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A world of
flavors united
in a pan

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a Mindful
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What's Happening

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June 13, 2023

Vol. 22 No. 24



Exciting activities on tap at Alameda County Fair opening weekend

SUBMITTED BY ALAMEDA COUNTY FAIR

Alameda County Fair kicks off its 2023 season on June 16 with an opening weekend packed full of thrilling rides, live entertainment, special features, and mouth-watering Fair foods.

On Friday, June 16, the Fair will open at noon with all the classic favorites, including carnival rides, Fair food, racing pigs, a Big O Tires Concert from Con Funk Shun in the Lucky Amphitheater, and a spectacular Drone and Fireworks show at the Stella Artois Grandstand.

Horse racing will also begin on opening day and will continue every Friday, Saturday, and Sunday, as well as July 4. When the horses aren't racing, the Grandstand will be home to the Extreme Medieval Knights Jousting show.

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29th Walk in the Wild: An Epicurean Escapade!

SUBMITTED BY OAKLAND ZOO



On Thursday, June 22, Oakland Zoo will hold their 29th "Walk in the Wild." Support the Zoo and conservation in general by purchasing tickets to a summer evening after-hours event. Guests will experience an evening tasting small bites from the Bay Area's top chefs and restaurants, a delectable sampling of local beers and wines, and an assortment of desserts, all while enjoying live music and a stroll through the Zoo.

Over 50 local food, drink, and craft vendors are confirmed for this event, including: Marley's Treats Filipino Fusion pastries, Due Torri sustainable coffee, Oakland Fortune Factory fortune cookies, Oakland United Beerworks, and Xingones Mexican food.

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Early Bird tickets on sale for Plethos' Avenue Q



SUBMITTED BY AMANDA DALY
PHOTOS BY CATHY BRESLOW

Adulting is Hard. Puppets Can Help. Plethos Productions presents Avenue Q. Filled with gut-busting humor and a delightfully catchy score, not to mention puppets, Avenue Q is truly a marvel of the stage. This laugh-out-loud musical tells the timeless story of recent college grad, Princeton, who moves into a shabby New York apartment all the way out on Avenue Q. He soon discovers this is no ordinary neighborhood. Together he and his new-found friends struggle to find jobs, dates, and answer the ever-elusive question: What is my purpose in life?

Avenue Q is part flesh, part felt and packed with heart. Winner of the Tony

"Triple Crown" for Best Musical, Best Score and Best Book, see it live at TwiningVine Winery July 7-16. NOTE: This show contains full puppet nudity, adult language and content, and is recommended for ages 18+.

Early bird tickets are on sale now at plethos.org through June 30. On July 1, ticket prices go up.

Avenue Q
Friday – Sunday, July 7 -9, 14 – 16
7 p.m.
TwiningVine Winery
16851 Cull Canyon Rd., Castro Valley
plethos.org
Early Bird tickets: \$15



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Men: Take Charge of Your Health

Fremont Urologist Urges Men to Focus on Prevention

Father's Day is almost here and what do dads everywhere need? Good health! Dr. Mark Hsu wants fathers and all men to know they need to be more proactive about their health. As a urologist with Washington Township Medical Foundation, Dr. Hsu treats a variety of health problems that men face, including prostate and urination issues, kidney stones, and erectile dysfunction.

"The biggest thing for men is that we tend to be reactive when we seek medical care," he said. "We wait until something doesn't feel right. But it's important to be proactive. Get your health screenings and stay focused on prevention."

This week is National Men's Health Week (June 12-18), a great time to focus on your health. The annual observance is held every year during the week leading up to Father's Day to raise awareness about the need for men to get regular health screenings to prevent serious health complications.

"I really encourage men to think more holistically about their health," Dr. Hsu cautioned. "I don't believe that most men think about 'overall wellness' when they think of their health."

Part of staying healthy is keeping your numbers in check. High blood pressure, cholesterol and glucose levels increase your risk for a number of health issues like heart disease, stroke and diabetes. According to Dr. Hsu, these issues can often affect a person's urinary and sexual health. He said men should consider getting an annual exam that includes preventive screenings for blood pressure, cholesterol, body mass index (BMI) and an A1C test to measure blood sugar.

"Lifestyle choices like exercising, maintaining a healthy weight, and eating a nutritious diet can help keep these numbers down," he added. "Cancer screenings are also critical when it comes to prevention."

Cancer Screenings

Prostate cancer is the most common cancer for men in the U.S. and the second leading cause of cancer deaths among men, according to the National Cancer Institute. The prostate is a gland in men that helps make semen.

A PSA test is a blood test used to screen for prostate cancer. The test measures the amount of prostate-specific antigen (PSA) in your blood. Dr. Hsu recommends talking to your doctor to determine when you should get a PSA test and how often. It often depends on your risk factors for prostate cancer and whether you have had other issues with your prostate.

A colonoscopy is another tool for preventing cancer. It screens for colorectal cancer, the third leading cause of cancer deaths among men. The U.S. Preventive Services Task Force recommends getting a colonoscopy starting at age 45.

Testicular cancer is a rarer type of cancer, but men should still do periodic self-exams for early detection, according to Dr. Hsu. He suggested getting into the habit of checking the testicles for any irregularities while in the shower, and to notify your physician if you feel or see an abnormality.

Don't Forget Mental Health

"I think mental health is also a very underestimated and under-reported issue,"

Dr. Hsu said. "We have been seeing a lot more anxiety and depression – especially since the pandemic. It's important for men to think about their mental health and to not be afraid or embarrassed to seek help."

Dr. Hsu encourages men to have a physical and mental outlet. He said exercise, sports activities, and introspective activities such as meditation are not only good for your body, but can also help with mental health. Having a social network of family and friends is also very beneficial, he added.

"I really encourage men to be proactive rather than reactive about their health," Dr. Hsu stressed. "Have a relationship with a regular health care provider who can follow you over time. They can help you get the appropriate screenings and refer you to the right resources needed."

For information about Dr. Hsu and Washington Township Medical Foundation, visit www.mywtmf.com.



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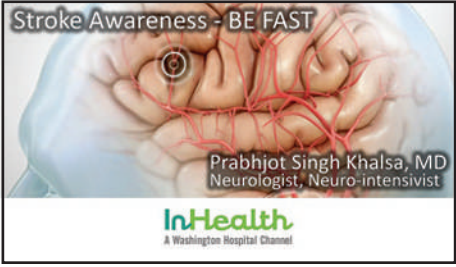
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Stroke Awareness - BE FAST

Prabhjot Singh Khalsa, MD
Neurologist, Neuro-intensivist

Stroke BE FAST

Identifying the signs of a stroke may be the difference between full recovery and permanent disability. To benefit you and others, watch this video and learn to BE FAST.



Life After Stroke

Prabhjot Khalsa, MD
Neurology

Life After Stroke

This Health & Wellness seminar explores the challenges of stroke recovery. The presentation covers possible medical complications and the importance of rehabilitation programs.



Stroke Awareness: Treatment for Stroke

Jack Rose, MD & Jeffrey Thomas, MD
Neurointensivist & Cerebrovascular Surgeon

Stroke Treatment

Do you know the two types of stroke and what the treatment options are? This short video explores the latest techniques available to patients at Washington Hospital.

Coming Soon!



Atrial Fibrillation: Symptoms and Treatment Options

Wednesday, July 26, 1 p.m.

Atrial fibrillation, or AFib, is a type of irregular heartbeat that can be dangerous. Join the seminar to explore the symptoms and treatment of AFib. Also, how to reduce your risk of developing it.

Other Video Topics:

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

Events Information

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



Heart-healthy Cooking Made Easy

Wednesday, August 16, 2023

Join two registered dietitians for a fun cooking demonstration! Heart-healthy meals can be tasty and easy to make.

- Diabetes Education
- Timely health topics such as COVID-19 and wildfire safety
- And so much more!

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Have Fun in the Sun, But Avoid Burns and Injuries

Protect Yourself and Your Family by Being Prepared



Minor cuts and scrapes are an easily treated part of summer play.

For many people, summer is a time for barbecues and outdoor activities. But there are also some risks that come with spending more time outdoors. Burns, cuts and scrapes, and bug bites can also be part of summer.

“The best thing you can do this summer is be prepared,” notes Harpreet Singh, MD. Dr. Singh is a primary care physician with Washington Township Medical Foundation. “I recommend having a first-aid kit that you can take with you on trips and outings, wherever you go,” he says. “The kit should contain bandages and antibiotic cream for any cuts and scrapes. It may also include an antihistamine like Benadryl for bug bites and poison oak, and aloe vera gel for sunburns. Insect repellent, sunscreen, tweezers, scissors, gauze and disinfectant wipes are also great additions.” This type of kit can be kept in the car.

These are some of the items that can help with minor burns, cuts and scrapes, and bug bites. Dr. Singh continues, “Most of the time, minor injuries can be treated at home, but for major falls, broken bones, and other more serious events, contact your doctor or go to the emergency room.”

Treating Burns

Most burns that result from barbecuing or cooking can be treated at home. Run room-temperature or cool tap water over the burn for no more than 5 minutes. A wet towel can be applied to the burn for up to 30 minutes. Do not apply ice to the burn, as that can make it worse. Cover the wound with a sterile, non-adhesive bandage. If the burned skin is dirty, it

can usually be cleaned with a gentle soap and water. Vaseline or bacitracin ointment can be applied to superficial burns. A doctor should be consulted if the burn is more extensive.

Sunburns should be treated with aloe vera gel or cream. Dr. Singh advises to make sure aloe is the main ingredient and that the gel or cream doesn't contain a lot of other ingredients or chemicals. Cool baths or showers can help relieve some of the discomfort. Dr. Singh also recommends drinking plenty of water to keep the skin hydrated. “It's important to protect yourself from the sun,” he added. “You should wear sunscreen, a hat, and protective clothing when you're outside. Be sure to use sunscreen with at least 30 SPF and reapply it frequently.”

Cuts and Scrapes

Dr. Singh further advises, “Cuts and scrapes should first be rinsed with cool water to remove dirt or debris, then cleaned with soap and water.” Stronger cleaning solutions like alcohol or hydrogen peroxide are not recommended because they can irritate the wound.

It's important to stop any bleeding by applying firm, direct pressure using a clean cloth or gauze. Once the bleeding has stopped and the wound is clean, apply Vaseline or bacitracin ointment, then cover it with a sterile bandage or gauze pad and tape. If the cut or scrape is small, you may want to leave it uncovered, but for most wounds, it's a good idea to cover them. Change the bandage every day until the wound starts to heal.

Most minor cuts and abrasions can be easily treated at home, but Dr. Singh is quick to point out, “If it's a deep cut or won't stop bleeding, then you should seek medical care. Watch for signs of infection as the wound heals. If it swells or oozes puss, it may be infected and you should talk to your primary care physician.”

Bug Bites

With all the time spent outdoors this summer, bug bites are bound to happen. Dr. Singh recommends wearing insect repellent that contains DEET to protect against mosquito bites and ticks. “While the risk is not high, mosquitoes can carry West Nile virus and you can contract Lyme disease from ticks. After you spend time hiking or being out in nature, you should check your clothing and body for ticks,” he adds.

Bug bites can be treated with baking soda and water. Make a paste and apply it to the bite. You can also buy over-the-counter creams and lotions that can help reduce the redness, swelling and itching.

Summer is a time for outdoor fun. A little preparation before an outing can go a long way towards protecting you and your family members from the not-so-fun aspects of summertime. For information about Washington Hospital programs and services that can help you stay healthy, visit www.whhs.com.

For information about Dr. Singh visit <https://www.myutmf.com/find-a-doctor/harpreet-singh-md/>.

Road to Wellness: Washington Hospital Family Health Fair



Where can you sit in a fire truck, listen to great music and get health information — all in one afternoon?

The Road to Wellness Family Health Fair!

This family-friendly day is sponsored by Washington Hospital and Washington Township Medical Foundation.

- Interactive health and fitness challenges
- First aid demonstrations
- Giveaways
- Touch-A-Truck where kids of all ages can explore utility trucks of all kinds
- Music and dance performances... and more!



Saturday, July 29 | 10 a.m. – 2 p.m.
**Washington West parking lot,
2500 Mowry Ave., Fremont**

continued from page 1

29th Walk in the Wild: An Epicurean Escapade!

The whole Zoo will be open during the event, including the gondola taking guests up to the California Trail. Dress festively, and wear your favorite animal print. Since the Zoo is located on a hill, and paths are sloped, wear appropriate footwear. (A limited number of wheelchairs will be available.)

Attendees must be 21 or over. Please note the Zoo will be closed Thursday, June 22 for daytime admission.

Walk in the Wild
Thursday, Jun 22
5 p.m. - 10 p.m.
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 632-9525
<https://www.oaklandzoo.org>
\$203 - Members & Friends of the Wild
\$225 - General Public



Buddhist Church plans shopping & fun

SUBMITTED BY SOUTHERN ALAMEDA COUNTY
BUDDHIST CHURCH

Southern Alameda County Buddhist Church (SACBC) is gearing up for their 57th Japanese Bazaar, planned for the weekend of July 15. The day will involve food, arcade games, entertainment, silent auctions, boutique, bookstore and more. Admission to the event is free.

There will be an intro to Buddhism on both days at 2 p.m. Other entertainment includes Taiko and Kendo demonstrations, and an Ike-bana exhibit. Food for purchase includes chicken teriyaki, burgers, sushi, and shaved ice.

Watch for the event ad in this paper and bring it to the event for one FREE soft drink or bottled water (one per customer).

Japanese Bazaar
Saturday, Jul 15: 11 a.m. – 7 p.m.
Sunday, Jul 16: 11 a.m. – 3 p.m.
Southern Alameda County Buddhist Church
32975 Alvarado-Niles Rd., Union City
(510) 471-2581
www.sacbc.org





REGISTRATION IS OPEN!
LOV - The League of Volunteers
23rd Annual Frank Sisk Golf Tournament
Friday June 23rd, 2023

\$169 individual registration fee
\$596 golf foursome (only \$149 each)
Includes green fees, cart, range balls, tee prizes, dinner & presentation, and special awards.

Check in - 11:00AM
Putting Contest 11:00AM - 12:15PM
Shotgun Start - 1:00PM
Scramble Format
Dinner to Follow

Register Here
Scan me

For More Info:
donna.larck-sisk@lov.org
jodie.aquino-sisk@lov.org
(510) 793-5683



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Frank Sisk GOLF TOURNAMENT

League of Volunteers - LOV
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MON - THUR 10:00AM - 2:00PM

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WEEKLY THEMES & ACTIVITIES
Our 2023 weekly lineup promises the best of kid-style summer recreation with age-appropriate fun. Each day offers art, crafts and other games and activities.

Lunch & Snacks are provided every day through the Newark Unified School District and the Federal Free Summer Lunch program. Weekly Menus may vary. Nutrition information will be provided. Morning healthy fruit and veggie Snacks are always available to children at the Park.

MANAGEMENT, STAFF & VOLUNTEERS
All park employees are over the age of 15, 18+ are background checked. 13-15 year olds may volunteer.

Volunteers are supervised by adults, and never left alone with any child. **Sorry – no before or after care.**

Volunteer signups begin May 1st. Call LOV for Park Staff info & Summer Camp Employment information.

HOW TO REGISTER

- Go to: www.lov.org
- Click Register
- Complete & return the registration form
- An email confirmation will be sent to you with medical authorization and emergency contact forms

LOV -League of Volunteers
8440 Central Ave., Ste A/B Newark, CA 94560
(510) 793-5683 - www.lov.org - lov@lov.org
Your donation is tax deductible to the extent allowed by law Federal ID # 94-2638329

Plethos summer camp performs

SUBMITTED BY AMANDA DALY

Stagecraft Play Production camp presents “Roald Dahl’s James and the Giant Peach Jr.!”

Thirty-five campers in grades 3-8 have been working on their acting, singing, and dancing skills, plus some farming and fun with animals, all culminating in three public musical performances. Put on by Plethos Productions, a non-profit theater production

company based in Castro Valley, this two-week performance arts course offers kids from all over the community the chance to learn, play, and perform together.

In this delightfully offbeat adaptation of the Dahl novel, a boy and his insect friends take an amazing journey across the ocean. With a wickedly tuneful score and a witty and charming book, this adventurous musical about courage and self-discovery is perfect for kids ages three to 13.

The whole community is invited on June 16, 17, & 18 at 6 p.m. to watch these talented young performers show off their acting chops in this one-hour rendition of a classic at Heirloom East Bay, Castro Valley. Get your tickets today at plethos.org.

Roald Dahl's James and the Giant Peach Jr.
Friday, June 16 – Sunday, June 18
6 p.m.
Heirloom East Bay
9990 Crow Canyon Rd., Castro Valley
plethos.org
Tickets: \$10



Join Golf Tournament and support League of Volunteers

SUBMITTED BY DONNA SISK

Registration is now open for the 23rd Frank Sisk Golf Tournament, held this year on Friday, June 23. Check-in starts at 11 a.m., and the day involves a putting contest, a shotgun start at 1 p.m., and dinner after the tournament concludes. (Non-golfers are welcome to purchase tickets to attend dinner only.)

The event will feature a banquet dinner, greens and cart fees, range balls, tee prizes, tournament trophy awards, and live and silent auctions.

