating Lenny Lin 6-4, 7-5 in singles.

Chabot won the Coast Conference team title with a 7-1 record. Quinonez won the Coast singles championship.

Milpitas High School League Champions

SUBMITTED BY
MILPITAS HIGH SCHOOL
ATHLETICS

Congratulations to our Milpitas High School Softball team for earning their title of

De-Anza League Champions! The team came out of their league season with a 10-2 league record and 21-4 overall record. This got them a spot in the Central Coast Section (CCS) Softball Tournament for a chance to play for another championship title.

Another team to claim a championship title is Milpitas High School Badminton. Congratulations to our Badminton team CCS Champions. All our teams earned a spot in the NorCal Tournament May 20 at Independence High

School. A huge shout out to these great athletes!

Boys Singles

1st Place Anderson Lin
2nd place Nihal Kadamba

Girls Singles

4th Place Andrew Lu and Mia Hundley

Boys Doubles

7th Place Dylan Dang and Philip Ngo



Milpitas High School Softball Team



Milpitas High School Badminton Team

Milpitas High School ends CIF Softball Title Run



Milpitas' Taija Warren up at bat.

BY ERIC DONATO

The Milpitas High School Trojans hosted a home playoff game on Saturday, May 20, against Willow Glen Rams of San Jose for the 2023 California Interscholastic Federation Central Coast Section Softball Tournament - Open Division quarter-finals.

After an impressive 2023 season earning the De Anza League Championship title with a league record of 10-2, the Trojans had to face the Rams, who are league champions themselves holding an 11-3 record.

The skill of the Mount Hamilton League Champions was on full display from the beginning of the game. Willow Glen demonstrated offensive dominance early in the game with three runs in the first inning. The Rams held tight to their streak and made five more runs in the second inning. The

competitive pace slowed in the next four inning and neither team managed to create a play to produce any runs.

At the top of the seventh inning Willow Glen came back with an end of the game burst of energy and scored two more runs. Milpitas Trojan senior, Madeline Le's, hit a homer which produced their only game run in the bottom of the seventh inning, preventing a total shutout by the visiting Rams.

The 10-1-win punches the Rams' ticket to the semi-finals against the Saint Francis Lancers of Mountain View on May 23. This game ends the 2023 season for the Milpitas Trojans Softball team and ends the high school softball careers for eight senior players that make up the 15-player roster. But the Trojans can walk of the diamond knowing they still have a league title under their belt.

SOCIAL SECURITY MATTERS

Social Security Solvency

BY RUSSELL GLOOR,
NATIONAL SOCIAL SECURITY
ADVISOR, AMAC FOUNDATION

Ask Rusty – I’m concerned about social security solvency.

Dear Rusty: I retired at age 58. My husband and I worked 40 years of employment each. I had a 401K only, no other benefits. We saved, invested through our financial advisor, and have done okay watching our investments grow (except for the last three years). Neither my husband nor I have taken Social Security; we were both waiting until age 70 to get full benefits. Do you think this is still wise? I’m concerned there will not be any funds in five years when we both turn 70.
Signed: Concerned Senior

Dear Concerned Senior: Your question relates to Social Security solvency, no doubt inspired by the recent spate of media discussion on this topic. Most articles I’ve read promote a “doomsday” scenario and, in fairness, Social Security’s financial issues are serious. The latest report from the Trustees of Social Security warned Congress that the reserves now held in Social Security’s Trust Fund (which

enable full benefits to be paid) will be depleted as early as 2033. What you may not know is that this is not new news—the Trustees have sounded the same warning for decades to multiple Congresses which have neglected to enact corrective measures. And, unfortunately, they are likely to continue to drag their feet for a while because the reform needed is not politically palatable and the impact is still a few years away.

Nevertheless, although Social Security’s looming financial issues are serious, they are not fatal. Congress already knows how to fix Social Security’s financial issues—they just currently lack the bipartisan spirit and political will needed to do so. The clock, however, is ticking, and Congress will be forced to act soon, which we are confident will happen before the Trust Funds run dry. What motivates most politicians is getting reelected and allowing an across the board cut to all Social Security recipients (which would happen if the Trust Fund reserves were depleted) would be political suicide. Therefore, I’m confident that reform will occur in time, and I don’t suggest changing your Social Security claiming strategy over worries about Social Security’s solvency.

