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November 14, 2023

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All aboard for the 39th Great Dickens Christmas Fair!



by Robin Fadtke



by Rich Yee

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Malaya Tri-City holds community vigil for peace

SUBMITTED BY JOSEFINA DE LA TORRE

Malaya Tri-City held a community vigil on November 3 at the corner on Dyer and Alvarado Boulevard in Union City to call for support for human rights around the world. In honor of the Filipino holiday Araw ng mga Patay, or Day of the Dead, members held a vigil in honor of past Filipino activists and loved ones while holding signs protesting for better human rights. Malaya Tri-City is a local Filipino American social justice group based in the East Bay. They are a part of national U.S. movement fighting for humans rights and democracy in the Philippines.

"As Malaya Movement Tri-City, we're thinking about people that have passed away, especially under tyranny and fascism. These are people that are killed

for trying to advocate for human rights," said Malaya Tri-City member Jordan Ilagan. "We also wanted to uplift what's going on in Palestine and ongoing human rights violations and killings."

Drivers passing by saw the vigil, some honking in agreement with members holding signs. Other community organizations, such as Gabriella USA and Save the Hills, joined Malaya Tri-City in agreement with their support for human rights and their calls for a ceasefire in Palestine.

"The Filipino people have a lot in common with the Palestinian people," said Pixie Castillo, chairperson of Gabriella USA. "What's going on in Palestine is really a struggle over land. It's a struggle between the occupied and the occupier, of the colonized and the colonizer, which the Philippines is no stranger to."

There were several speakers, including Johann Osias, pastor at St. Paul United Methodist Church of Fremont. Osias led a prayer and spoke of the human rights violations that are currently happening around the world.

"Our hope is that our community here in the Tri-Cities will be able to continuously be made aware of human rights issue. The human rights situation in the Philippines has not changed at all from the very beginning," said Osias.

Music at the Mission: The Salon Series



SUBMITTED BY VICKILYN HUSSEY

Fremont in the Bay Area on November 18.

Music at the Mission welcomes audiences back to "The Salon Series" with a celebrated duo, cellist Jennifer Kloetzel and pianist Aileen Chanco. There will be two intimate concerts, one in Marina in Monterey County on November 17, and the other in

"I'm excited to be performing with Jennifer, two movements from the Rachmaninoff's Cello Sonata which was composed in 1901, less than a year after the premier of his famous Piano Concerto no. 2" said Chanco. The expressiveness

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Finding Comfort for the Seriously Ill and Their Families

Palliative Care Expert Dr. Krishna Suri to Explain Benefits in Nov. 28 Seminar

The task of finding the right support for patients living with a chronic illness or a life-threatening disease might be confusing, but it doesn't have to be. Palliative care is an option that has been shown to help manage symptoms, ease pain and depression in patients, and also lower the stress for their families and loved ones.

There are many positive benefits for patients that palliative care offers, including emotional and spiritual support, coordinating appointments with each health care provider, helping guide decisions, keeping information current on medications as well as possible side effects, and identifying personal wellness goals.

"Palliative care has a humanistic element," said Dr. Krishna Suri of the Palliative Care Team at Washington Hospital. "We capture some of this holistic element in our care. We know that health care is changing and that people are living longer. We have to get better at helping patients and their families find their way through what are likely trying times."

Community members will soon have the opportunity to join an online Health & Wellness seminar presented by Dr. Suri. "Living with Serious illness: Understanding Palliative Care," will be a livestream event on Washington Hospital's Facebook and YouTube pages on Tuesday, Nov. 28, at 1 p.m. The following day, the full presentation will be available for viewing on Washington Hospital's YouTube channel, [YouTube.com/whhsInHealth](https://www.youtube.com/whhsInHealth).

Some patients are not clear about the difference between palliative care and hospice care. Dr. Suri explained that palliative care offers emotional and spiritual support with the goal of alleviating suffering and improving the quality of life among patients with serious illness. Palliative care can be provided in a



hospital, clinic, or at home. Hospice care focuses specifically on the care and comfort of a patient with a serious illness who is approaching the end of life.

"With palliative care, your thoughts and values matter," Dr. Suri noted. "You aren't just a number. Palliative care recognizes that you matter and how you want to navigate your life matters. It is an open and honest communication. We become integrated into patients' lives."