All tournament proceeds support LOV’s Summer Recreation in the Parks Program Summer Camp. In its 41st year, the camp features four weeks of great summer fun for up to 800 Tri-City kids, including games, sports, arts & crafts, nutritious snacks and lunch, special community presentation days, and more.

23rd Frank Sisk Golf Tournament
Friday, Jun 23
11 a.m. Check In

11 a.m. – 12:15 Putting Contest
1 p.m. Shotgun Start
Poppy Ridge
4280 Greenville Rd., Livermore
(510) 793-5683
www.lov.org/golf
donna.lorck-sisk@lov.org
\$169 Individual Registration
\$596 Golf Foursome (\$149 each)
\$45 Dinner only



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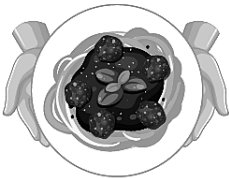
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HOLY TRINITY
LUTHERAN CHURCH

Check out what’s happening at Holy Trinity in June:



Spaghetti Feed
June 24 | 4:00 - 7:30 PM

Enjoy a plate of homemade spaghetti dinner and a chance to win amazing raffle prizes.

Adults: \$20 | Kids (Under 12): \$12 | Under 3: FREE | Family: \$50



MUSICAL THEATER CAMP
June 19 - 23 | 10:00 AM - 2:30 PM

Join us for an exciting musical theater camp.



Looking for a place to host your next event? Contact us at office@holytrinityfremont.org to learn more about our facility.

Holy Trinity Lutheran Church | 38801 Blacow Road, Fremont CA 94536 | HolyTrinityFremont.org

Join San Leandro Summer Library Program

SUBMITTED BY KELLY KEEFER

“Find Your Voice” is the theme for San Leandro Library’s annual Summer Library Program. All ages are encouraged to join.

This reading and activities program for all ages runs from June 3 - August 1. Participants earn points when they read or complete fun activities. Kids and teens will use their points to “buy” prizes from the prize board, while adults will use their points for tickets for weekly drawings.

Everyone who earn 80 points by August 1 will get a finisher prize packet with an invitation to a special event: Summer Carnival for Kids on August 5; Teen Party on August 11; or Adult Finale on August 18. Kids who finish the program will also receive a free pass to the Lawrence Hall of Science, a free Mini Murph pizza courtesy of Papa Murphy’s Greenhouse Marketplace, and a pass for a free recreation swim at a San Leandro pool.

To join, simply visit the Library’s website at sanleandro.org/summerreading, or stop by the Main Library, 300 Estudillo Ave., Manor Branch, 1241 Manor Blvd., or Mulford Branch, 13699 Aurora Blvd, during open hours starting Saturday, June 3.

The Library will offer an array of free events this summer, including story times, weekly activities for kids and teens, family movies, and entertaining and educational adult programs and events. Check the Library’s online calendar or follow us on social media to learn more.

“Summer Library Programs have been proven to maintain or improve reading ability, especially when kids are not in school,” says Library Director Brian Simons. “And libraries, especially in the summer, are so much more than just reading. Our libraries are committed to supporting lifelong learning and educational enrichment for all families and community members through programs, performers, and hands-on learning activities. We encourage everyone to join the free Summer Library Program.”

For more information, contact Kelly Keefer with the San Leandro Public Library at KKeefe@sanleandro.org.

San Leandro Summer Library Program
June 3 - August 1

Main Library
300 Estudillo Ave., San Leandro

Manor Branch
1241 Manor Blvd., San Leandro

Mulford Branch
13699 Aurora Blvd., San Leandro

sanleandro.org/summerreading

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Managing your home’s clutter

SUBMITTED BY EVELYN LATORRE
AND JANE MUELLER

Can you find what you need when you need it in your home? If not, like so many of us these days, this is probably due to clutter. And clutter so often is the source of unneeded stress. If you can’t find an essential tool or a precious possession, or if you need to downsize, come to a free “Downsizing + Home Organization Seminar” on Wednesday, June 14 at 6:45 p.m., sponsored by Fremont’s first cohousing development, Mission Peak Village. Sign up online at <https://www.missionpeakcohousing.org/events> or scan the QR code in the ad on page 30 in this issue. A variety of solutions will be presented by a panel of three experts on organizing and storing.

Mary Enrique of Organizing with Mary (www.owmsolutions.net) has been bringing peace of mind to clients ever since she earned enough money to buy her first possessions. As her collection of stuff grew, the space for her diminished and her material possessions became more of a burden than a joy. That inspired her to make decluttering her profession. For the last 20 years, she has helped other families de-stress through home organizing.

Kali Braunschweig of Revive Design (www.revivedesign.net) brought 18 years of executive recruiting and education in art and interior design together to form her firm. She discovered the National Association of Productivity and Organizing Professionals (NAPO) that helps people create more manageable living environments. Using her background, she launched Revive Design to create spaces that inspire, make people feel good, and help individuals through periods of transition.

Binh Ly is design manager of Inspired Closets (www.bayhomeandwindow.com) located in Pleasanton. He says the primary consideration in designing a space should be the people who will use it. He draws inspiration from other designers’ work and his clients’ homes, and rejects the idea that aesthetics should be the primary driver. He first seeks to understand clients’ vision and intention for the space and the issues they are trying to address.

A first step in managing home clutter is taking the time to sort through acquired items. Should you donate, sell, or keep those seldom-used belongings? Labeling boxes, bins, and containers will make it easier to find specific items. Donating what you no longer need or use to a worthy cause can take away the emotional sting felt when parting with a prized material possession.

Perhaps more vertical space like wall or floating shelves is needed to store books, kitchen supplies, or decorative items. Then there’s the space under the beds or closet organizers to consider. Often, furniture like two-tiered coffee tables, ottomans, or benches is the answer for storing toys, attractive books, or extra blankets. Then too, breaking the habit of acquiring so many new things may be the gateway to a less cluttered life.

The June 14 Downsizing + Home Organization Seminar may be just the inspiration you need to get started organizing that home office, garage, or storage space and downsizing your home.

This article is part of an ongoing series on cohousing. Mission Peak Village is composed of friends forming Southern Alameda County’s first cohousing community in Fremont. Memberships are still available. Call Kelli at (510) 413-8446 or visit Mission Peak Village on Facebook, Instagram, or www.missionpeakcohousing.org, where you can also register for a monthly walk to explore the neighborhood around the future site.

Downsizing + Home Organization Seminar
Wednesday, Jun 14
6:45 p.m.
First United Methodist Church
Cole Hall
2950 Washington Blvd., Fremont
Register at: www.missionpeakcohousing.org/events

Kali Braunschweig

Mary Enrique

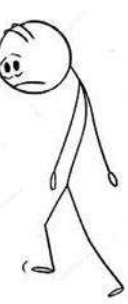
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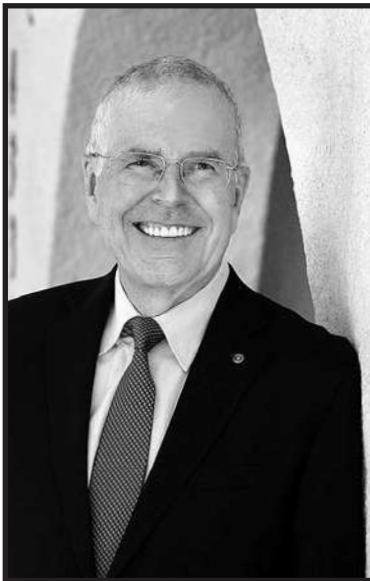
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Mockingbirds

BY PAT KITE

Why have my mockingbirds disappeared? When the children were little, they complained that a mockingbird sang at dawn outside their window, waking them up. I haven't seen or heard a local mockingbird in years. When recently visiting a friend in Milpitas, a mockingbird was happily hippity hopping in her backyard. Where are mine?

According to folklore, mockingbirds are signs from guardian angels. They are good omens, urging you to protect those you love. They symbolize innocence, and any harm to them is morally wrong.

A story for those who love stories, as I do:

In the beginning, all birds were colorless and voiceless. The Old One asked the birds to gather in like-appearing groups. So they stood in line. Old One painted each group a different color scheme. The mockingbirds were in the very last group. Old One thanked the mockingbirds for their patience. But alas, the only paint remaining was black. So Old One painted mockingbirds a pretty mixture of black and grey. The Old One also taught

each group of birds their own song. And because the mockingbird had been so patient, Old One gave it a gift of all the other bird songs.

Both male and female mockingbirds sing. Apparently, they can sing 200 bird songs, as well as replicate insect and frog sounds. The mockingbirds' Latin name is *Mimus polyglottus*, or "many tongued mimic." Sometimes a Northern mockingbird will loudly sing thru the night. This tends to be a lonesome bachelor male. The best way to shut him up is to lure a female into your yard.

How do you lure a female mockingbird? Put out a plate of dried fruit. Mockingbirds love fruit, especially berries, but also enjoy apple slices, orange halves, chopped figs, raisins and an occasional doughnut. In winter they eat insects.

These long-tailed black and grey birds with white wing spots, about robin sized, will mate between April and July. Nests can be high or low, and are constructed of twigs and plant parts. Four eggs are mixed colored, often greenish. Both parents defend the nest and feed the young. Each year I hope my mockingbirds return.

Some good news is the Ohlone Humane Society Wildlife Rehabilitation Center on Hickory Street in Newark has reopened. Hours are 11:30 to 3:30, Tuesday thru Saturday.

Pat Kite's Garden



PAT KITE

L. Patricia [Pat] Kite's several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore* and *Silkworms*. They may be found at Amazon.com and Alibris.com.

LETTER TO THE EDITOR

Build more parks not new freeways

Our community supports access to nature and we are blessed with regional parks like Coyote Hills, Vargas Plateau, and Mission Peak. The City of Fremont should provide street parking so everyone can have access to nature, not just those who live next door to one of these parks.

But the city council appears to be turning its back on healthy parks and limiting street parking to keep out visitors. On May 9, 2023, several council members kowtowed to anti-park activists demanding to ban all street parking near Mission Peak. They want free parking permits for residents only as described at the following link: <https://tinyurl.com/23jmxv9p>. The ban on on-street parking would create an exclusive country club ambiance for the gated communities of Hidden Valley and Vineyard Heights while harming public health for less-advantaged communities elsewhere in Fremont.

The city is also restricting 30 on-street parking spaces at Vargas Plateau Regional Park near the gate at Canyon Heights and Pickering Ave. The New Year's Eve landslides have closed the Morrison Canyon trail leading to Vargas Plateau from central Fremont, but the city has dragged its feet with no announced schedule for repairing

and reopening the hiking trail. It's time to prioritize multimodal trail repairs for hiking and biking, not just road repairs for motorists.

In late 2022, the park district bulldozed 50 free parking spaces at the main entrance to Coyote Hills Regional Park, and the city banned another 50 on-street spaces on the north side of Commerce Drive. Lifting the parking restrictions on streets near Coyote Hills would support visitors and bird watchers who go to the park before 8 a.m. and after 8 p.m. when the parking lots are closed.

Many of Fremont's business parks don't have sidewalks, so the city needs to build more multimodal streets in high-tech commercial zones that will support pedestrians not just cars.

The city council has announced plans to construct a new \$500-million freeway along Mission Blvd. between I-880 and I-680. By 2032, less than a decade from now, the "CA-262" freeway would divide the Warm Springs community and wreak havoc on local shops and restaurants. Our city council would sacrifice the underrepresented community of Warm Springs to pursue the illusory pipe dream of alleviating congestion in

Mission San Jose and facilitating mega-regional cargo and truck movement between San Joaquin Valley and the South Bay.

More traffic volumes would generate additional freeway noise and pollution that will degrade the environment of Warm Springs. You can submit your comments to the CalTrans freeway planners during the preparation of a draft freeway environmental impact review at the following link: <https://tinyurl.com/3y56kyh9>. The deadline for comments is June 16, 2023.

The city council as it is presently constituted is openly working against the best interests of our residents by moving forward with the monstrous Warm Springs freeway and restricting street parking at regional parks. Let's invest in our parks to maximize recreation, and educate our young about the power of nature. Let's stop constructing new urban freeways to save Warm Springs, and encourage more people to get out of their cars.

William Yragui
Mission Peak Conservancy

Park Happenings for June

News from the East Bay Regional Park District

SUBMITTED BY DAVE MASON

Each summer, the East Bay Regional Park District welcomes visitors to spend time exploring nature and connecting with family and friends. Whether it’s a sunshine-filled hike, family picnic, or group barbecue, Regional Parks offer a place for healthy and safe recreation while also protecting open space and natural habitat for wildlife.

Popular summertime activities include swimming, picnicking, barbecuing, fishing, boating, kayaking, canoeing, movie nights, day camps, adventure camps, and naturalist-led programs. Whatever your activity level this summer, make sure you enjoy your time responsibly and safely.

Summer tips for visitors:

- Stay Cool and Hydrated – Plan ahead and bring plenty of water.
- Beat the Heat – On hot days, visit in the morning and early evening when it is cooler.
- Drink Safely – Alcohol is only allowed at certain Regional Parks.
- Follow Water Safety Rules When Swimming – Free loaner life jackets are available at all life-guarded Park District swim facilities.
- Follow All Fire Safety Rules – Be aware of fire danger warnings and fire safety rules.

The Park District is celebrating Juneteenth with a Free Park Day on Sunday, June 18, in recognition of the date when enslaved Black Americans in Texas were notified of their freedom, albeit 2.5 years after the Emancipation Proclamation was issued. Please note that due to most District programming taking place on weekends, the Free Park Day will take place on Sunday. The District is committed to enhancing diversity, equity, and inclusion, and making our parks more welcoming and reflective of the communities we serve.

Fees waived for Juneteenth include park entrance, parking, dogs, horses, boat launching, and fishing. However, the fee waiver does not apply to swimming, camping, reservable picnic facilities (due to capacity limits), district concessions, state fees for fishing licenses, and watercraft inspections for invasive mussels.

The Park District is also celebrating Juneteenth with several naturalist-led programs, including a hike at Coyote Hills Regional Park in Fremont on Sunday, June 18, at 10 a.m.; nature walks at Thurgood Marshall Regional Park in Concord on Monday, June 19, at 10 a.m. and at Big Break Regional Shoreline in Oakley on Monday, June 19, at 8 a.m. For more information, visit www.ebparks.org/juneteenth.

Enjoy Father’s Day in Regional Parks with themed activities at Crown Beach in Alameda and Del Valle Regional Park in Livermore.

Father’s Day will be celebrated at Crown Beach with a day-long celebration on Sunday, June 18 from 11 a.m. to 4 p.m. Bring family and friends to the beach, then visit the Doug Siden Visitor Center at Crab Cove for crafts and activities to celebrate Father’s Day. Meet a snake, make a craft for Dad, and enjoy some fun in the sun!

At Del Valle, Father’s Day will be celebrated with a hike on June 18 from 11:30 a.m. to 1:00 p.m. Celebrate Dad by spending time in nature on a two-mile hike in the hills as you learn about nature’s fantastic fathers! The whole family is invited. Some of the hike will be on paved paths, and there is a short hill. Meet at the Del Valle Visitor Center.

For more information about the Park District’s Father’s Day activities, visit www.ebparks.org/calendar and search “Father’s Day.”

Join the Park District at one of its naturalist-led campfire programs filled with songs, games, photos, stories, activities and more. Gather the family for an evening of fun and exploration of nature, plus s’mores of course! June campfire programs are scheduled at Del Valle Regional Park in Livermore, Anthony Chabot Regional Park in Castro Valley, and Dumbarton Quarry Campground in Fremont.

For more information, visit www.ebparks.org/calendar and search “Campfire.”

Shadow Cliffs is full after years of severe drought and historic low water levels. The return of swimming is planned

for a June 16 opening, based on water quality testing and park and lifeguard staffing. Fishing from the shore is allowed. The return of boating is planned for late June, dependent on quagga inspection staffing. Shadow Cliffs has been closed to swimming for the past three years, first due to the COVID-19 pandemic, then due to severe drought.

In early May, the Park District entered into an agreement to purchase surplus water from the Zone 7 Water District via Arroyo Valle to refill Shadow Cliffs Regional Recreational Area and return recreational opportunities to the lake. Visit the parks webpage at www.ebparks.org/parks/shadow-cliffs for up-to-date information.

A year-round fire season is the “new normal” in California. The Park District’s wildfire safety efforts include removing flammable vegetation, maintaining a professionally trained full-time and on-call fire department, maintaining specialized wildland firefighting equipment, and monitoring fire weather conditions.

While the Park District works 365 days a year to manage and remove hazardous vegetation, it is our collective efforts that can have the greatest impact. For tips on how to prepare for wildfires, visit www.ebparks.org/fire-safety-tips.

The East Bay Regional Park District is the largest regional park system in the nation, comprising 73 parks, 55 miles of shoreline, and over 1,300 miles of trails for hiking, biking, horseback riding, and environmental education. The Park District receives more than 25 million visits annually throughout Alameda and Contra Costa counties in the San Francisco Bay Area.

Fireworks in Union City: Stay Safe and Sane

SUBMITTED BY UNION CITY POLICE DEPARTMENT

As the 4th of July draws near, Union City wants to remind everyone that only “Safe and Sane” fireworks are allowed between July 1st and July 4th from 8 a.m. to 10 p.m. on private property. Illegal fireworks will not be tolerated! Individuals possessing or using illegal fireworks may be fined up to \$1,000.