Let me further allay your fears by explaining what would hypothetically

happen in the worst-case scenario (if Congress doesn’t act, and Trust Funds are depleted). If that were to occur, when the reserves are depleted in about 2033 everyone would face an across-the-board benefit cut. Social Security can’t go bankrupt because there would still be about 175 million workers contributing to the program but, since Social Security (by law) can only pay benefits from revenue received, everyone’s benefit would be reduced by about 23% (according to the Trustees). Every beneficiary would still get benefits, but only to the extent available from income received. Which brings me to your specific question—whether it is still wise to wait until age 70 to claim, or to claim your benefits now.

Ask yourself this question: which would result in a larger monthly payment, a 23% cut to your age 70 SS payment amount, or a 23% cut to your current benefit amount? The answer, of course, is that your monthly payment would be more if you stay with your current strategy and wait until age 70 to claim (a plan which I assume you developed considering your current financial needs as well as your life expectancy, both of which are very important to that decision).

Again, I do not believe the worst-case scenario will happen. Congress already

knows how to restore Social Security to full solvency, and they will almost certainly act in time to avoid an across the board cut to everyone’s benefit. The Association of Mature American Citizens (AMAC) has proposed legislation which would restore the Social Security program to full solvency for generations without raising payroll taxes, a summary of which you are welcome to review here: www.amac.us/social-security. AMAC has provided this proposal to various members of Congress for consideration.

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

EARTHTALK

Forever Chemicals



Non-stick pans like these are coated in so-called “forever chemicals” that can potentially flake off into your food. Credit: Alpha, FlickrCC.

From the Editors of E - The Environmental Magazine

Dear EarthTalk: Why are “forever chemicals” so bad, and how can I avoid them?

-- P. Dirksen, Omaha, NE

“Forever chemicals” are types of highly persistent and toxic synthetic chemicals widely used in many industries, including firefighting foam, non-stick cookware, food packaging and water-resistant clothing. These chemicals are called “forever” because they do not break down easily in the environment and can persist for decades or even centuries, accumulating in soil, water and air.

The most common types of forever chemicals are per- and poly-fluoroalkyl substances (PFAS), which include compounds such as perfluorooctanoic acid (PFOA) and perfluorooctane sulfonic acid (PFOS). PFAS have been linked to a range of health problems, including cancer, immune system damage, hormone disruption and developmental delays. The problem with forever chemicals is that they can accumulate in our bodies over time, as well as in the bodies of animals and plants, leading to long-term health and environmental consequences. Because these chemicals do not break down easily in the environment, they can also contaminate soil, water and air, potentially impacting entire ecosystems.

To avoid exposure to forever chemicals, there are several steps you can take. First, avoid using non-stick cookware and other products that contain PFAS. Instead, opt for stainless steel, cast iron or ceramic cookware. Secondly, avoid using products that are labeled water-resistant, stain-resistant or grease-resistant, as they may contain PFAS. Thirdly, use natural, organic and biodegradable cleaning products instead of conventional cleaning products that may contain PFAS. When shopping for food, choose products that are packaged in glass, metal or paper containers instead of plastic containers, as plastic can contain PFAS. Finally, if you live in an area where PFAS contamination is a concern, consider installing a water filtration system that is designed to remove these chemicals.

According to the non-profit Environmental Working Group, a watchdog organization that tracks contaminants and chemicals in food, health and beauty products, nearly all Americans, including newborn babies, have forever chemicals in their bloodstreams, while 200 million of us may well be drinking tap water contaminated with these toxins. And we’re not the only ones at risk. Researchers have found traces of forever chemicals in wildlife all over the world, including some endangered species. Who would’ve thought that such a risk would threaten polar bears in the Arctic let alone tigers, monkeys and pandas in milder locales and even dolphins and fish across the world’s oceans?