Dr. Suri was born in India, but raised in Irving, Texas. He earned his master's degree in biomedical sciences at University of North Texas Health Science Center in Fort Worth. He earned his Doctor of Osteopathic Medicine degree at Nova Southeastern University in Fort Lauderdale, Florida. Dr. Suri currently lives in Mountain View and

"With palliative care, your thoughts and values matter." —Krishna Suri, DO

enjoys playing pickup basketball games in his spare time.

Dr. Suri emphasized the importance of including family members of patients who have chosen palliative care. He noted family is vital to the process. "We recognize that we are all interdependent in how we function in society. Identifying the key family members brings everyone to the table where we can all talk about what each person is feeling and then move accordingly."

Dr. Suri explained he always sets aside time in his seminars to answer questions from his audience because the format puts

participants at ease. It is also a good method for providing additional information. "It's sometimes hard to describe the full scope of palliative care, so we clarify just what it is. People can clearly and easily discover the benefits of palliative care."

To learn more about the Palliative Care Program at Washington Hospital Healthcare System, visit [whhs.com/PalliativeCare](https://www.whhs.com/PalliativeCare). For additional information about this and other upcoming Health & Wellness seminars, go to [whhs.com/events](https://www.whhs.com/events) or call 800.963.7070.



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Tips to Overcome Anxiety



Tips to Overcome Anxiety
Anxiety can creep up at any time due to overextended schedules, family and work demands. Here are some useful tips to help manage your anxiety and stress levels.

Managing Diabetes



Managing Diabetes
Given the prevalence of diabetes in our community, many households have felt the impact of this condition. Family medicine physician, Dr. Thomas Collins-Pallet, provides a conversation on how diabetes can be managed through lifestyle changes and medication.

Medicare: What You Need to Know



Medicare: What You Need to Know
What are your Medicare options? If you are new to Medicare, this seminar provides an overview of coverage provided by Medicare as well as your options for additional coverage. Learn enrollment periods for Medicare Advantage Plans (Part C) and Medicare Prescription Drug Plans (Part D), and what you need to know during open enrollment.

Coming Soon!

Pregnancy After Age 35



Pregnancy After Age 35
Tuesday, Dec. 5, 1 p.m.
This seminar will provide an overview of the potential risks and challenges associated with advanced maternal age pregnancy. Dr. Saloni Mathur will also offer practical advice to optimize health and well-being for both mother and baby.

Holiday Anxiety: How to Beat the Blues



Holiday Anxiety: How to Beat the Blues
Monday, Dec. 18, 11 a.m.
The holiday season can be a time of joy and celebrations, and it can also be a time of stress, anxiety and depression. Along with Dr. Seema Sehgal, let's explore how to cope with the various mental health challenges during the upcoming holidays.

Other Video Topics:

- Joint Pain
- Stroke Awareness
- Washington Township Health Care District monthly board meetings
- Diabetes Education
- Timely health topics such as COVID-19 and wildfire safety
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Events Information
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Fighting Cancer: Local Woman Credits Family and Care Team

New equipment increases image quality, decreases time and discomfort

It's been said that family knows you best. For Christina "Teena" Posas, 54, this adage may have saved her life. In October 2017, Teena was busy with life, not paying attention to her health. She had been experiencing frequent shortness of breath, but attributed it to a prior asthma diagnosis. When Teena couldn't walk up the stairs at her parents' Union City home during a visit, they knew something was wrong. They brought her to the Washington Hospital Healthcare System (WHHS) Emergency Department for a definitive answer.

It wasn't asthma. Instead, ED physicians diagnosed Teena with stage IV breast cancer, meaning it had spread. Her cancer wasn't caught the traditional way (through a mammogram) but through diagnostic imaging showing both a tumor and metastatic "spots" in other areas of her body. She calls that diagnosis her miracle.

"If I hadn't gone to my parents' home, I wouldn't have gone to Washington Hospital," Teena explained. "I would have continued to think I had asthma until it was too late. The ED physicians, oncologist and WHHS Nuclear Medicine Department made the diagnosis and got my treatment started right away."

Because of the type of cancer and its spread, Teena's oncologist, Dr. David Lee, decided against a mastectomy. With the UCSF - Washington Cancer Center team, Teena is able to receive academic-level care near her parents' home. By the end of October 2017, she had begun a six-month course of chemotherapy, with daily infusions on a three-week-on, three-week-off basis.