Many Americans, including children, are injured and/or disfigured each year due to the destructive power of fireworks. Union City Police Department (UCPD) wants you to enjoy the upcoming 4th of July celebration responsibly and safely.

Brush up on Union City's safety guidelines:

- Only “safe and sane” fireworks are allowed in the City of Union City

- They can only be used from 8 a.m. to 10 p.m. between July 1st and July 4th
- They are only allowed on private property. They are not allowed on sidewalks, in streets, or in parks.
- Make sure to keep pets indoors when using fireworks. Do not point fireworks toward people, and maintain a safe distance after lighting.
- Soak used and unused fireworks in water before discarding them.
- Report illegal fireworks to UCPD at (510) 471-1365.

The Police and Fire Department will respond to all complaints involving the use of fireworks. Individuals who use illegal fireworks and/or misuse “Safe and Sane” fireworks may be subject to citation and/or arrest. The Police and Fire Department will also be issuing citations to property owners and tenants who allow the use of illegal fireworks on their property or property under their control.

Our goal for 2023 is to report that the City of Union City suffered no injuries or damage to buildings due to the use of fireworks.

Many pets become so frightened by the noise and commotion of the fireworks that they run from familiar environment and people, and sadly become lost. Here are some ways to keep them safe:

- Keep pets inside.
- Keep windows closed.
- Ensure pets have ID tags.
- Comfort pets with treats and toys
- Walk pets beforehand.
- Play music to combat outside noises.

(Source ASPCA, the Humane Society of the United States)

To learn about fireworks regulations in our city, please visit: <https://www.unioncity.org/394/Fireworks-Regulations>
To report firework violations, call 1 (510) 471-1365, NOT 9-1-1

Flash Fiction Winner #5

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. Here’s the last one:

Fan Mail

BY TISH DAVIDSON

E. B. White came down from his writing studio to eat lunch. His wife had set his fan mail at his place on the table. White loved hearing how much his readers liked

his books. He opened the first letter. It was from a fourth-grade teacher who wrote, “I have been reading *Charlotte’s Web* to my class. My students got so involved in the story that they threatened to go on a homework strike unless I read two chapters each day instead of one. The girls love the gentle spider Charlotte. The boys like Wilbur the pig because he is messy, and the troublesome boys all want to be Templeton the rat.”

“A homework strike,” White chuckled. “They must really love my book.”

The next letter was from a mother. She wrote, “I read *Charlotte’s Web* to my children. It took me back my happy childhood on a farm in Iowa.”

The paper inside the third envelope was covered in cobwebs. White read, “We are angry orphans. You killed our mother before we could meet her. Thanks to you, we grew up without parents. How could do such a thing?” The letter was signed Wilbur “Some Pig” Zuckerman, typed for Charlotte’s 518 offspring.

White wondered if he were hallucinating. He glanced around the room. Everything seemed normal, then his eye caught sight of a spider web high in the corner of the dining room. He got up for a closer look. Slowly the words the spider was spinning emerged. “Bad Man.”

<https://fremontculturalartscouncil.org/>



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Summer Concerts

Milpitas Summer Concert Series
6:30 p.m. – 8:30 p.m.
Free admission excluding July 4

June 16 - Purple Haze
Sunnyhills Albert Augustine Jr. Memorial Park
Cortez St. & Coelho St.

July 4 - Sacred Fire Band
Milpitas Sports Center Complex
1325 E Calaveras Blvd.

July 21 - Jordan T
Pinewood Park
Starlite Dr. & Lonetree Ct.

August 4 - Billy Martini Show
Milpitas Sports Center Complex
1325 E Calaveras Blvd.

August 5 - Other People's Money
Milpitas Sports Center Complex
1325 E Calaveras Blvd.

www.milpitas.gov/milpitas/departments/recreation-services

Alameda County Fair concerts
8:00 p.m. - 9:15 p.m. nightly (except July 4)
7 p.m. Gates Open

June 16: Con Funk Shun
June 17: Yachtley Crew - The Titans of Soft Rock
June 18: Bee Gees Gold
June 21: Jesse McCartney
June 22: Ashanti
June 23: Quiet Riot
June 24: Queen Nation
June 25: Mi Banda El Mexicano
June 28: Joe Nichols
June 29: E-40
June 30: Gin Blossoms
July 1: George Michael Reborn
July 2: Purple Reign - Prince Tribute
July 3: LANCO
July 5: Night Ranger
July 6 LeAnn Rimes
July 7: Mirage, Visions of Fleetwood Mac

July 8: Super Diamond - The Neil Diamond Tribute
July 9: Karla Perez as Selena

Alameda County Fairgrounds Amphitheatre

Gates 8 & 12 off Valley Ave., Pleasanton
(925) 426-7600
<https://alamedacountyfair.com/>

Hayward Municipal Band Summer Concerts in the Park

Sundays, June 18 – July 9
Hayward Memorial Park, Tony Morelli Bandstand
4176 Mission Blvd., Hayward (Behind Hayward Plunge)

Groovin' at the Grove
Fridays; 5:00 p.m. – 7:30 p.m.
4 p.m. Gates Open
Bring a blanket or low-backed chair

June 16
5 p.m. One More Time
6 p.m. ZEBOP!

June 30
5 p.m. Mike Torres Band
6 p.m. The Servants

July 14
5 p.m. Randy Lira's All-Stars
6 p.m. Evolution

July 28
5 p.m. OMT Band
6 p.m. Tortilla Soup

Pacific Commons Summer Concerts
Fourth Fridays
7 p.m. – 9 p.m.

June 23 – Andre Thierry
July 28 – Neon Velvet
August 25 – East Bay Mudd
September 22 – The Cheeseballs

Central Park Summer Concert Series
6 p.m. – 8 p.m.

June 29 – CC Segar
July 13 – Melody Makers
July 20 – Pride & Joy
July 27 – Touch of Class
August 3 – Idea Band
August 10 – Flock of Seagirls

Central Park Performance Pavilion
40204 Paseo Padre Pkwy, Fremont
(510) 790-5541
www.fremont.gov

H.A.R.D and Hayward Odd Fellows Summer Concert Series
1 p.m. – 4 p.m.

Sundays, August 6 – September 24
(no concert September 3)

Hayward Memorial Park
24176 Mission Blvd., Hayward

The Block near Koja Kitchen
43440 Boscell Rd., Fremont
pacificcommons.com

Castro Valley history researcher speaks on his new book

SUBMITTED BY MARCESS OWINGS

Local researcher Rick Kelly has been hard at work exploring Castro Valley's history, and will speak to his process and the extensive research behind his new book on Saturday, June 24 at 1 p.m.

Over four years in the making, Rick Kelly's new book details the evolution of Castro Valley from a Native American territory to a modern commuter suburb. Entitled *Rancho to Ranch Homes: Mapping the Evolution of Castro Valley*, Kelly's book includes hundreds of photographs and maps, many of which have not been previously published.

Kelly painstakingly collected information from aerial photography, archival collections, and online databases to synthesize a thorough history of Castro Valley. He explores how Guillermo Castro came to own the land, and how it was subdivided over and over again as agricultural practiced changed and eventually made way for modern suburban housing tracts.

The self-published account of Castro Valley's development is available online on Amazon. Some local merchants may have copies available for purchase as well.

Registration is available at www.haywardareahistory.org and a recording will be available online at Hayward Area Historical Society's YouTube channel following the live presentation.

For the most current information about the Society's upcoming programs, visit www.haywardareahistory.org or call (510) 581-0223.

Rancho to Ranch Homes
Saturday, Jun 24
1 p.m.
Online via Zoom
(510) 581-0223
Register at www.haywardareahistory.org

Summer Outdoor Movies

Movie Night Out
8:30 p.m.
\$10; register ahead of time

June 9
Jurassic World Dominion
Dixon Landing Park
1771 Milmont Dr., Milpitas

June 23
Soul
Sinnott Park
Tahoe Dr., Milpitas

July 14
Paws of Fury: The Legend of Hank
Peter Gill Memorial Park
Santa Rita Dr. & Paseo Refugio

July 28
Ant Man & the Wasp
Higuera Adobe Park
Wessex Pl., Milpitas

www.milpitas.gov

Family Movie Nights
Bring lawn chairs, blankets, snacks

June 13
Strange World
8 p.m.
Halycon Park

July 11
Family Camp
8 p.m.
Chabot Park

July 28
Minions: Rise of Gru
7 p.m.
Farrelly Pool

\$3 pre-registration, \$6 at the door

August 8
8 p.m.
Hotel Transylvania: Transformania
Washington Manor Park

www.sanleandro.org/377/Recreation-Human-Services

Free Outdoor Movies
8 p.m.
Bring picnic dinner, low-back chairs or blankets, and flashlights

June 23
Lightyear
Mr. Eden Park

July 21
DC League of Super Pets
San Lorenzo Community Park

August 18
Turning Red
Castro Valley Community Park

September 8
Hotel Transylvania 4
Meek Park

www.haywardrec.org

Free Outdoor Movie Night
Friday, July 7
6:30 p.m. start; movie at sunset
Food trucks, bounce houses, crafts, games
Bring blankets or low-back chairs
Newark Community Center Park
35501 Cedar Blvd., Newark

Bark After Dark
8 p.m.
Bring low-back chairs and/or blankets. Pets must remain on leashes

July 7
Secret Life of Pets

July 14
Air Bud

July 21
Disney's Bolt

July 28
Lady and the Tramp

Kennedy Community Park
1333 Decoto Rd., Union City

Classic Movies Under the Stars

\$5 Barbara Lee Senior Center Member; \$10 Non-Member
Register online or at the Senior Center

July 21
8:30 p.m.
A League of Their Own
Cardoza Park

August 18
8:30 p.m.
Grease (1978)
Barbara Lee Senior Center

www.milpitas.gov

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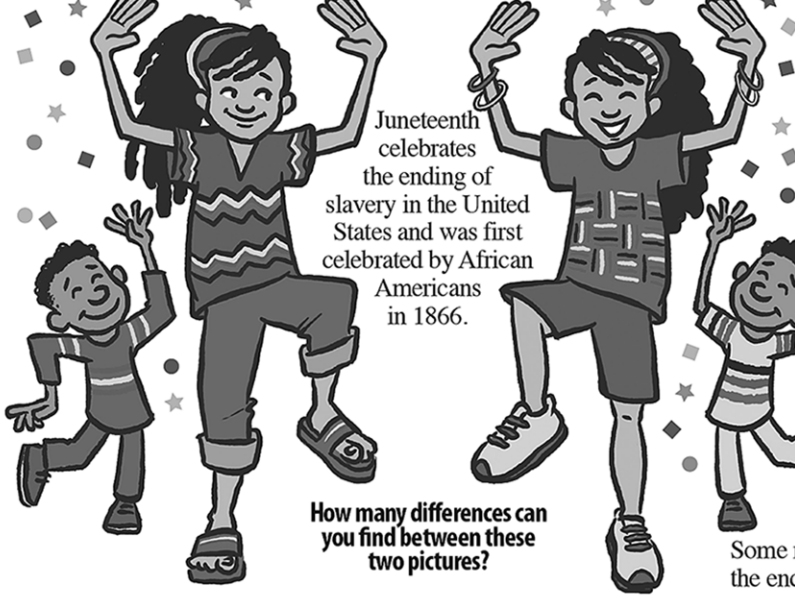
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America's Newest National Holiday Juneteenth!

Juneteenth is the newest federal holiday in the United States. President Biden signed the legislation that officially made Juneteenth a federal holiday in 2021.



How many differences can you find between these two pictures?

A Holiday with Many Names

Use the code to reveal some of the other names for Juneteenth.

M	C	N
5	10	1
11	3	7
13	1	15
7	12	11
Y	4	1
D	6	14
5	5	4
12	10	4
1	4	1
Y	8	16
2	7	9
5	5	4
1	4	1
Y		

1 = A	5 = E	9 = L	13 = P
2 = B	6 = F	10 = M	14 = R
3 = C	7 = I	11 = N	15 = T
4 = D	8 = J	12 = O	16 = U

Juneteenth Celebrations

People celebrate Juneteenth in many ways. Some people have parties and there are parades. Some make memorials thanking the people who fought for the end of slavery.

While Juneteenth celebrates the freedom, or **emancipation**, of enslaved African Americans in the United States, it's a great day for everyone to celebrate their freedoms.

Why is it called Juneteenth?

Juneteenth is celebrated on June 19th. Juneteenth combines the word **June** and the word **nineteenth**.

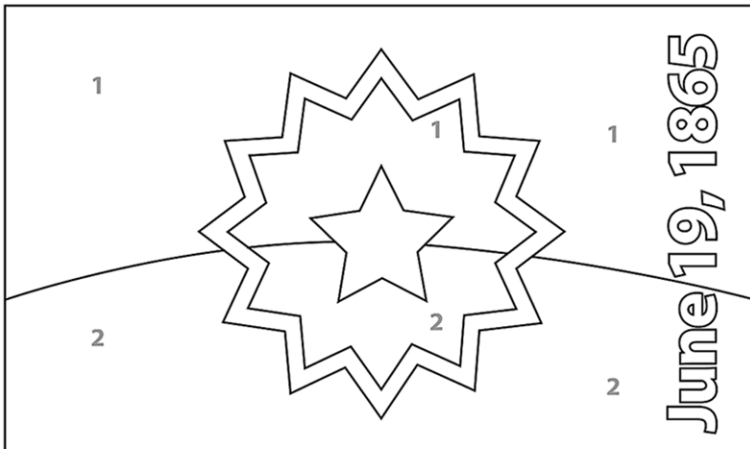
The Juneteenth Flag

The Juneteenth flag was created to celebrate the end of slavery and a hopeful future. Color by numbers to complete the flag.

BLUE = 1 RED = 2

Each year, the Juneteenth flag is raised in a special ceremony in this city in Texas. Circle every other letter to discover the name of this city.

B @ H A F L T V R E W S V T J O L N
G



The Fight for Freedom

Replace the missing words.

Long ago, _____ your great-grandparents were born, some Americans could legally own other people. They called the _____ they owned **slaves**.

Slaves did not have freedoms that people enjoy today. They could not _____ where they wanted. They could not live where they

wanted. They could not work where they wanted. Slavery was cruel and _____.

Even though President Abraham Lincoln _____ the Emancipation Proclamation in 1862 freeing all slaves, it took three _____ and a Civil War to finally make it _____.

Juneteenth marks the day in 1865 that U.S. soldiers took _____ in Galveston, Texas and the last slaves were finally freed.

Standards Link: Reading Comprehension: Follow simple written directions.

Juneteenth Scavenger Hunt

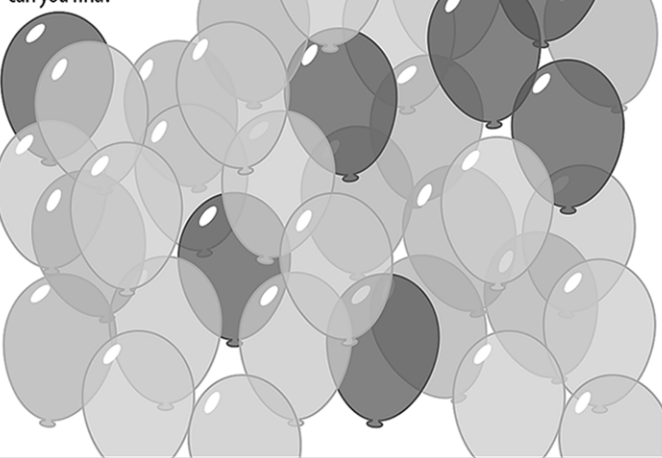
Look through the newspaper and find the letters that spell Juneteenth. Cut out the letters and glue them onto a piece of paper and decorate! Post your Juneteenth picture in a window so people outside can see it.

Standards Link: Use the newspaper to locate information.

Kid Scoop Puzzler

Celebration!

How many balloons can you find?



Double Double Word Search

BORN
END
FEDERAL
FLAG
FREEDOM
GREAT
HOLIDAY
HOPEFUL
JUNETEENTH
LINCOLN
PEOPLE
POST
STATES
TEXAS
WHO

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

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

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

Kid Scoop Together

Freedom Finder

Work with a family member to write about why each of the freedoms below is important to you.

The freedom to travel where we want is important because:

The freedom to read what we want is important because:

The freedom to live where we want is important because:

The freedom to be friends with who we wish is important because:

The freedom to share our opinions with others is important because:

Kid Scoop VOCABULARY BUILDERS

This week's word: **EMANCIPATE**

The verb **emancipate** means to free from slavery or other kinds of control.

In June 1865, the Civil War ended, and all slaves were **emancipated**, or freed.

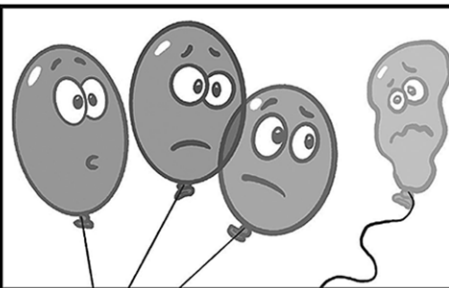
Try to use the word **emancipate** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Celebrate Freedom

Think about the things that make freedom so important. Write a letter to the editor of this newspaper telling them why freedom is important to you.

Standards Link: Calculate sums to a particular amount.



What did one balloon say to the others?