Forever chemicals have been ubiquitous in our ecosystems and bloodstreams for decades, but it wasn’t until March 2023 that the U.S. Environmental Protection Agency (EPA) started to address the issue by setting Maximum Contaminant Level (MCL) goals for PFAS and related persistent chemicals in drinking water supplies. While this might be too little too late for those of us exposed to these toxins year after year, at least it’s a step in the right direction. “Decades of unchecked use and releases of PFAS chemicals have devastated the planet by contaminating people, drinking water, and food, including fish and wildlife across the globe,” says Tasha Stoiber, a senior scientist at EWG. “The proposed nationwide standards to limit exposure to PFAS in drinking water are a welcome development to address the harms these toxic chemicals have already inflicted upon individuals and communities.”

Online Contact

- Environmental Working Group www.ewg.org

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

Widowed husband
sues driver, bars
after DUI crash
killed bride on
wedding night

ASSOCIATED PRESS
May 18, 2023

The alleged drunken driver who police say slammed into newlyweds riding along a South Carolina beach road now faces a wrongful death lawsuit alongside several establishments accused of overserving her on the night of the crash, which killed the bride.

Four bars gave "copious amounts of alcohol" to a "visibly intoxicated" woman, identified as Jamie Lee Komoroski, last month before she drove 40 miles over the speed limit into a golf cart carrying the couple away from their wedding reception, according to a new lawsuit filed May 17.

The April 28 wreck killed Samantha Miller, 34, and injured the groom, Aric Hutchinson, and two other passengers. A toxicology report released last week showed Komoroski, 25, had a blood alcohol level of 0.261 - over three times the legal limit.

The complaint alleges that Komoroski "slurred and staggered her way through" El Gallo Bar & Grill, Snapper Jacks, the Drop In Bar & Dali and the Crab Shack - all of which either allowed her to become intoxicated or continued serving her alcohol when they should have recognized her inebriated state.

The owner of El Gallo Bar & Grill declined to comment. Representatives of the other three establishments did not immediately respond Thursday afternoon to emails.

A taqueria that had recently hired Komoroski is also accused of negligence and recklessness. An unnamed Taco Boy supervisor coerced the new server into consuming "a dangerous amount of alcohol" at an employee function before the fatal crash, according to the complaint.

In a statement on its website, Taco Boy denied that an "officially organized employee function around drinking" occurred. The statement said video footage, staff interviews and sales receipts confirm that Komoroski, who has since been fired, did not enter the restaurant on the day of the accident.

Hutchinson and other family members seek unspecified damages. Miller experienced "conscious physical pain" before she died, the complaint says, and Hutchinson has suffered "psychological trauma" after witnessing her death.

Police charged Komoroski with reckless vehicular homicide and three counts of driving under the influence causing death or great bodily injury. A lawyer representing her in the criminal case did not respond Thursday afternoon to a call.

The family's attorney, Danny Dalton, said he hopes the civil lawsuit will bring more details about the events preceding the tragedy.

"This case is about keeping our community safe from drunken drivers, and an important part of that effort is making sure the establishments we entrust with liquor licenses live up to their responsibility to serve alcohol responsibly," Dalton said in a statement.

This story has been updated to correct that the lawsuit alleges that an unnamed Taco Boy supervisor coerced Komoroski into consuming alcohol, not unnamed supervisors.

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continued from page 1

Thingyan Water Festival Celebrates Myanmar Community

English conversation classes, and other activities that showcase Myanmar culture and heritage. Proceeds from the festival go to supporting the center in its mission.

The Bay Area Thingyan celebrates the Myanmar community in the area, introduces new people to the culture, and reminds everyone of the diversity that makes the San Francisco Bay Area a beautiful place to live. And it's fun! Activities at the festival will include sprinkling of water, traditional Thingyan dance, elder homage ceremony, and

water festival music entertainment as well as traditional food.

Thingyan Water Festival

Sunday, May 28

10 a.m. - 3 p.m.

Newark Pavilion

6430 Thornton Ave., Newark

www.onemyanmarcommunity.org/sf-bay-area-community-thingyan-2023



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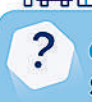


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Union City: 34800 11th St (Last Day 5/10/23!)

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Send questions to TCV@mycarelabs.com

Tips to avoid getting sick and making others sick this summer

- Wash hands with soap & warm water for 20 seconds
- Avoid touching your face (eyes, nose, mouth) w/ unwashed hands
- Disinfect high traffic surfaces: cell phone, steering wheel, door knob, handles (when did we all last do this?)
- Stay home if sick! Get vitamins, sunshine, de-stress.

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