When Dr. Lee relocated out of state, Teena began seeing hematologist-oncologist Carlton Scharman, MD. Teena started an ongoing regimen of full body bone scans performed by the WHHS Nuclear Medicine Department and overseen by Dr. Scharman. Nuclear medicine technology is used to see how a patient's body is functioning. This can include cardiac testing, brain scans, or, as in Teena's case, bone scans.

WHHS Nuclear Medicine technologists Dusty Finn and Leah Austin performed Teena's scans. They helped allay her fears, talked her through days when the chemo had sapped her energy and made her feel like she was their only patient. "At first, Dusty and Leah felt like friends," Teena said. "Now they are like family: they know me, they know my plan of care and they take good care of me."

The body scans Teena needed required her to lie completely still for 40-45 minutes, which on many days, was a challenge. Last spring, the Imaging Department's new equipment reduced that time to about 20 minutes. A youth minister at St. Joseph's Church in Pinole, Teena's time is valuable to her, so in addition to the reduced discomfort, the extra time was a blessing.

The new technology, the Siemens Symbia Evo Excel, is a dual-head gamma camera. The number of gamma camera heads increases the resolution of the final image and decreases the amount of time required for the scan, which is double-good news for patients like Teena.

SPECT (single-photon emission computed tomography) is a medical imaging technique that uses radioactive isotopes and special gamma cameras to create three-dimensional images with state-of-the-art image quality and superb workflow automation of the body's organs, tissue, and bones.

For Teena's bone scans using SPECT imaging, the scan can help localize any areas of abnormal activity that may be present on the planar bone scan image. For

the SPECT component, the nuclear medicine gamma camera rotates 360 degrees around the body and creates pictures based on the data it obtains. These 3D images can alert Dr. Scharman to any changes in Teena's bones.

Teena leans on her strong faith, but she also credits her care team, including those at the Nuclear Medicine Department with giving her back her life. "I am so grateful that the new scan only takes 20 minutes," Teena said. "I can get back to work without worrying about anything, and Dr. Scharman said the image quality is better, too. I am able to live my life, even with this ongoing cancer diagnosis, because Washington Hospital brought everything I needed together. I can't say enough about the care I'm receiving."

For more information about the outpatient imaging services at Washington Hospital, visit whhs.com/imaging. To learn more about WHHS cancer programs, including the UCSF - Washington Cancer Center, see whhs.com/Cancer.



*"I am able to live my life, even with this ongoing cancer diagnosis, because Washington Hospital brought everything I needed together. I can't say enough about the care I receive."
-Christina "Teena" Posas*



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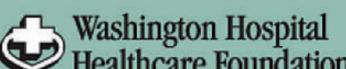
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continued from page 1

All aboard for the 39th Great Dickens Christmas Fair!

**SUBMITTED BY
DENISE LAMOTT**

For five weekends only, the historic Cow Palace in Daly City is transformed into the streets and stages of Charles Dickens' Victorian London. On Saturdays and Sundays, and the Friday after Thanksgiving, from November 18 through December 17, "The Great Dickens Christmas Fair & Victorian Holiday Party" will take visitors on an immersive adventure through four acres of Victorian theaters, pubs, and dance halls, encountering hundreds of costumed characters along the way. Meet Father Christmas, Mad Sal and her jolly gals, or the author Mr. Dickens himself, and his Ghosts of Christmas Past, Present, and Future. Lamplit shops filled with handmade gifts line the streets, and the enticing aromas of roasted cinnamon and hearty foods fill the air. The Great Dickens Christmas Fair is a time traveler's delight and a one-of-a-kind way to celebrate the holidays!

Visitors will first step inside the Cow Palace South Hall, where they will be transported

into the hustle and bustle of London's Victoria Station. Conductors greet visitors over the sounds of whistles and the steam of imagined trains as they make their way into the Historic Exhibition Halls, miraculously transformed into Victorian London. Once again, the nonprofit Delancey Street Foundation will sell fresh-cut Christmas trees for guests to take home and adorn.

This season, visitors can enrich their Victorian holiday with curated tours and new mysteries. Guests can book a complimentary guided tour, join a delicious Port and Chocolate Tasting, sit for High Tea, or embark on a new adventure – the Jekyll and Hyde Pub Crawl. Back by popular demand, the Sherlock Holmes Experience presents a perplexing new puzzle, while young ones may enjoy the self-guided Children's Tour of London and meet Father Christmas each day at 1 p.m. and 4 p.m.