ANSWER: "Hey guys! Watch out for the cactus!"

Write On!

How I Helped

Write about a time you helped someone else. How did it feel?



The Fremont CONNECTION



Tri-City Agencies Working Together on New Local Hazard Mitigation Plan

Get Involved and Help Your Community be Hazard-Ready!

The City of Fremont is partnering with the Cities of Newark and Union City, the Alameda County Water District, and the Union Sanitary District to develop a new Tri-City Multi-jurisdictional Local Hazard Mitigation Plan (LHMP). The scope of the plan will address various natural hazards including earthquake, wildfire, severe weather, flood, tsunami, landslides, and more. The plan will assess local risks and identify and prioritize strategies to reduce them.

Communities with a FEMA-approved Local Hazard Mitigation Plan are eligible to apply for pre- and post-disaster mitigation grant funding. The project will also develop a framework to reduce flood risk and potentially lower the cost of flood insurance premiums and businesses under the National Flood Insurance Program's (NFIP) Community Rating System (CRS).

We encourage the public to attend and participate in our upcoming meetings. Informational Public Meetings will explain the LHMP development process, the benefits

of cities' participation in the CRS program, and how you can become involved. The next Informational Public Meeting is Thursday, July 13, 2023, from 6:00 – 7:30 p.m. at the Age Well Center at Lake Elizabeth, 40086 Paseo Padre Pkwy. in Fremont.

The Cities of Fremont, Newark, and Union City are seeking interested community representatives to participate on a special floodplain management Steering Committee—and to regularly attend Planning Committee Meetings—over the course of the project, through early 2024. If you are a Fremont, Newark, or Union City resident and interested in being appointed to the Steering Committee, please contact the following:

Fremont
Alec Tune
Emergency Services Manager
Fremont Fire Department
510-494-4256
atune@fremont.gov

Newark
Richard Martinez
Emergency Coordinator
City of Newark
510-578-4806
RichM@newark.org

Union City
Richard Martinez
Emergency Services Coordinator
City of Union City
510-675-5363
RicardoM@UnionCity.org

For more information and/or to provide feedback, please visit www.my.fremont.gov/tri-city-hazard-plan.



City's New Instant Solar Permit Available

Solar installation contractors are now able to apply for the City's new Instant Solar Permit (ISP) with the help of SolarAPP+ (<https://solarapp.nrel.gov>), 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 at <http://fremont.gov/citizenaccess>.

The ISP application will be available for contractors registered with SolarAPP+. The ISP will accommodate roof-mounted solar photovoltaic panel installations with or without an energy storage system. To see which systems will be eligible, please refer to the SolarAPP+ Eligibility Checklists at <https://help.solar-app.org/article/43-what-types-of-systems-are-eligible-for-solarapp-review>.

SolarAPP+ will make it easier for Fremont residents to install roof-top 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 the City's Instant Solar Permit webpage at <http://city.fremont.gov/isp>.

Fremont Police Department's 2022 Annual Report Published

Want to know what our Police Department has been up to in the last year? Check out Fremont Police Department's 2022 Annual Report, which includes data such as:

- The Police Department answered 291,855 calls in 2022 – averaging 800 calls answered per day.
- FPD personnel spent 120,348 hours in training.
- There were 17,200 original police reports documented.
- Statistics on special deployments, use of force, and much more ...

To read the Fremont Police Department's 2022 Annual Report, please visit www.fremontpolice.gov/annualreport.

Fremont Minimum Wage Increasing on July 1

In February 2019, Fremont City Council approved a minimum wage ordinance that increased the local minimum wage to \$15 per hour—two years earlier than mandated under State law—and required annual adjustment of the minimum wage after that based on inflation, which incorporated feedback received from residents, businesses, non-profit organizations, and low-wage workers.

Starting July 1, Fremont's minimum wage will increase to \$16.80 per hour. Employers must pay hourly employees who perform work within the geographic boundaries of the City of Fremont the minimum wage for all hours worked as well as visibly post the official City of Fremont Wage Bulletin in Fremont's top five languages spoken at each work site. The Official Bulletins, including translated versions, are available for download on the City's Minimum Wage webpage at city.fremont.org/minimumwage.

To avoid a reduction in the valuable services they provide to the community, the minimum wage ordinance exempts employees of non-profit corporations. Questions can be directed to minwage@fremont.gov.

More In-Person Hours of Operation Added at City's Development Services Center/Permit Center

The City of Fremont's Development Services Center/Permit Center, located at 39550 Liberty St., has added more in-person hours of operation to assist the public with their permitting inquiries. The Center's new schedule for in-person services includes 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>.

PARKS & RECREATION

CITY OF
Fremont

SUMMER CONCERT SERIES

JUNE 29 CC SEGAR
Bob Segar & CCR Classic Rock

JULY 13 MELODY MAKERS
Premier Bollywood Band

JULY 20 PRIDE & JOY
Pop & Soul Party Band

JULY 27 TOUCH OF CLASS
R & B, Funk, & Pop

AUG 3 IDEA BAND
Pop Rock

AUG 10 FLOCK OF SEAGIRLS
80s Rock

*No concert on July 6.

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NILES ROTARY CLUB

REPUBLIC SERVICES

ECHO.CHURCH

FREMONT BANK

CEFCU
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QR CODE

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- ◆ One Car Garage
- ◆ Built in 1963
- ◆ Centrally Located in a Great Chabot Neighborhood

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Keller Williams Benchmark Realty

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

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Tell A Friend Call Rachel Parra 510 745-1480

continued from page 1

Exciting activities
on tap at
Alameda County Fair
opening weekend

On Saturday, June 17, the West Coast qualifiers for Nathan's Famous Hot Dog Eating Contest will take place at 3 p.m. at the Grandstand Stage. The top three male and female qualifiers will punch their ticket to the Finals, which take place July 4th on Coney Island at Nathan's Flagship location.

Sunday, June 18, will feature a special salute to Father's Day with a free drink koozie giveaway for dads at the admission gates (while supplies last). "Out at the Fair," a Pride themed celebration, will also take place on Sunday with a performance by Erica Ambrin and the Eclectic Soul Project, as well as a Glam Show at 5:30 p.m.

Guests can look forward to all the traditional Fair foods like Corn Dogs, Funnel Cakes and Deep Fried

Oreos, plus some new items with a global twist. The Korean Corn Dog, Boba, Elote, and Musubi Rice Snacks are on the menu, as well as a new deep fried ice cream taco. The Fair will also feature lots of options for health-conscious guests such as fresh fruit, salads, and a plant based corn dog.

Thrill seekers will love taking a whirl on the Mega Flip ride and the Zipper, while those in the mood for a leisurely experience can soar high above the Fair on the Sky Ride. Throughout the weekend, there will be family friendly films at the Fair's "Movies on the Lawn" series, including *Madagascar*, *Lilo and Stitch*, and *The Boss Baby*. The Fair will also feature FMX Motocross shows, shopping, selfie spots, and nightly drone shows, presented by Bay Area Air Quality Management.

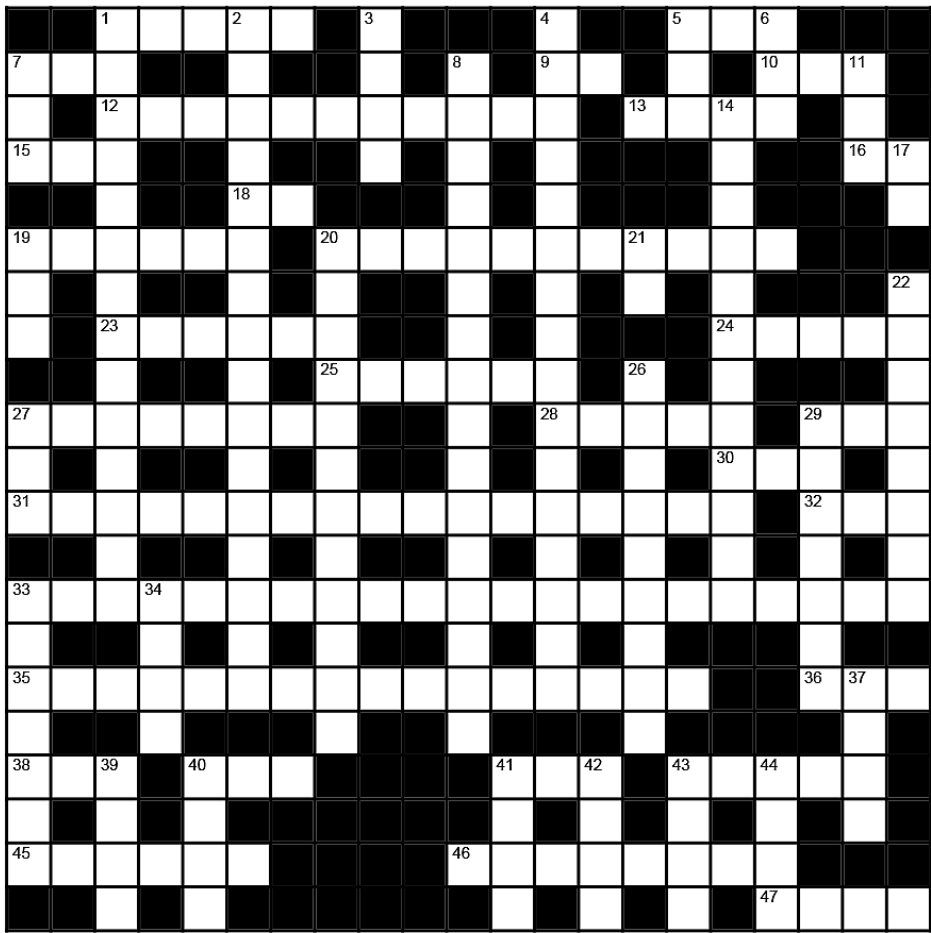
For tickets, daily schedules, promotions and more updates on the 2023 Fair, visit alamedacountyfair.com.

2023 Alameda County Fair
June 16 - July 9
(Closed Mondays & Tuesdays, open on July 3 & 4)
12 p.m. – 11 p.m. (except July 4, 12 p.m. – 8 p.m.)
Alameda County Fairgrounds
Gates 8 & 12 off Valley Ave., Pleasanton
(925) 426-7600
<https://alamedacountyfair.com/>
Regular Gate Admission: General (13-61) \$18; Seniors (62+) \$15; Kids (6-12) \$15; Children 5 and Under FREE
General Parking \$15



Mind Twisters

Crossword Puzzle



Across

- 1 Breathing organs (5)
- 5 Nats pitcher Gonzalez (3)
- 7 "___ tu" (aria for Renato) (3)
- 9 "No kidding!" (2)
- 10 "Babylon 5"'s news network, in brief (3)
- 12 Clock radio feature (6,5)
- 13 Easy-to-eat foods (4)
- 15 Its capital is Yellowknife: Abbr. (3)
- 16 "I think,there for I _" (2)
- 18 Depart (2)
- 19 Not pleasant (6)
- 20 Eager (5-6)
- 23 "C'est magnifique!" (2-2-2)
- 24 "Foreign Affairs" author (5)
- 25 Foil (4,2)
- 27 Collapsible chapeau (5,3)
- 28 Ghana's capital: Var. (5)
- 29 "Much ___ About Nothing" (3)
- 30 Item in a photog's file (3)
- 31 Sent? (9,8)
- 32 Comic Philips (3)

- 33 Dimensionless physical quantity at the heart of Michael Atiyah's purported proof of the Riemann Hypothesis (4-9,8)
- 35 Cause of destruction (4,2,1,5,4)
- 36 Oil-yielding tropical tree (3)
- 38 "Winnie-the-Pooh" baby (3)
- 40 British sports cars (3)
- 41 Charlemagne's domain: Abbr. (3)
- 43 American worker (5)
- 45 "Caveat ___" (6)
- 46 "Congratulations!" (8)
- 47 "House of Frankenstein" director ___ C. Kenton (4)

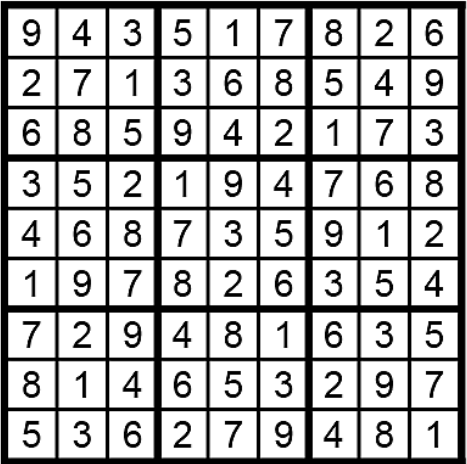
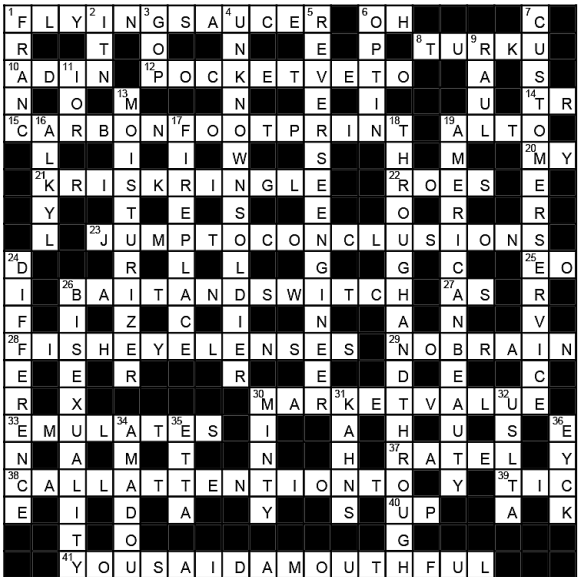
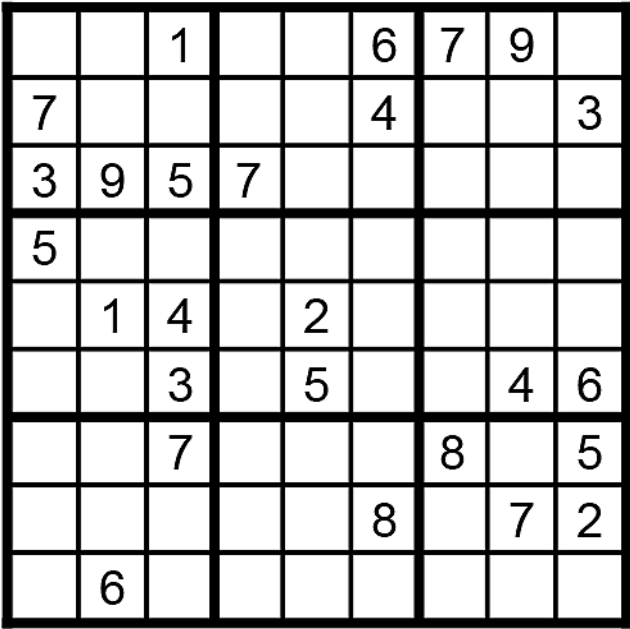
Down

- 1 "Be sensible!" (6,2,6)
- 2 'FIRST in war, FIRST in peace...' man (6,10)
- 3 Cell-nuclei substances (4)
- 4 Recipients of some company benefits (8,8)
- 5 Tower-aided landing: Abbr. (3)
- 6 Grafton's "___ for Outlaw" (3)

- 7 A abroad (3)
- 8 What C.P.A.'s wish for their clients? (4,5,7)
- 11 Long of "Boyz N the Hood" (3)
- 14 Materials in a tot's art project (4,8)
- 17 Me, Mine, _ (2)
- 19 Diminutive suffix (3)
- 20 Defeat a powerful opponent. (4,3,5)
- 21 That thing (2)
- 22 With medium-sized teeth (8)
- 26 Blue, for Smurfs (4,5)
- 27 Agents like Bond (3)
- 29 Contemporary (7)
- 33 Big name in eggs (7)
- 34 Evasive (4)
- 37 '40s tennis great Pauline (4)
- 39 K.G.B. predecessor (4)
- 40 Debatable (4)
- 41 Principal (4)
- 42 One who barely squeaks by (4)
- 43 Short shot (4)
- 44 Zero, on a court (4)

Sudoku:

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



Tri-City Stargazer FOR WEEK: JUNE 13, 2023

All Signs: This is a productive week! Especially in the beginning. Nevertheless, Venus and Mars in Leo will invite us to goof off and enjoy fun outings, especially sports and romance. (These occur for each sign in a different way). By the end of the week, fun socializing and romantic opportunities will offer exciting possibilities. Admittedly, there will be a speedbump midweek. This means we have to take the bad with the good. Adapt to whatever happens.

Aries the Ram (March 21-April 20):

This is a fast-paced week! You're eager to learn new things and share your ideas. Short trips will appeal. One lovely influence is the fact that both Venus and Mars are in your fellow Fire Sign, Leo, which makes you sportive, playful and eager to do your own thing. It's a good time for games, sports and fun in general. You are the artisan of the zodiac – and now is a wonderful time to explore a variety of creative activities. Meanwhile love and sexy romance are favored!

Taurus the Bull (April 21-May 20):

This is a fortunate time for you because lucky Jupiter is in your sign until June next year. This is a wonderful benefit, and it can happen only once every 12 years. Meanwhile, at the moment, both the Sun and Mercury are in your House of Earnings, boosting your moneymaking ideas and increasing your focus on cash flow and earnings. Because there is increased activity and chaos on the home front, possibly due to redecorating or renovations, this is also an excellent time to spend money to make your home more attractive.

Gemini the Twins (May 21-June 20):

You're keen to talk because not only is the Sun in your sign, your ruler Mercury is as well. This gives you a busy mind, which is why you will jump from issue to issue when talking to others. Mercury also gives you a strong urge to get out and travel, especially for short trips. Fortunately, supporting this desire to communicate is the fact that

both Venus and Mars are in your House of Communications, making your words sweet and diplomatic. Because others find you charming and entertaining, your social life will pick up.

Cancer the Crab (June 21-July 21):

There is contradictory energy at play for your sign right now. In one way, you're happy to work alone or behind the scenes. Nevertheless, Jupiter is attracting people to you. You are more involved with friends, clubs and organizations! In fact, some of you are in dispute with others about basic values. Mars will make you work to establish and defend your values, especially because you want others to understand them. Meanwhile, you can attract money to you, making this a favorable time for financial negotiations. You'll enjoy shopping for clothes, jewelry and art.

Leo the Lion (July 22-August 22):

This is a lovely time for you because both Venus and Mars are in your sign. Venus will heighten your desire to relate to others, which is why this is a great time to enjoy socializing. It's also a wonderful time to shop for wardrobe goodies. Meanwhile, Mars will stir up your desire to do things! Your physical energy is high, which means you can get a lot done. Both the Sun and Mercury will urge you to think about your goals. Enjoy the conversation of younger people because their energy will revitalize you.

Virgo the Virgin (August 23-September 22):

For the next few weeks, the Sun and Mercury are at high noon in your chart. (This happens only once a year.) This puts you in the limelight. Go after what you want. You don't have to do anything super special to impress others – you simply look good. This is also the perfect time to examine your life, career, and role in society. What is working for you, and what is not? With Mercury high in your chart, this is a great time to talk to bosses and people in authority.

Libra the Scales (September 23-October 22):

You're restless for adventure! Grab every chance to travel, take courses, talk to people from different backgrounds – do something different! Meanwhile, both Venus and Mars are sitting in your House of Friendships. Venus will heighten your friendly energy, which means it's a great time to socialize. Even business conferences and meetings will go well. (A friend could become a lover.) Meanwhile, Mars will help you formulate goals and identify with what you want to do, especially working with groups. Physical activity with friends will give you personal gratification.

Scorpio the Scorpion (October 23-November 21):

You have a strong desire to improve yourself and experience life at a true feeling level, not just an intellectual abstraction. Because of this, you might attract someone powerful who triggers self-inquiry? Meanwhile, you can't ignore finances, shared property, inheritances, taxes and debt. With

both Venus and Mars at the top of your chart, it's a favorable time for your business and professional life because you will attract people and circumstances that help you. (You might also fall in love with a boss or mentor.) Mars of course, will arouse your ambition.

Sagittarius the Archer (November 22-December 21):

You are the traveler of the zodiac and right now you have chances to blow town. Do whatever you can to get a change of scenery. You will also enjoy art exhibits and new philosophies. Musical performances and concerts will appeal. Romance with someone "different" might begin. You're interested in expanding your mind. Some of you are involved with the law or the courts. Meanwhile, certain things in your life are reaching a culmination. This could involve conflict.

Capricorn the Goat (December 22-January 19):

You like to socialize and have fun as much as the next person. But you really get a sense of personal accomplishment when you can be super productive. It feels so good. This is why you will enjoy working so hard this week, especially at the beginning, so that you can get as much done as possible. Meanwhile, separate from this (unless you have a work-related romance going on) this is also a passionate, sexy week! Therefore, pace yourself, because this week you will work hard and party hard.

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

This is a playful time for you! Lucky Aquarians are on vacation. Even if you can't slip away, you will

choose to do what you want when you want because right now, it's all about you. You're putting amusement and recreation at the top of the list, which is why sports events, social outings, and fun activities with kids are ideal choices. Meanwhile relations with partners and close friends are lively and accommodating, which is testimony to your fantastic people skills. After all, who knows better than you how to network?

Pisces the Fish (February 19-March 20):

Home, family and involvement with a parent are your focus this week. In fact, many of you might be tackling home repairs. You have a lot of energy now to work at any task you set for yourself. You are likely delegating as well. This week is a good time to define duties and obligations. It's also a good time to address issues affecting your health. Be careful because Venus will encourage overindulgence and sweets. Having said this, you can still deal with the real world with optimism and plans for the future.



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Fremont: 5500 Stewart Ave #108

- Mon-Fri, 8:30am-6:00pm, Sat/Sun 9am-4pm



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

- Mon, Wed, Fri, 8:30am-4:00pm



? **COVID-19, RSV, & Flu A/B survival tips**

Send questions to TCV@mycarelabs.com

Tips to prevent 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.







 @mycarelabs

THE ROBOT REPORT

Ukrainian
tractor automation
company
develops homegrown
demining solution



Artist illustration of the autonomous demining vehicle in operation.
Credit: Efarm.pro

BY MIKE OITZMAN

The Ukrainian Efarm.Pro company developed an unmanned solution for demining farm fields ahead of the upcoming planting season. Efarm.Pro is a manufacturer and distributor of agricultural equipment, precision farming systems and has been integrating the latest technologies in the agricultural sector since 2014. The company designs and manufactures auto-steering solutions for tractors in the agtech market in Ukraine.

According to the company, as a result of the military actions in eastern Ukraine, up to 40% of agriculture fields are now unsafe for cultivation and contaminated with explosive devices.

The demining device includes a drone, a demining robot, an autopilot and a tractor-mounted system capable of withstanding an explosion. The company was forced to innovate and leverage existing auto-steer solutions to create an autonomous tractor designed specifically for the purpose of demining agriculture fields for Ukrainian farmers.

The system includes a drone, a demining robot, an autopilot and a tractor-mounted system capable of withstanding an explosion. The system is controlled remotely from a safe distance and protects the operator.

The inventor of this solution is Oleksandr Prykhodchenko, owner of the company “Gardarika Tres”, a resident of the Ukrainian Future business incubator. He is the CEO of the startup Efarm.Pro which is the navigation technology at the heart of the solution.

Prykhodchenok recognized the dangers of the war for the agriculture sector in Ukraine. He set out to leverage the existing technology to create a new solution for the purpose of demining agricultural fields so that the farmers could get back to work producing food.

“My farmer clients talked about a critical problem – the impossibility of working on mined lands. Those who nevertheless risked going into the field were often blown up by mines, lost their equipment, or even their lives. Given the scale of mine pollution — the UN already called Ukraine one of the most mined countries in the world — farmers would have to wait for years for their turn to



OLIVE HYDE *Art* GUILD
PROUDLY PRESENTS

Holiday for the Arts 2023
Call for Artists

**Entry Deadline:
July 7, 2023**

**Olive Hyde Art Guild is now accepting entries for the
Holiday for the Arts Gala, Show & Sale, October 20-22, 2023**

The show opens with a ticketed Gala on Friday night featuring hors d'oeuvres, sweets, and wine, with the first viewing and sale of art.

On Saturday and Sunday, the show is open to the public without charge. Each year we sell over \$25,000 of high-quality handcrafted objects and fine art.

All aspects of the show, including sales, are handled by Guild members. Artists do not need to be present at the event.

Media: Ceramics & glass, paintings, jewelry, fiber art, wood products, sculpture, and holiday goods.

Image samples of new artists' work will be screened online at the OHAG website. Artists submit 2-3 digital images using the online form at OliveHydeArtGuild.org.

**For new artist information, visit OliveHydeArtGuild.org or
email ArtistContact@OliveHydeArtGuild.org**

UNION SANITARY DISTRICT

**NOTICE OF FILING REPORT AND PUBLIC HEARING IN CONNECTION
WITH THE COLLECTION OF FISCAL YEAR 2024 SEWER SERVICE CHARGES
ON THE PROPERTY TAX ROLL**

NOTICE IS HEREBY GIVEN that pursuant to Sections 5471 and 5473, et seq. of the Health and Safety Code of the State of California and Union Sanitary District Ordinance No. 31, the Board of Directors of Union Sanitary District will consider whether to collect its charges for sewer services for fiscal year 2024 on the tax roll, in the same manner as general taxes, consistent with past practices.

The District has filed a written report with the Secretary of the Board of Directors describing each parcel of real property subject to the charges and the amount of the charges against that parcel for fiscal year 2024. The District's report is on file and available for public inspection at the District Offices.

For reference, the charges for a single-family homeowner (the majority of USD's customers) and all other rates for individual customers can be found by contacting the District at (510) 477-7500 or on the Districts website www.unionsanitary.com/rates/sewer-service-charges

NOTICE IS FURTHER GIVEN that on Monday, the 26th day of June 2023, at the hour of 4:00 p.m. or as soon thereafter as the matter may be heard, during the Board meeting to be held at the Union Sanitary District Boardroom, 5072 Benson Road, Union City, California, in said District, the Board will hold a hearing to consider the report and whether to collect the sewer service charges for fiscal year 2024 on the property tax roll. At the hearing, the Board of Directors will hear and consider all objections or protests, if any, to the District's report. Any questions regarding the charges may be directed to Mark Carlson, CFO, Business Services Manager.

Publish dates: June 13, 2023 – Tri-City Voice
June 20, 2023 – Tri-City Voice
June 16, 2023 – Argus
June 23, 2023– Argus

By order of the Board of Directors of Union Sanitary District.



USD TREAT
PROTECT
PRESERVE
est. 1918

TRI-CITY WASTEWATER

Protecting The Tri-Cities & San Francisco Bay

Board of Directors

Manny Fernandez **Tom Handley** **Pat Kite** **Anjali Lathi** **Jennifer Toy**

clear hundreds and thousands of hectares of land. So the need for alternative safe demining became obvious," says Oleksandr.

The demining solution provides three levels of surveying of territories and disposal of dangerous objects:

First, the field is scanned by a drone equipped with appropriate sensors and equipped with a function to transmit the exact coordinates of the location of explosive devices with geo-reference. It detects explosives at a depth of up to 1 meter. Any mine is neutralized by a demining robot and certified sappers.

Next, a remote-controlled tractor with a trailed protection system goes to the field, it processes the topsoil, which guarantees the safety for future operations.

The tractor works in autonomous mode without an operator in the cab, preventing any

further injury to the operator. In addition, the equipment is equipped with protective equipment that works according to the principle of a mine trawler. This process guarantees that nothing dangerous will remain in the ground. The system provides for automatic work on large areas with an accuracy of 2 cm along a given route. The tractor passes the field at a speed of 5 km/h, and is able to survey 20 hectares of land in a 10-hour working day, according to the company.

A customized autonomous autopilot is used and can bypass obstacles in the field. The tractor is equipped with additional armor plates to protect the tractor against mines and improvised explosive devices.

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

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Hayward
Animal Shelter



510-293-7200
www.HaywardAnimals.com

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(Near Soto & Jackson)

Connecting rescued animals
with loving homes!



Cashew is a 2 year old male Chihuahua mix.
Cashew is looking for a home with a
comfortable lap to sit on and a family
bonding time. Cashew would do best with
teens and up. To adopt contact Hayward
Animal shelter 510-293-7200.



Elsa is a 7 month old female pit mix. Elsa is
a timid girl, but loves toys and good with
other dogs. Elsa would do best with a
family with older kids.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

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

First Wednesdays

Talkin' Dirt R

7:00 pm - 8:00 pm
Online gathering of gardeners.
Local Ecology and Agriculture
Fremont (LEAF) Center
36501 Niles Blvd., Fremont
bit.ly/3UPp51i

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

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

Tropics Bingo

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

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

Thursdays

International Folk Dancing in

Mandarin R\$

11:30 am - 12:50 pm
Member: \$35
Non-Member: \$55
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529

Thursdays

Chair Yoga R

10:00 am - 11:00 am
Breathing and stretching techniques
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529

Thursdays

Chronic Pain Support Group

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

Thursdays & Saturdays

Story Time

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

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/3pehdLx

Arts & Entertainment

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

First and Third Saturdays

Pacific Bus Museum \$

10:00 am - 2:00 pm
Open house
Pacific Bus Museum
37974 Shinn St., Fremont
bit.ly/41oKS25

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.

Mondays, April 17 - Decem-
ber 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

Monday - Friday, June 5 - July
14

Imaginook Summer Camp R\$
9:00 am - 5:00 pm
Six weeks of arts and crafts camps
Imaginook
39675 Cedar Blvd., Newark
(214) 864-5133
rb.gy/post7
Kids ages 5-18

Monday - Friday, June 5 - Au-
gust 18

Code Ninjas Union City R\$

9:00 am - 4:00 pm
Interactive experience for children in-
terested in coding and STEM
Code Ninjas
1772 Decoto Rd., Union City
(510) 585-9945
rb.gy/e6d1o
Ages 5-14.

Tuesdays, April 4 - Septem-
ber 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

Tuesdays, June 6 – June 27

Student Friends Summer
Volunteer Training

4:30 pm - 5:30 pm
Must submit an application prior to
attending training.
Hayward Public Library
888 C St., Hayward
(510) 293-8685
rb.gy/y2knu
ariana.nussbaum@hayward-ca.gov
Email for application

First and Third Tuesdays &
Wednesdays

Trivia Night

6:00 pm - 8:00 pm
Gather your team, grab some beers,
and compete to win prizes.
Drake's Brewing Company
1933 Davis St. #177, San Leandro
(510) 568-2739
bit.ly/3U31xWD

First Wednesday & Third
Sunday, April 16 - November
19

Shinn House tour

1:00 pm - 3:00 pm
Visit Shinn House on a docent led
tour
Shinn Historical Park and Arboretum
1251 Peralta Blvd., Fremont
(510) 790-5541
bit.ly/3TWli28

Wednesdays, April 5 - Sep-
tember 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

Wednesdays, April 26 - Sep-
tember 6

Manitas en Acción

04:00 pm - 05:30 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

Wednesdays, December 07
November 22

Qi Gong Meditation & Exercise
Classes

2:00 pm - 4:00 pm
Relieve Stress and anxiety by joining
Falun Dafa classes
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171

Second Wednesdays, June 7 -
October 4

The Literary Corner: A Fiction
Book Club

5:30 pm - 6:30 pm
A monthly literary fiction book club
for adults.
Book for June 7: Andrew Sean
'Greer's Less'
Hayward Public Library
888 C St., Hayward
(510) 293-8685
https://rb.gy/dgun1
ricardo.antoni@hayward-ca.gov

Thursdays, Fridays, & Sun-
days, April 13 - June 30

Historic Days

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

First and Third Fridays, De-
cember 16 - June 16

Mobile Food Distribution

10:30 am - 11:30 am
Available for first 80 families
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
Please bring your own reusable bag
Line up starts at 9:30

Fridays & Saturdays, April 25
- August 31

Your Wildest Dreams, an ex-
hibit

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

Saturday - Saturday, June 3 -
August 1

Summer Library Program

During library hours.
Reading and activities programs for
all ages all summer long.
San Leandro Library
300 Estudillo Ave., San Leandro
(510) 577-3970
rb.gy/wc5b5
Kkeefee@sanleandro.org

Saturdays, June 3 - Septem-
ber 30

Summer Music Series R\$

7:00 pm - 10:00 pm
Get ready to groove, dance, and
sing along to your favorite tunes all
summer long!
The Clubhouse Bistro & Bar
4020 Technology Pl., Fremont
(510) 651-2500
rb.gy/iw8sc
Excluding July 1 and September 2

Wednesdays, June 7 - June 28

Summer 2023 Find your voice

11:00 am - 12:00 pm
Read- Alouds for grades K-4
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
rb.gy/lh46r

Thursdays, June 8 - August 10
Connections Through Music (Special Needs Friendly)
4:30 pm - 5:30 pm
Musical experience designed for children with special needs, open to children of all abilities!
Ages 5-14. Caregivers must be present
Newark Public Library
37055 Newark Blvd., Newark (510) 284-0675
rb.gy/8ttqt
newarklibrary@aclibrary.org

Thursday, June 1 – Tuesday, August 15
AC Library's Summer Adventure
9:00 am - 5:00 pm
Get an Adventure Guide for activities, reading, and more to receive a book gift and prize drawing entries.
rb.gy/vmtw6
Available at libraries in Alameda County

Saturdays, June 10 - August 26
Computer Crew Teen Tech Help
2:00 pm - 4:00 pm
Meet one-on-one with a tutor to get assistance with basic tech issues
Castro Valley Library
3600 Norbridge Ave., Castro Valley (510) 667-7900
rb.gy/cmfw
castrovalley@aclibrary.org

Mondays - Fridays, June 12 - August 11
Little Steps STEAM Preschool Summer Camp R\$
9:00 am - 3:30 pm
Explore new activities, learn new skills, make new friends
For children ages 3-6
37957 Fremont Boulevard, Fremont (510) 955-1150
rb.gy/iqti1
info@littlestepsfremont.com

Mondays, June 12 - June 26
Uke Can Do It! for Families R
2:00 pm - 3:00 pm
Check out a ukulele and learn to play in our beginner ukulele class!
John Pappas Legacy Room (510) 881-7953
Weekes Branch Library
27300 Patrick Avenue, Hayward (510) 782-2155
https://rb.gy/als6o
emrys.holmes@hayward-ca.gov

Tuesdays, June 13 - July 27
Crafternoon
1:00 pm - 3:00 pm
Drop in during the program time frame and complete a craft at their own pace.
Castro Valley Library
3600 Norbridge Ave., Castro Valley (510) 667-7900
castrovalley@aclibrary.org
rb.gy/e49ev

Second Tuesdays, June 13 - January 9
Monthly Covid and Flu Vaccine Clinic
3:00 pm - 7:00 pm
Get free Covid Booster, appointments suggested
Newark Public Library
37055 Newark Blvd., Newark (510) 284-0675, 510-268-210
rb.gy/5w4kj

Wednesday, June 14 - December 27
Little Bookworms Storytime
11:30 am - 12:30 pm
Come read, sing, and be silly with us
Cherryland Community Center
278 Hampton Road, Hayward (510) 626-8522
rb.gy/5nlam
sanlorenzo@aclibrary.org

Thursdays, June 15 - June 29
CleanStart Mobile Hygiene Unit Visit
12:00 pm - 2:00 pm
Providing hygiene services to the unhoused.
Fremont Main Library
2400 Stevenson Blvd., Fremont (510) 745-1400, (510) 745-1444
rb.gy/lbz7c
fremont@aclibrary.org

Fridays, June 16 - June 30
Bouncing Babies Storytime R
10:15 am - 11:15 am
Sing songs and hear stories with your baby.