Guests can also catch a traditional English Pantomime, Irish singers, Bedouin belly dancers, clever comedies, and

astounding juggling at one of the seven stages. From the Upperside Victoria & Albert Bijou Music Hall and lively Mr. and Mrs. Fezziwig's Dance Party, to the raucous, somewhat naughty entertainments of Mad Sal's Dockside Ale House, there is something for all tastes and ages.

Mr. Dickens himself and a hundred characters from his novels inhabit the Fair's streets and stages. Ebenezer Scrooge, Bob Cratchit, Tiny Tim, Oliver Twist, and Nancy mingle with chimney sweeps, musicians, newsies, carolers, dancers, and saucy sailors. Or take a seat inside the parlour of the famous Athenaeum Club, where visitors to London often include Suffragette Women, Oscar Wilde, Anne Lister, Karl and Eleanor Marx, and other notable characters from the literary, artistic, scientific, and business worlds.

The Fair overflows with holiday magic for the youngest guests, offering hands-on craft activities, old-world games, and interactive shows at the Tinsley Green Children's Area and Father Christmas Stage. Youngsters can meet Father Christmas, ride on the hand-powered Adventure Carousel, lend a face to the tintamarresque of Alice in Wonderland's Mad Hatters Tea Party, laugh at the antics of an authentic British Punch & Judy puppet show, and even catch a death-defying sword-swallowing act!

Fair guests can feast on traditional savories like fish 'n chips, bangers and mash, meat pies, or sweets like homemade cookies, artisan chocolates, and teacakes. This year marks the debut of Jack and the Beansteak vegetarian foods, and Slice of Heaven calzones and flatbreads. Six traditional pubs offer craft beers from local Anderson Valley Brewing Company along with fine wines, champagne, hot buttered rum, Irish coffee, hot toddy, and mulled wine. Or, sit for proper English high tea complete with scones and finger sandwiches.

With over 100 beautiful shops and carts, there is no shortage of thoughtful and unique shopping inspiration. Whether searching for the perfect holiday present for friends and loved ones – or a personal Christmas treat – guests will find the quaint shops and bustling emporiums filled with fine crafts, fanciful clothing and accessories, ceramics, elegant

drinkware, stunning jewelry, toys, ornaments, and antiquarian books.

Upon entry to the Fair or at the Patterson and Sons Shop just inside the front gate, guests are invited to pick up a complimentary copy of the official Dickens Fair Program – *The Illustrated London Chimes* – an informative newspaper complete with show schedules, maps, menus, shopping ideas, and other helpful information.

**The Great Dickens Christmas
Fair & Victorian Holiday Party**
Saturday – Sunday
Nov 18 – Dec 17
Friday, Nov 24
10 a.m. – 6 p.m.
The Cow Palace
2600 Geneva Ave., Daly City
dickensfair.com
Tickets: Adult (13+) \$45; Youth
(5-12) \$25; under 5 free
Parking: \$15/car



How to avoid Thanksgiving food waste

SUBMITTED BY
TRI-CED COMMUNITY RECYCLING

Thanksgiving is right around the corner, bringing cherished moments with loved ones enjoying good food, reflecting on what we're grateful for, and expressing gratitude. Yet this holiday also witnesses a surge in food waste in the U.S.—in fact, around 1/3 of edible turkey meat is discarded, alongside various other food items and vast quantities of disposable tableware and packaging. Whether hosting or visiting, adopt the tips and strategies below for an environmentally conscious celebration!

THE MEAL: The heart of Thanksgiving revolves around the culinary spread. Below are practical ways to minimize waste.

Purchase whole foods – Opt for whole fruits and vegetables over pre-sliced produce encased plastic packaging. Many grocery stores offer bulk food sections with reduced packaging or even BYOC (Bring

Your Own Container) options for essentials like grains and nuts. Often, foods with minimal packaging also tend to be healthier. Don't forget to equip yourself with reusable grocery and produce bags for your shopping trip.

Choose recyclable packaging – When purchasing package-free items or in bulk isn't possible, choose products packaged in recyclable containers. Cranberry sauce, turkey, pie, and many other Thanksgiving staples come in recyclable metal or glass containers that can be reused or recycled in your curbside recycle cart.