Fremont Main Library
2400 Stevenson Blvd., Fremont (510) 745-1400
rb.gy/iam33
fremontchildrens@aclibrary.org

Thursdays, June 15 - July 6
Chess Pop Up Classes for Kids
2:00 pm - 4:00 pm
Kids under 10 learn how to play chess
Centerville library
3801 Nicolet Ave., Fremont (510) 795-2629
rb.gy/us13w
fremontneighborhood@aclibrary.org

Thursdays, June 15 - December 21
Social Work Services for the Homeless
1:30 pm - 3:30 pm
Highly skilled Social Worker staff will address a variety of services.
Fremont Main Library
2400 Stevenson Blvd., Fremont (510) 745-1400
rb.gy/loewm
fremont@aclibrary.org

Mondays- Fridays, June 5 - August 18
Code Ninjas Fremont R\$
9:00 am - 4:00 pm
Learning experience for children interested in coding and STEM
Ages 5-14
Code Ninjas Fremont/Warmsprings
46525 Mission Blvd., Fremont (510) 400-1466
rb.gy/w63ym

Wednesdays, June 7 - June 28
African Dance and Culture R\$
5:00 pm - 7:00 pm
Experience the joy and vitality of African Dance
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont (510) 790-6606
rb.gy/xvkzu

Thursday-Saturday, June 8 - August 5
I Dream of Color
12:00 pm - 5:00 pm
Paintings and textiles by Jennifer Benzaca
Olive Hyde Art Gallery
123 Washington Blvd., Fremont (510) 791-4357
rb.gy/ct6aq

Second and Third weekends, March 11 - October 29
Public weekend train ride \$
9:30 am - 5:00 pm
1.5 hour round trip on steam and/or diesel operated trains
Departures: 10:30 am & 1:00 pm
Niles Canyon Railway
6 Kikare Rd., Sunol (510) 996-8420
Online booking: ncry.org

Tuesdays - Saturdays, 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

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

Tuesdays, Wednesdays and Thursdays, June 13 - August 3
Free Recreational Summer activities in Fremont R
9:00 am - 10:30 am
2nd - 5th grad: 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 03
Limited space, registration going on now.
Brichfield Park
24438 Santa Clara St, Hayward (510) 881-6700
bit.ly/3NZJ4cr

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

Friday & Saturday, May 26 - August 26
Hayward Live
4:00 pm - 8:00 pm
Musicians, artists & vendors performing live, creating art pieces, All activities will take place on the sidewalks, bump-out patios, and parks along B Street
Downtown Hayward
B St., Hayward
hayward-ca.gov/hayward-live

Third Saturdays, June 17 - December 16
Music Hour at the Library
2:30 pm - 3:30 pm
Relax and enjoy the music while reading your favorite book
Union City Library
34007 Alvarado-Niles Rd., Union City (510) 745-1464
rb.gy/hwcv8
unioncitylibrary@aclibrary.org

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

Sundays, May 21 - July 16
Creative Hands Exhibit at Dove Gallery
12:00 pm - 3:00 pm
Featuring a wonderful collection of art depicting hands creative endeavor
Park Victoria Baptist Church back Parking lot
Dove Gallery
875 S Park Victoria Dr., Milpitas (408) 464-5011
Dove@ParkVictoria.org

UPCOMING EVENTS

Tuesday, June 13
Jonathan Foster Music \$
7:00 pm
Acoustic singer-songwriter Jonathan Foster performance
The Bistro
1001 B St., Hayward (510) 833-3470
rb.gy/4odbf

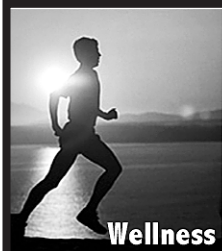
Tuesday, June 13
Drummm
10:30 am - 11:30 am
Interactive drum playing session for all ages and abilities.
Centerville library
3801 Nicolet Ave., Fremont (510) 795-2629
fremontneighborhood@aclibrary.org
https://rb.gy/nsgnl

Tuesday, June 13
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
https://rb.gy/milt2

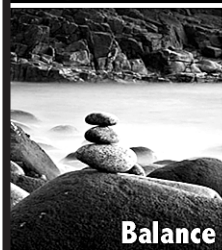
Tuesday, June 13
Student Friends Summer Volunteer Training
4:30 pm - 5:30 pm
Training for Student Friends Teen Volunteers for Summer 2023
Hayward Public Library
888 C St., Hayward (510) 293-8685
ariana.nussbaum@hayward-ca.gov
https://rb.gy/32ncz

Tuesday, June 13
Stories & Crafts with Ms. Jennifer
3:30 pm - 4:30 pm
Stories, songs, and crafts with Ms. Jennifer
Newark Public Library
37055 Newark Blvd., Newark (510) 284-0675
rb.gy/vlj44
newarklibrary@aclibrary.org
Parent presence required.

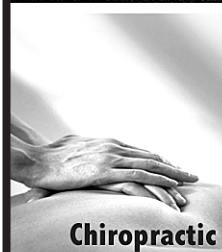
Wednesday, June 14
Bubble Show with Sterling the Bubblesmith
1:00 pm -2:00 pm
Wondrous bubble experience featuring bubblesmith, Sterling Johnson!



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

Castro Valley Library
3600 Norbridge Ave., Castro Valley (510) 667-7900
rb.gy/aatfu
castrovalley@aclibrary.org

Wednesday, June 14
Family Storytime
10:30 am - 11:00 am
Family storytime at the library.
Union City Library
34007 Alvarado-Niles Rd., Union City (510) 745-1464
rb.gy/lfcrn
unioncitylibrary@aclibrary.org

Wednesday, June 14
Yoga in Hindi \$R
10:00 am - 11:00 am
Build your strength, balance, and flexibility through yoga
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont (510) 742-7529
https://rb.gy/zznlv
Bring your own mat

Wednesday, June 14
Free Downsizing + Home Organization Seminar R
6:45 pm - 8:30 pm
Advice from organizing professionals on decluttering, disposing of items, and more
Cole Hall
First United Methodist Church
2950 Washington Blvd., Fremont
rb.gy/jqipl

Thursday, June 15
MPX Vaccinations R
9:00 am - 3:00 pm
Receive MPX Vaccinations
Skywest Golf Course Facility
1401 Golf Course Road, Hayward (510) 954-0560
tinyurl.com/MPX-Skywest

Thursdays, June 15
Game Day
1:00 pm - 3:00 pm
Children and their families are invited for an afternoon of video games
Castro Valley Library
3600 Norbridge Ave., Castro Valley (510) 667-7900
rb.gy/xn27n
castrovalley@aclibrary.org

Friday, June 16 – Sunday, June 18
James and the Giant Peach Kids Jr. \$R
6:00 pm
Adaptation of the classic Roald Dahl adventure.
Heirloom East Bay
9990 Crow Canyon Rd., Castro Valley (669) 287-5743

Friday, June 16
Silent Disco for Teens R
6:00 pm - 8:00 pm
Dance party featuring music through headphones
San Felipe Community Center
2058 D St, Hayward
rb.gy/dz7j7
(510) 881-6700
Ages 13-18

Saturday, June 17
Farmyard Games
1:00 pm - 2:30 pm
Learn about games from old-fashioned times
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont (888) 327-2757, (510) 544-2797
rb.gy/iybev
Admission fee applies

Saturday, June 17
Plant & Cutting Swap
11:00 am - 1:00 pm
Swap with other gardeners in our community
Centerville library
3801 Nicolet Ave., Fremont (510) 795-2629
rb.gy/8r4vj
fremontneighborhood@aclibrary.org

Saturday, June 17
Queer Comics Expo
11:30 am - 4:30 pm
Celebrate creativity, inclusion, diversity, and art
San Lorenzo Library
395 Paseo Grande, San Lorenzo (510) 284-0640
rb.gy/x0995
sanlorenzo@aclibrary.org

Saturday, June 17
Storywalk along the Marsh
3:00 pm - 3:30 pm
Explore the wonders of the marsh
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont (510) 544-3220
rb.gy/fjpb4
Parking fee applies

Saturday, June 17
People of Color Walks and Talks - Pollinator Palooza
2:00 pm - 3:30 pm
Learn about local pollinators
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont (510) 544-3220
rb.gy/m3x1y
Parking fee applies

Saturday, June 17
Fabulous Frogs
11:00 am - 12:00 pm
Learn about frogs and make a craft
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont (510) 544-3220
rb.gy/c3urz
Parking fee applies

Saturday, June 17
Botanical Illustration with Joyce R
11:00 am - 12:15 pm
Learn about botanical illustration
Local Ecology and Agriculture Fremont (LEAF) Center
36501 Niles Blvd., Fremont
Materials provided



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Contact Fudenna Bros. for more information

Phone: 510-657-6200

Email: customerservice@fudenna.com

Office located at 39823 Paseo Padre Pkwy. Fremont CA, 94538

Saturday, June 17
Farm Chores For Kids
10:30 am - 11:00 am
Learn how to run a farm through fun activities
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont (888) 327-2757.
rb.gy/5suk4
Admission fee applies. Disabled accessible.

Saturday, June 17
Blery Vision by Curtis Manning R
3:00 pm
A drama about complicated family dynamics
Hayward Public Library
888 C St., Hayward (510) 293-8685
rb.gy/s4f36

Saturday, June 17
Bike & Auto Swap Meet
8:00 am - 2:00 pm
Bike and Auto Swap meet. Come help with mural restoration project
Larry Orozco Teen Workshop
33623 Mission Blvd., Union City (510) 675-5487
RobertS@unioncity.org
Instagram [@ibikeunioncity](https://www.instagram.com/ibikeunioncity)

Saturday, June 17
Beginning Yoga R
9:30 am - 10:30 am
Join Sejal and learn about meditation and yoga philosophy.
Local Ecology and Agriculture
Fremont (LEAF) Center
36501 Niles Blvd., Fremont
Bring your own mat

Saturday, June 17
Comedy Shorts Night R
7:30 pm
Watch comedies such as The Rink starring Charlie Chaplin and Neighbors starring Buster Keaton.
Niles Essanay Silent Film Museum
37417 Niles Blvd., Fremont (510) 494-1411

Saturday, June 17
Hayward Juneteenth Celebration
11:00 am - 5:00 pm
Join for a Juneteenth celebration featuring the West Coast Blues.
Hayward City Hall
777 B St., Hayward (510) 583-4000, (510) 472-8800
rb.gy/8kgs3

Saturday, June 17 & June 24
Free Summer Stage Reading Series
3:00 pm
Offer feedback on three shows by local playwrights.
Hayward Public Library
888 C St., Hayward (510) 293-8685

Sunday, June 18
Black Panther: Wakanda Forever (2022)
2:30 pm - 3:30 pm
Showing of Black Panther: Wakanda Forever (2022)
Castro Valley Library
3600 Norbridge Ave., Castro Valley (510) 667-7900

Sunday, June 18
Nature Stories: Dragonflies
10:00 am - 11:00 am
Learn about the wonders of nature through stories.
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol (510) 544-3245
rb.gy/9iix9
Parking fee applies
Parent participation required, for children 5+

Sunday, June 18
Juneteenth Celebration Hike
10:00 am - 11:30 am
Explore the wonders of Coyote Hills and acknowledge truth in history
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont (510) 544-3220
rb.gy/or0l2
Parking fees apply

Sunday, June 18
Hugs & Quiches for Dad
11:00 am - 12:00 pm
Show your love for dad with food
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont (510) 544-2797
rb.gy/o8fp3
Admission fee applies

Sunday, June 18
Meet the Chickens
10:30 am - 11:00 am
Check out our coop full of chickens!
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont (510) 544-2797
rb.gy/udgae
Admission fee applies. Disabled accessible.

Tuesday, June 20 & June 27
Tween Art Series – Botanical Print Doodle Art R
1:00 pm – 2:00 pm
Make botanical print doodles with pens, paper and leaves
Newark Public Library
37055 Newark Blvd., Newark (510) 284-0675
rb.gy/q47gn
newarklibrary@aclibrary.org

Tuesday, June 20
Science for Kids: Nature Treasure Hunt R
2:00 pm – 3:00 pm
Look for objects outside the library together in a fun STEM activity
Fremont Library
2400 Stevenson Blvd., Fremont (510) 745-1421
rb.gy/m5cj4
fremontchildrens@aclibrary.org
For ages 6 and up

Woman walking on California beach finds ancient mastodon tooth

ASSOCIATED PRESS

A woman taking a Memorial Day weekend stroll on a California beach found something unusual sticking out of the sand: a tooth from an ancient mastodon.

But then the fossil vanished, and it took a media blitz and a kind-hearted jogger to find it again.

Jennifer Schuh found the foot-long (.30-meter) tooth sticking out of the sand on May 26 at the mouth of Aptos Creek on Rio Del Mar State Beach, located off Monterey Bay in Santa Cruz County on California's central coast.

"I was on one side of the creek and this lady was talking to me on the other side and she said what's that at your feet," Schuh recounted. "It looked kind of weird, like burnt almost."

Schuh wasn't sure what she had found. So she snapped some photos and posted them on Facebook, asking for help. The answer came from Wayne Thompson,

paleontology collections advisor for the Santa Cruz Museum of Natural History. Thompson determined that the object was a worn molar from an adult Pacific mastodon, an extinct elephant-like species.

"This is an extremely important find," Thompson wrote, and he urged Schuh to call him. But when they went back to the beach, the tooth was gone. A weekend search failed to find it. Thompson then sent out a social media request for help in finding the artifact. The plea made international headlines.

On Tuesday, Jim Smith of nearby Aptos called the museum. "I was so excited to get that call," said Liz Broughton, the museum's visitor experience manager. "Jim told us that he had stumbled upon it during one of his regular jogs along the beach, but wasn't sure of what he had found until he saw a picture of the tooth on the news."

Smith donated the tooth to the museum, where it will be on display Friday through Sunday. The age of the

tooth isn't clear. A museum blog says mastodons generally roamed California from about 5 million to 10,000 years ago. "We can safely say this specimen would be less than 1 million years old, which is relatively 'new' by fossil standards," Broughton said in an email.

Broughton said it is common for winter storms to uncover fossils in the region and it may have washed down to the ocean from higher up.

Schuh said she is thrilled that her find could help unlock ancient secrets about the peaceful beach area. She didn't keep the tooth, but she did hop on Amazon and order herself a replica mastodon tooth necklace. "You don't often get to touch something from history," she said.

It's only the third find of a locally recorded mastodon fossil. The museum also has another tooth along with a skull that was found by a teenager in 1980. It was found in the same Aptos Creek that empties into the ocean.

"We are thrilled about this exciting discovery and the implications it holds for our understanding of ancient life in our region," museum Executive Director Felicia B. Van Stolk said in a statement.

Community Bulletin Board

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\$50/Year

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		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		
			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		
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			
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			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"	
	Ohlone College Flea Market 2nd Saturday of every month 9AM - 3PM Free Admission Free Parking in Lot C ONLY! Hunt for treasures, find unexpected bargains and deals nestled in the lovely Fremont Hills.	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		

Tesla Model 3: The break-through EV

By MICHAEL COATES

Ordinarily, the cars I test and write about are provided by the manufacturers for week-long loans. It makes it easier to drive and evaluate a variety of vehicles to give you, the reader, a better perspective on what's available on the market. One company does not provide test vehicles to journalists—Tesla Motors.

That wasn't as significant when Tesla was a bit player in the automotive market, even though they are local to us in the Bay Area. Everything changed when the compact Model 3 began being produced in volume at the Fremont plant in 2017. The car was a hit in the marketplace, helping Tesla to become profitable and ultimately becoming the best-selling electric car worldwide (until it was supplanted by Tesla's Model Y—more on that later). So, I rented a Model 3 twice for trips to Sacramento and once when out of town. In addition, I did shorter drives in the models available at Tesla showrooms to make sure I had a better sense of the different variations of the car.

The Model 3 hit a sweet spot in the market. It's a popular size, reasonably priced (though initially not the original target of \$35,000). That price has bounced around a bit since the car first went on sale. Currently, it's at a level

where it is priced less than the average price of a new car. In fact, one recent online article claimed that, if you qualify for all of the state and federal incentives as well as some others unique to Tesla, you could get a Model 3 for less than \$20,000. That's a stretch, but it shows that this EV is mainstream.

3 models; little waiting

Those who've been around since the Model 3 was introduced six years ago may remember the long waits that went into getting a car. Those days are gone as demand appears to be catching up with the Fremont plant's production capabilities. If custom-ordered, all three models are available for delivery this month or next month at the latest. In addition, Tesla has a list of demos and brand-new Model 3s that are available for immediate delivery.

The three Model 3s look like this:

- Single-motor rear-wheel drive with 272-mile range; 0-60 in 5.8 sec.; \$40,240.
- Dual-motor all-wheel drive with 333-mile range; 0-60 in 4.2 sec.; \$47,240.
- Performance all-wheel drive with 315-mile range; 0-60 in 3.1 sec; \$53,240.

All are eligible for the \$7,500 federal tax credit, but options like paint (any color other than white costs extra);



The Model Y

The Model Y—the car that usurped the Model 3 as the most popular EV in the U.S.—is more similar than different than the Model 3. Both are based on the same platform and share a majority of components. The Y, which has a hatchback, more trunk space or room for a third row of seats, is more expensive, but also clearly more popular.

wheels; autopilot driver assist technology (\$6,000); FSD (Full Self Driving, a potential future technology, \$15,000); or home charging equipment, could bump the price up substantially.

All models can use the Tesla Supercharger network, for a fee.

Style – but not for everyone

The Model 3's exterior is smooth, aerodynamic, and in my neighborhood they seem to be more common than Toyota Camrys. Wave the key card over a point on the B-pillar, and the car is unlocked. Once inside, the first thing you'll notice is how austere the car is. The dash is a single line across the car, broken up by a 15-inch touchscreen display that controls most functions (which can be frustrating when you have to go through multiple screens to perform simple tasks).

The learning curve is steep, but no worse than a new computer. The tech in the car and the car itself live up to the billing. The Model 3 is fast—especially the Performance model—but also delivers easy driving around town. The car is State of the Art – for a 2017 EV. These days, you can choose between similar size and price models from Ford, VW, Kia and Hyundai, among others.

The Model 3 has enough of a track record to get a Consumer Reports recommended car nod. It has had software updates since it was introduced, but overall is basically the same car. And that may not be a bad thing—unless you want to stand out in a crowd.

Auto Review



Michael Coates is an experienced automotive writer, who is also editor and publisher of the Clean Fleet Report online magazine (www.cleanfleetreport.com) that focuses on advanced automotive technology. He lives in the Bay Area with his wife.

kmcoates@gmail.com
408-399-9081 (office)



Newark City Council

May 25, 2023

Presentations

- Introduction of Newark's newest superintendent Dr. Penelope Deleon
- Commendation for Stephanie Schubert Newark Teacher of the Year of Birch Grove Intermediate School

Public Hearings

- Hearing to consider property owners' objections to the 2023 Weed Abatement Program and instruction to the Superintendent of Streets to abate the public nuisances. Passed.
- Consider adopting an ordinance establishing a Planned Development Overlay District and adopting a resolution approving a Planned Development Plan, Design Review, Minor Use Permit, and a Vesting Tentative Map and adoption of a Mitigated Negative Declaration supported by an Initial Study in accordance

with the California Environmental Quality Act for a 118-unit residential development located at 38288-38594 Cedar Boulevard. Passed.

Other Business

- Adopt a resolution authorizing the City Manager to execute a Contractual Services Agreement with RHAA Landscape Architecture & Design for the update of the 2017 Citywide Parks Master Plan and approving an amendment of the 2022-2024 Biennial Budget and Capital Improvement Plan for FY 2023. Passed.
- Adopt a resolution approving an exception to the 180-day wait period for the post-retirement employment of Joella Kapu as an extra-help rehired annuitant Public Safety Dispatcher. Passed.

Consent Calendar

- Approval of audited demands
- Waive full reading, conduct second reading by title only, and adoption of an ordinance amending Chapter 15.04 General Provisions, and Chapter 15.44, Green Building and Construction and Waste Recycling, of the Newark Municipal Code to align with State requirements
- Waive full reading, conduct second reading by the title only, and adoption of an ordinance re-adopting

Chapter 2.50, "Military Equipment Use Policy," to the Newark Municipal Code

- Adopt a resolution approving amendment to the Contractual Services Agreements with Bear Electrical Solution, Inc. and Cal Lighting & Signal Maintenance for additional traffic signal and street light maintenance services and amendment of the 2022-2024 Biennial and Capital Improvement Plan
- Adopt a resolution accepting the subdivision improvements for Trat 8462 Pomegranate, a 21-unit residential subdivision located at 6179 Robertson Avenue

Mayor Michael Hannon Aye	
Vice Mayor Lucy Collazo	Aye
Luis Freitas	Aye
Mike Bucci	Aye
Matthew Jorgens	Aye



Newark Unified School District New Superintendent Dr. Penelope Deleon



Newark Teacher of the Year Stephanie Schubert

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John Joseph Perry

October 1, 1937 - April 30, 2023

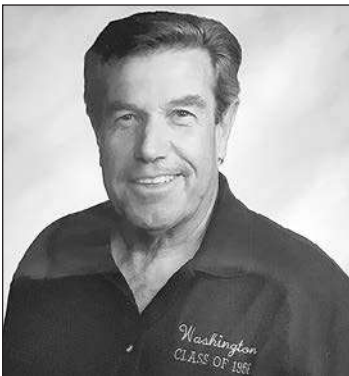
Resident of Fremont

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 Vallergera), 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.

Jim Richey

Resident of San Leandro

November 7, 1935 – April 24, 2023



Jim Richey passed away on April 24, 2023 at 87 years old. Jim was born on November 7, 1935 to Nellie and Wesley Richey in Roswell, NM. He grew up in the California Central Valley farming community of Lindsay. An accomplished football and track and field athlete at Lindsay HS, he spurned the University of California, Berkeley and chose to attend Occidental College on an academic scholarship. A proud Oxy Tiger, he studied English and played Linebacker and Offensive Center for their small but powerful football team. After graduating, he went on to teach English with a distinguished career in the Hayward Unified School District.

He extended his academic learning by earning a Masters degree as a Reading Specialist. This expertise allowed him to write a series of books for teen and adult remedial readers. His books taught the basics for navigating everyday environments like banks, restaurants, and job applications. In addition to his long and vibrant career in education, he loved coaching track and field. During his time at Oxy, he met his wife, Norma Jean Miller and they married in 1958. They went on to have three children, Scott, Brad, and Kurt. After retiring in 1993, Jim spent his time cultivating his backyard garden, driving all over the United States, fly fishing, and traveling the world with Norma. He was an especially wonderful grandpa to his grandchildren, teaching them how to make homemade orange juice and plum jam. Jim is predeceased by his brothers, Bill and Bob; his sisters, Wanell, Jeanette and Jeannene; and his son, Scotty. Jim is survived by his wife, Norma; his sister, Peggy; his sons and their partners, Brad, Shannon, Kurt, and Heather; and his six grandchildren, Sarah, Emily, Jacob, Zachary, Luke, and Sophia.

LETTERS POLICY

The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and day-time 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

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.

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LETTER TO THE EDITOR

Hidden Valley Trail

At Mission Peak – Wheelchair Accessibility And More

As summer approaches, the weather calls for hiking and rolling on the trails while soaking up the bright sunshine. As we have a wheelchair user in our family, we always try to go for short and accessible hikes as a family activity. This time we thought of attempting the Hidden Valley Trail of Mission Peak regional reserve. We knew we might cover about a mile but wanted to check out to what extent it is wheelchair accessible.

Mission Peak is one of the finest hikes in the Bay Area. It is a very beautiful country hike through the hidden valley trail in the midst of the city with a stunning view of the whole Bay Area from the top. The view changes depending on the time of the year. In spring you can enjoy lush green surroundings, whereas in fall you can enjoy beautiful fall colors from the top. Rolling pastures with grazing cows, wild turkeys, and ground squirrels all make up the landscape. You can also visit during sunset for a magnificent view.

The hike to the top is around three miles. There are two staging areas from where you can start the hike/roll—Stanford Avenue and Ohlone College. Stanford Avenue is the main one, and there is a parking lot there which gets full very early in the morning. There are a couple of Handicapped Parking Spots in this area.

The hike begins through a swinging gate on the Hidden Valley Trail. This trail is broad and comfortable at this point for wheelchair users to roll. There are six benches along the route to the peak, giving you a chance to rest and enjoy the view along the way. For the first 0.3 miles, the trail is flat and relatively easy for a wheelchair to roll. After crossing the cattle gate it starts to

ascend, but it is still doable for a wheelchair user with a little push.

The first bench is at 0.75 miles and has a view of the beautiful San Francisco Bay. Wheelchair users can either stop at this point, or they can try to get up to the 1.5 mile mark slowly with some help. At this point, you have reached the third bench. This is a beautiful spot to relax and enjoy the view. From this point, wheelchair users can take the loop and start their descent to Stanford Avenue. The downslope is fairly easy but rollers need to be very careful with speed as the wheelchair might topple.

Hikers who plan to reach the summit may continue. There is a restroom at 2.6 miles, and then to reach the peak, it's a steep gravel incline. The summit has beautiful 360 degree views.

Wheelchair accessibility

- There is wheelchair-accessible parking in the lot.
- Make sure to use the accessible bathroom before you start.
- There are dirt and gravel roads on which you need to be careful.
- You can also use a powered wheelchair.
- Carry more than two gallons of water to stay hydrated.
- Cross the cattle gate carefully as the gaps are wide. It's better to go backward on a wheelchair so that the larger wheels are used to navigate.

Annanya Bhattacharya Ghosh

Fremont

Honor Roll

American International College

Spring 2023 Dean's List

- Danica Johnson of Fremont

Hofstra University

Spring 2023 Dean's List

- Shawna Raeside of Fremont
- Varun Sridhar of Fremont

Pennsylvania Western University

Spring 2023 Dean's List

- Lahari Sajja of Fremont

The Citadel

2023 Bachelor of Arts, Political Science Graduate

- Austin Miles-Curtsinger of Newark

Rensselaer Polytechnic Institute

2023 Graduates

- Mckenna Connors of Fremont
- Vinit Majmudar of Fremont
- Arthi Seetharaman of Fremont

Climate Ready Fremont

By JACK ALCORN

Environmental sustainability conserves natural resources, protects local ecosystems and supports health and wellness. Fremont’s Environmental Sustainability Commission (ESC) advises the City Council on emerging policy issues related to environmental sustainability.

ESC members are appointed by the Mayor, subject to the approval of a majority of the City Council. Most members serve four-year terms of office. ESC members serve without pay.

- Duties for Environmental Sustainability Commission members include:**
- Proposing updates to Fremont’s Climate Action Plan for the City Council
 - Recommending recycling and waste diversion policy to the City Council
 - Providing public education to stimulate participation in sustainability efforts
 - Maintaining a forum to receive public comment on environmental sustainability

The work of the Commission is coordinated by the Sustainability Division of Fremont’s Community Development Department. Division staff have prepared a public-facing draft of the 2023 Climate Action Plan (CAP) update, entitled Climate Ready Fremont. The Plan provides a series of local climate adaptation measures to be undertaken through the year 2030. It will replace the first Climate Action Plan adopted by Fremont’s City Council in 2012.

Climate Ready Fremont focuses on local climate response actions for residents and City operations. The Plan includes the following strategies:

- Clean and Renewable Power
- Home Electrification
- Fossil Fuel Phase-Out
- Resource Conservation & Zero Waste

Throughout the Plan development process, the ESC has received presentations from collaborating partners and field experts, held community workshops and solicited public input through online community forums. Climate Ready Fremont is the City’s pathway to a low-carbon, sustainable and resilient future.

Some of the public input for the Climate Ready Fremont plan requested urban farming and heat reduction practices such as increasing tree cover; installing reflective roofs; and using cool pavements. Other stakeholders, including environmental and community organizations,

suggested increased electric vehicle charging capacity and storm drain trash filters.

The work of the ESC has enabled numerous community agency collaborations. The Fremont School District has committed to a “reusables” utensil program in school cafeterias to promote zero plastic waste. East Bay Community Energy and the ESC are identifying sites for more electric vehicle charging stations.

Other cities like Hayward and San Leandro are also developing climate action plans Their efforts include community solar projects and a styrofoam ban. Other innovative approaches to mitigate climate impacts in the Bay area include eco-friendly air conditioning solutions such as evaporative coolers or “swamp coolers.”

The Climate Ready Fremont plan will be presented to City Council on June 20. A public comment period of at least 30 days will likely follow. The ESC hopes to have a final plan ready for adoption by the Council in the fall.

The Environmental Sustainability Commission meets the first Thursday of the month in March, June, September, and December. Meetings are held at the Development Services Center, 39550 Liberty Street, Fremont. For meeting information call (510) 494-4438.

Hayward City Council

June 6, 2023

- Consent Items**
- Adopt a resolution rescinding implementation of Level 2 of the City of Hayward’s Water Shortage Contingency Plan
 - Authorize a one-year extension of a Joint Exercise of Powers Agreement for the Hayward Area Shoreline Planning Agency
 - Authorize a contract amendment with JP Morgan Chase, N.A. for Banking and Cash Management Services for an additional three-year term
 - Adopt a resolution: (1) Authorizing the reallocation of \$2 Million in American Rescue Plan Act of 2021 (ARPA) funds for a Down Payment Assistance (DPA) Program; and (2) Authorizing loans including subordinating, extending, or modifying repayment terms to provide down payment assistance loans in an amount not-to-exceed \$300,000 per loan
 - Preliminarily approve the Engineer’s Report and Assessments for Fiscal Year 2024; and set June 27, 2023, as the Public Hearing date for such actions for Consolidated Landscaping and Lighting District No. 96-1, Zones 1 through 18 8
 - Preliminarily approve the Engineer's Report and Levy Assessments for Fiscal Year 2024 for Maintenance District No. 1 – Storm Drainage Pumping Station and Storm Drain Conduit Located at Pacheco Way, Stratford Road and Ruus Lane, and set June 27, 2023, as the Public Hearing date

- Preliminarily approve the Engineer's Report and Levy Assessments for Fiscal Year 2024 for Maintenance District No. 2 - Eden Shores Storm Water Facilities and Water Buffer, and set June 27, 2023, as the Public Hearing date
- Authorize Amendment No. 1 increasing the contract amount for Newton Construction & Management for the Tenant Improvements and Workspace Reconfiguration for Fire
- Authorize a Professional Services Agreement with Samsara Inc. and an effective term length through FY 2026
- Approve Plans and Specifications, and Calling for Bids for the FY23 Median Landscape Improvement - Phase 2
- Authorize a contract with HdL Coren & Cone for Property Tax, Information and Audit Services
- Authorize a contract with MuniServices for Municipal Sales Use Tax Management and Auditing Services
- Approve an amendment to the City of Hayward Salary Plan for Fiscal Year 2023
- Authorize a Professional Agreement for auditing services with Maze & Associates
- Approve updates to the City's Strategic Roadmap

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

San Leandro City Council

June 5, 2023

- Presentations**
- Jessica Rogers awarded with the Mayor’s Award for Kindness
- Action Items**
- Ordinance to terminate the City’s Eviction Moratorium effective July 31, 2023.
- Ordinance approved as drafted 6-0-1 (Reynes absent)
- Consent Calendar**
- Approve a Residential Anti-Displacement and Relocation Assistance Plan for the proposed Interim Navigation Center/Shelter Project at the Nimitz Motel located at 555 Lewelling Blvd
 - Amend the Consulting Services Agreement with Intercare Holdings Insurance Services, Inc. for Workers’ Compensation Third Party Claims Administration Services
 - Authorize joint application to and participation in the Homekey Program Round 3 for an interim shelter/navigation center and conversion to permanent supportive housing
 - Authorize Consulting Services Agreements with DKS, Fehr & Peers, and W-Trans for On-Call Transportation Engineering Consulting Services for three years with each firm
 - Award a \$893,400 construction contract to Sposeto Engineering Inc. for the Curb Ramp Upgrades for Annual Street Seal 2021-2023 Project
 - Authorize a submission request to The Metropolitan Transportation Commission for the allocation of Fiscal Year 2023-2024 Transportation Development Act Pedestrian/Bicycle Project funding to install pedestrian improvements

- Amend the existing Consulting Services Agreement with Building Futures with Women and Children to support the operations of interim housing at two Locations in San Leandro
 - Authorize a Cost-Neutral License Agreement with East Bay Community Energy, a joint powers authority, for installing, operating, and maintaining electric vehicle fast charging stations at multiple City of San Leandro Municipal Facilities
 - Authorize a Maintenance Agreement with 13847 San Leandro Partners LLC for Maintenance of the San Leandro Senior Community Center Parking Lot
 - Approve a Consultant Service Agreement with Ready To Launch Research, to Conduct Focus Group Qualitative Research with the community and key stakeholders in English, Mandarin, and Spanish, and with City staff to develop a Library Services Strategic Plan
 - Approve a Fifteenth Letter Amendment to the Franchise Agreement for Solid Waste, Recyclables, and Green Waste Services between the City of San Leandro and Alameda County Industries, Inc.
 - Amend the Confidential Employee Group Salary Schedule to adjust the salary range for the Deputy City Clerk classification
- | | |
|---------------------|--------|
| Mayor Juan Gonzalez | Aye |
| Bryan Azevedo | Aye |
| Celina Reynes | Absent |
| Victor Aguilar | Aye |
| Fred Simon | Aye |
| Xouhoa Bowen | Aye |
| Pete Ballew | Aye |

San Leandro School District seeks Recreation and Parks Commission Representative

SUBMITTED BY CITY OF SAN LEANDRO

San Leandro Unified School District Board of Education is seeking nominations from individuals who wish to represent the school district on the San Leandro Recreation and Parks Commission (RAPC).