Reduce food waste – Get a headcount on the number of guests, then use tools such as SaveTheFood.com/Guestimator to plan for how much food you'll need to purchase.

Collect the food scraps – Collect food scraps while preparing the food. Use scraps such as bones and vegetable trimmings to make your post-Thanksgiving turkey stock before placing the scraps in your curbside green compost cart.

THE DISHES AND DECOR: Elevate the Thanksgiving spirit with nature-inspired décor, or with seasonal decorations from storage or sourced from a local thrift/second-hand store.

Opt for reusable tableware – Ditch disposable plates and cutlery for reusable options. Single-use plastic persists long after its brief appearance on your dining table. If you can't avoid disposable items, choose BPI-certified compostable alternatives that can be placed in the curbside compost cart.

Choose nature-inspired decorations – Embrace eco-friendly decorations like pumpkins, gourds, or autumn leaves that can be returned to nature or composted. If you've already purchased decorations, be sure to carefully store these for reuse.

THE LEFTOVERS: The satisfaction that stems from a post-Thanksgiving turkey sandwich is almost as great as the holiday itself! Maximize enjoyment while minimizing waste.

Store in reusable containers – This is a great time to whip out reusable containers (e.g., empty yogurt tub, Tupperware) from your drawers or pantry. Use these to store leftovers for yourself or to offer guests take-home portions.

Freeze leftovers that can't be immediately consumed – Frozen leftovers can be repurposed in delicious soups or stews.

Compost food scraps - Don't forget to compost any leftovers that can't be salvaged in your green compost cart. Grease- and food-soiled paper can be composted, too.

It may not be easy to achieve a completely zero-waste Thanksgiving, but small shifts in the way we plan, purchase, store, and recycle and compost can collectively make a significant positive impact. Happy Thanksgiving!

Local students get a sneak peek into high-demand manufacturing fields

SUBMITTED BY ADELINA ELO

Chabot College hosted over 330 students from various high schools for Advanced Manufacturing Day on Friday, November 3.

The event was an opportunity for local students to explore education-to-workforce programs that meet the workplace demand

for technicians in the areas of welding, automated machining, emerging manufacturing technologies and automation/robotics. There is a need for individuals to be trained in advanced manufacturing areas and Chabot has worked hard to develop strong programs in order to prepare students.

“Career education is a primary focus for Chabot College,” said Dr. Tracey Coleman, dean of applied technology and business. “The workplace is ever-changing and we provide the academic and hands-on training needed for students to succeed in the workforce.”

Students heard from a panel of speakers, including representatives from Urban Cowgirl Ranch and Tesla, and took on-campus tours in the following areas:

- Advanced Manufacturing
- Automotive Labs
- Computer Numerical Control

- Computer Application System
- Electronics Systems
- Manual Machining
- Welding Technology

Chabot partnered with Eden Regional Occupational Program, Hayward Unified School District (HUSD), Castro Valley Unified School District, San Leandro Unified School District, San Lorenzo Unified School District and others to ensure the success of the event. Welding and robotic demonstrations took place as an added layer of excitement to show the depth of the programs.

Learn more about Chabot College's Industrial Technology Pathway and programs at <https://www.chabotcollege.edu/lcp/it>.

Pop-up on the Promenade

SUBMITTED BY STUDIO 11

Studio 11's "Pop-up on the Promenade" will return to the Union City Station District on November 18, 2023. This local makers fair will feature handmade goods, art, self-care products, plants, music, kids' activities and more! Event admission and parking are free.

Pop-up on the Promenade
Saturday, Nov 18
11 a.m. – 4 p.m.

Studio 11
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Ohlone College
Receives
\$400K Grant
from National
Science
Foundation

SUBMITTED BY
ANGELA RAMOS

Ohlone College is proud to announce that it has been awarded a grant of \$400,000 from the National Science Foundation's (NSF) Enabling Partnerships to Increase Innovation Capacity (EPIIC) investment. This grant recognizes Ohlone College's commitment to fostering innovation and strengthening regional partnerships. The college eagerly anticipates collaborating with Jefferson College, a community college in Hillsboro, Missouri.

The collaboration, set to launch in January 2024, will bring together the expertise of Ohlone faculty members Laurie Issel-Tarver, PhD, and Nita Sharma, PhD; and STEM Division Dean Lori Silverman, PhD. Both institutions are enthusiastic about this partnership and its potential for

driving innovation, research, and educational opportunities.