Applicants must be registered voters and residents of San Leandro who can demonstrate involvement in community service, schools, and Recreation and Parks activities and who have the ability to be a strong liaison between the District and Commission.

The successful candidate will be expected to attend the commission’s monthly meetings on the first Wednesday of the month (plus potential ad hoc meetings) as well as monthly meetings to report to the school board.

The application link is available on the District’s website at www.slusd.us. The deadline to apply is Monday, June 19.

Alameda County Water District

June 8, 2023

- Consent Calendar**
- Ratification of Payment of audited demands dated May 5, May 12, May 19, and May 26, 2023
 - Resolution Establishing Fiscal Year 2023/24 Appropriations Limit
 - Resolution adopting an Updated District Statement of Investment Policy
 - Resolution approving and authorizing the designation of certain products by Specified Brand or Trade Name 5
 - Authorization of purchase order for Disposal of Excavation Materials
 - Authorization of purchase order for District Vehicle
 - Authorization of purchase orders for Negotiated and Bid Water Treatment Chemicals
 - Resolution approving change to the Lawn Be Gone Rebate Program Terms and amending the District’s Rate and Fee Schedule 5
 - Authorization to enter into participation agreements with the Bay Area Water Supply and Conservation Agency for Fiscal Year 2023/24 Water Use Efficiency Programs and Related Services
 - Authorization of amendment to Professional Services Agreement for the Blending Facility SCADA Replacement Project
 - Resolution approving an updated Statement of Reserve Fund Policy
 - Authorization to Execute an Amended and Restated Letter of Understanding for shared representation on the Delta Conveyance Design and Construction Authority
 - Authorization of Agreement for Procurement of Distribution Transformer for the Groundwater PFAS Treatment Facility, Phase 1
- | | |
|----------------------|--------|
| President Paul Sethy | Aye |
| Aziz Akbari | Aye |
| James Gunther | Aye |
| Judy Huang | Absent |
| John Weed | Aye |

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

Tell A Friend Call Rachel Parra 510 745-1480

Alameda County Fire Log

SUBMITTED BY ALAMEDA COUNTY FIRE DEPARTMENT

Monday, June 5

• At 5:00 a.m. ACFD responded to an outside fire located at the former Blue Dolphin restaurant at the San Leandro Marina. Firefighters were able to contain the fire to the dock area. The cause is undetermined at this time. No reported injuries to the community or Firefighters.

Thursday, June 8

• At 11:11 p.m. ACFD responded to an Overnight Commercial Fire on the 2400 block of Castro Valley Blvd. in Castro Valley. The fire was extinguished with no injuries.

California Highway Patrol Log

SUBMITTED BY HAYWARD AREA CHP

Wednesday, May 31

• At approximately 4:17 p.m. Officers assigned to the CHP Hayward Area Office were advised of a freeway shooting that occurred on Interstate 238 northbound, near East 14th Street.

Upon Officers' arrival, they located one victim who did not sustain any injuries as a result of this shooting. The CHP Hayward Area is investigating this incident.

Currently, a suspect has not been identified. Any assistance from the public in gathering additional details surrounding this shooting is appreciated. If you have any information regarding this incident, please call the CHP Hayward Area Office at (510) 489-1500.

BART Police Log

SUBMITTED BY BART PD AND LES MENSINGER

Friday, June 2

• At 8:01 p.m. a man identified by police as Cornell Brown, 38, of Oakland was contacted for fare evasion at Milpitas station and taken into custody. Brown was booked into Santa Clara County Jail for an outstanding warrant.

Saturday, June 3

• At 2:11 p.m. a woman identified by police as Kristen Foreman, 41, of Oakland was arrested in front of Union City station for probation violation. Foreman was issued a prohibition order and booked into Santa Rita Jail.

Sunday, June 4

• At 9:28 p.m. a man identified by police as Stephen Genetti, 35, out of San Fernando was detained

for fare evasion into Bay Fair station. Genetti was arrested for two active warrants and booked into the Santa Rita Jail.

• At 10:16 p.m. a man identified by police as Javier Saavedra, 30, was taken into custody at Castro Valley station and booked into Santa Rita Jail for an outstanding warrant. Saavedra was not in possession of valid fare media.

Monday, June 5

• A man police identified as Christopher Anthiney Boscano, 43, was contacted for fare evasion at Fremont station. He was arrested for resisting arrest and battery on a police officer. A prohibition order was issued to Boscano.

Tuesday, June 6

• At 4:35 a.m. a person police identified as Sulthan Ayubzai, 33, of Fremont was contacted on a welfare check in the bus zone of Fremont station. Ayubzai was arrested and booked at San Rita Jail for entering a transit property without permission and interruption of the transit facility operation.

Wednesday, June 7

• At 12:55 a.m. officers located an unresponsive male in the middle of the parking lot of the Bay Fair station suffering from an apparent drug overdose. Officers administered two doses of NARCAN. The male became responsive, refused any further medical assistance and left the scene.

JUNE 2023

DTSC PUBLIC NOTICE

Department of Toxic Substances Control – Our mission is to protect the people, communities, and environment from toxic substances, to enhance economic vitality by restoring contaminated land, and to compel manufacturers to make safer consumer products.

Approval of Remedial Action Plan - Union City Property

The California Department of Toxic Substances Control (DTSC) has approved the Final Remedial Action Plan (RAP) for an 18.7-acre portion of the Union City Property (Site), also known as the Station East area. The property consists of three locations with addresses (33945 7th Street, 34051 7th Street, and a portion of 33955 7th Street) and three parcels (Alameda County parcel numbers 87-21-13-2, 87-23-10, and 87-23-13-2) in Union City, CA 94587. The RAP is a plan to remediate (cleanup) the following chemicals: pesticides, metals, and total petroleum hydrocarbons (as diesel) in soil and volatile organic compounds (VOCs) in soil vapor and groundwater. Some VOCs in soil vapor and groundwater are coming from a neighboring site to the northeast, the Former McKesson Chemical Facility, which the Water Board oversees. The developer plans to remediate the Site prior to construction of the Station East mixed-use development.

The approved remedy includes excavation of approximately 38,500 cubic yards (3,040 truckloads) of contaminated soil and disposal at a permitted facility; installation of vapor intrusion mitigation systems underneath buildings; and recording land use restrictions with the County of Alameda. In addition, a soil vapor extraction (SVE) system will be installed under the northeastern portion of the Site with Water Board oversight. Cleanup work is anticipated to begin in Summer/Fall 2023 following the approval of the Soil Management Plan. A work notice will be mailed to the community prior to the start of work.

CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA): DTSC evaluated potential environmental impacts related to the implementation of the RAP. As the lead agency for the cleanup portion of the project, DTSC prepared an addendum to the existing 2021 Environmental Impact Report for the Station East Project to include cleanup activities. The EIR Addendum determined that the proposed project would not have significant environmental impacts. Therefore, DTSC has filed a Notice of Determination with the State Clearinghouse.

WHERE DO I GET MORE INFORMATION? You can view project documents online at www.envirostor.dtsc.ca.gov/public (search for site code 60002290). Hard copies of the RAP and CEQA documents are available at the Union City Library, 340007 Alvarado-Niles Road, Union City, CA 94587; call (510) 745-1464 for hours. For questions, please contact DTSC staff: Elizabeth Chung, Project Manager at (510) 540-3842 or Elizabeth.Chung@dtsc.ca.gov; Asha Setty, Public Participation Specialist at (510) 540-3910, toll-free at (866) 495-5651 or Asha.Setty@dtsc.ca.gov; For Media Inquiries: Devin Hutchings, Public Information Officer at (916) 903-6949 or Devin.Hutchings@dtsc.ca.gov.



Hearing impaired individuals may use the California Relay Service at 711 or 800-735-2929 TTY/VCO/HCO to voice.



Additional information on DTSC sites can be found through our **EnviroStor**. (rev. 5-2020)

Newark police to participate in Special Olympics law enforcement torch run

SUBMITTED BY
NEWARK POLICE DEPARTMENT

Newark Police Department will raise funds and awareness for Special Olympics Northern California (SONC) by participating in the 2023 Law Enforcement Torch Run on Thursday, June 22.

The Torch Run features more than 3,500 law enforcement personnel from hundreds of local agencies carrying the Special Olympics Flame of Hope throughout Northern California. The Torch Run will culminate at the annual Summer Games, held this year from June 23-25 at Santa Clara University. Summer Games is the largest local Special Olympics event and brings together more than 1,000 athletes and coaches from 20+ counties to compete in multiple sports.

The Northern California Torch Run began in 1996 and has raised more than \$20 million for Special Olympics through the run itself, plus multiple other fundraisers throughout the year. Learn more at www.SONC.org.

The Newark Police Department takes pride in the long-standing tradition of participating

in the Special Olympics Torch Run. This annual tradition showcases our dedication to inclusivity. We cherish these moments of unity, as they embody the spirit of community and remind us of the power of collaboration. In Newark, the Police Department is more than just law enforcement; it's a beacon of friendship and support for all.

The mission of SONC is to create an inclusive community where people with and without disabilities can make connections, develop healthy lifestyles, achieve success, and experience the joy of sports. Special Olympics Northern California offers free year-round sports training and competitions for more than 27,000 participants along with inclusive schools' initiatives, critical health and wellness programs and leadership training.

More information on SONC may be found by visiting www.sonc.org and on Facebook/Twitter @SONorCal and Instagram @SpecialOlympicsNCA. Newark Police Department's donation page: link: <https://p2p.onecause.com/letrtorchrun/team/newark-police-department-3>

Fremont Fire Log

SUBMITTED BY THE FREMONT FIRE DEPARTMENT

Sunday, June 4

• At 4:24 p.m., Fremont and East Bay Regional Park District (EBRPD) firefighters responded to a vegetation fire at Quarry Lakes Regional Recreation Area. The fire was contained to 1.3 acres within the Rare Fruit Tree Grove area and did not threaten any structures. There were no reports of injuries to firefighters, EBRPD personnel or park visitors. The cause of the fire is under investigation by EBRPD Police Department due to the fire taking place on EBRPD property.

Wednesday, June 7

• At 6:30 p.m., Fremont Firefighters responded to a wind driven vegetation fire on northbound I-880 between the Mowry off-ramp and cloverleaf area. Crews contained the half acre fire

using approximately 2,500 gallons of water. No reports of injuries. The cause is under investigation.

Thursday, June 8

• A traffic collision at the intersection of Besco Dr. and Porter St. resulted in a vehicle crashing into the garage of a one-story, single family home. At 5:27 p.m., Battalion 5, Engine 53, Rescue 60, and Truck 51, Fremont PD and Falck Ambulance responded to the residential intersection to find that the occupants of the vehicles involved did not sustain any injuries and neither did the residents of the impacted property.

Due to the utilities being knocked out as a result of the vehicle colliding into the garage, the residence was deemed temporarily uninhabitable, resulting in the displacement of a family of four. Firefighters shored the garage area, preventing further structural damage to the residence.

The Red Cross was contacted to support the family with temporary shelter. The cause of the traffic collision is under investigation.

Sign up to observe National Night Out in Fremont!

SUBMITTED BY
FREMONT POLICE DEPARTMENT

Join Fremont Police, Fremont Fire, and City of Fremont staff along with community organizations, in celebrating the 40th Annual National Night Out (NNO) on Tuesday, August 1.

Participate in National Night Out by organizing a block or neighborhood party. Many will organize barbecues or ice cream socials where neighbors share good food, laughter, and updates on what is happening in the neighborhood.

National Night Out provides the opportunity for neighbors to get to know each other and sends a message to criminals that the community will look out for each other. Throughout the night, police will visit registered parties to share information, network, and answer questions that community members may have.

Fremont Police, Fremont Fire, and City staff plan to visit NNO parties between 6 p.m. and 8 p.m., pending available staffing and any calls for service or critical incidents requiring City

resources. If interested in a visit, you must indicate the request on your registration.

If you plan to block off your street for your celebration, you will need to obtain a block party permit from the City of Fremont by contacting Spencer Shafsky at (510) 494-4452 or SShafsky@fremont.gov. The cost of the permit is \$20.

The deadline to register or to apply for a permit to block off your street is 5 p.m. on June 30, 2023. Registered hosts will be contacted approximately 2-3 weeks prior to the event date, and will be invited to pick up a bag of information from Fremont Police Department prior to the event.

If you have questions about National Night Out in Fremont, please call Fremont Police Department's Community Engagement Unit at (510) 790-6740.

National Night Out 2023
Tuesday, Aug 1
6 p.m. - 8 p.m.

Registration Deadline
Friday, Jun 30
5 p.m.
(510) 790-6740
www.fremontpolice.gov/community/events/national-night-out



Talk to GUPTA Team for Home Buying or Selling
Call 510-697-7750

FREE Consultation and Market Update
Call 510-697-7750

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

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

Meet Our Happy Clients www.realtytrain.com/clients

www.realtytrain.com CA Lic. Broker

Creating a Mindful Community

By ESHA BANSIYA
PHOTOS COURTESY OF ADITIE VAID

Three years ago, the start of quarantine offered a space for many individuals to reflect on their life and goals. For Aditie Vaid, this self-reflection led to her meditation and mindfulness journey. The pandemic inspired her to do something more meaningful in her life and follow her dream of pursuing mindfulness to help others find meaning and fulfillment.

“In the pandemic,” she emphasizes, “I realized that this is it. Life is much more precious than just working for something to make ends meet.”

Vaid took guidance from a life coach, but she found that these methods only took her halfway, without giving a way for her to find inner solace. Instead, she drew principles from Buddhism and found that resolving struggles in one’s self leads to a fulfilling life.

She explains, “Mindfulness allows you to abide completely independently. There’s nothing you need to resolve a situation for your own happiness. Everything is within you. Mindfulness eradicates the entire problem.”

Motivated by her own mindfulness journey, Vaid decided to try to become a teacher and support others. At the University of Berkeley, Vaid took a course with Dr. Mark Coleman and Dr. Martin Alyward, world-renowned mindfulness teachers. From day one, she dedicated hours of constant work: practicing meditation, writing papers, reading books, self-reflecting, teaching peers, giving feedback, and more. She began by furthering her own mindfulness journey, and in the second half of the course, she began teaching. Encouragement from her peers provided her the confidence to fulfill her dreams of being a mindfulness meditation teacher.

Similar to the structure of an education certification course, Vaid had to practice her teaching, and she found the opportunity to help low-income seniors. Three individuals fully completed the class and changed their attitude and ways of life. One woman who used to put the TV on all day and never leave the house, now starts her day by meditating. Another individual who completed the course stopped smoking for the five weeks of the course and was able to use mindfulness to overcome his smoking habit. For the other seniors, Vaid was able to relieve some painful ideas they have lived with and provide a means to cope. This opportunity was not only fruitful for the seniors, but also offered a space for Vaid to learn from her mistakes.



Aditie Vaid

FREE Downsizing + Home Organization SEMINAR

Gain valuable advice from organizing professionals on decluttering, disposing of items responsibly, and more

Wednesday, June 14
6:45 - 8:30 PM

Cole Hall at First United Methodist Church
2950 Washington Blvd, Fremont

Sponsored by
Mission Peak Village,
a cohousing community

Pre-registration
recommended at
missionpeakcohousing.org







Group Setting of Mindfulness Meditation Class

With her experience and certification, she began her six-week donation-based class. Although she will follow Coleman and Alyward’s curriculum, she wants to add her own unique ideas and philosophies pulled from other teachers. Her class follows the basics of mindfulness and different aspects including breath, body, and emotion. Her class is interactive and delves into deep inquiries for each student. The group setting also allows newcomers to feel welcomed and work towards a common goal of self-help. This class is tailored towards adults ages thirty to fifty, and Vaid hopes to make the course relatable based on her own experiences.

Later in June, Vaid plans to open a class for students and younger individuals. Watching her two sons grow up, she noticed the great impact mediation could have if started young. She wants to offer an opportunity for students to learn mindfulness, find meaning in self-reflection, and continue meditation in the long run. Vaid has designed her course to focus on challenges teens face to be more relatable and impactful.

“If you start at [a young age], you can have a life [with less] pain and suffering. Why wouldn’t you do that? That’s literally the motivation I’m coming from.” she describes, “I have suffered so many years. I have raised two kids; I know this age group. Let’s try to do this together.”

Overall, Vaid hopes that her community can look past affluent tendencies and embrace compassion, tolerance, and understanding. This acceptance and journey must start with self-reflection, though, and even if individuals do not attend her class, she hopes her community can learn from her journey and come back stronger.

Learn more about Vaid’s classes and how to join on Eventbrite. Search “Learn and Practise Mindfulness and Meditation.”