"We are thrilled to receive this grant from the National Science Foundation, which will enable us to further our mission of promoting innovation and research in our community," said Lori Silverman, PhD, STEM Division Dean at Ohlone College. "Collaborating with Jefferson College will allow us to combine our strengths and resources, ultimately benefiting our students and the broader community."

The NSF's EPIIC investment promotes collaboration between academic institutions, industry partners, and other stakeholders to drive innovation and economic growth. Ohlone and Jefferson College's efforts will play a pivotal role in realizing this goal.

Josephine Kershaw, PhD, Dean of Institutional Effectiveness & Equity, representing Jefferson College, stated, "We are looking forward to working closely with Ohlone College to create a vibrant ecosystem that nurtures innovation and supports the next generation of leaders and entrepreneurs. Together, we will explore new avenues of research and development, making a lasting impact on our region."

Ohlone College
ohlone.edu

Eggplant

BY PAT KITE

Vicki says I should write about Eggplant. What's an eggplant? It is a purple sort of vegetable that looks like a zucchini. The common alternate name in the United States is usually aubergine, but occasionally brinjal. Unless it is mixed into something mysterious, I don't remember ever having eaten an eggplant. But apparently, I have.

Eggplants were originally small and yellowish. They have been used in Chinese and Indian cooking for umpteen years. Spanish explorers brought them to Europe, where they were used extensively in cooking. By the 1500s, other explorers carried samples to the Americas. But somehow they never got appreciated as a food crop. They were still small and yellowish, like eggs. So came "eggplant." Our own Thomas Jefferson imported eggplants for a trial in his garden.

First recorded in 1763, the word "eggplant" was originally applied to the whitish vegetables/fruits. Then hybridizers went to work. Now we have bluish, greenish and red eggplants. The eggplant is sometimes termed King of Vegetables because of its lovely purple color and because of its great health properties: vitamin B6, potassium, and folate.

(And yes, it is called a vegetable but is actually a fruit: eggplant, aubergine and brinjal. Why is it a fruit? Because it has seeds.)

There are oodles of eggplant recipes. These include Eggplant lasagna, Moroccan eggplant, spicy Chinese eggplant, apple green eggplant, Thai eggplant curry, Filipino eggplant sour soup, baked eggplant parmesan, eggplant "unagi" and Brinjal tawa fry. The state of New Jersey produces the most eggplants in the United States. China and India produce the most eggplant in the world.

To make this veggie/fruit more intriguing, you can find, if you hunt long enough, little white eggplants. They are called garden eggs, Easter white, and Casper eggplants. Why are they so hard to find? They have thinner skin and bruise more easily, so supermarkets usually take the heartier purple ones.

After all this information, do you still want to try growing eggplants? They can be a tad fussy. Start by purchasing seeds in January or May. The most common varieties are found at garden centers. Or purchase eggplants as starter vegetables to be placed outdoors in March, or from July through September. Find a sunny spot out of the wind. Purchase good compost. Eggplants grow about three feet high and wide. A row of them,

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.

with their splendid purple flowers and fruits are quite attractive.

If you like playing with plants, as I do, try including the larger "Black Beauty" varieties and perhaps a few tiny ones, which come in white, yellow, greenish and red. Use a 14-inch pot for one plant, a 20-inch wide pot for three plants. Black pots seem to get the best results. Water regularly. No wilting allowed. You will need some form of scaffolding, as fruits must not be allowed to touch the ground.

For those of you who must have a story, there actually is one. However, this is a family newspaper.

Fremont Area Writers to be featured on The Fremont Podcast

SUBMITTED BY
TISH DAVIDSON

Fremont Area Writers, a branch of the statewide California Writers Club, will be featured on The Fremont Podcast on November 17, after which the program will be archived for future listeners. The Fremont Podcast was founded by nine-year Fremont resident Ricky Blaha, known on the podcast as Ricky B. "When I moved to Fremont," Blaha says, "I kept meeting people with amazing stories, but I also realized that Fremont has very distinct subcultures. The goal of the podcast is to bring the community together and help different groups get to know each other."

Blaha grew up in the Midwest and later in South Carolina, one of six children in a family where money was always tight. He developed an interest in theater, and thanks to a family benefactor, he was able to attend a school that emphasized music and acting. After graduation, he spent six years touring with an acting company, where, in addition to performing, he acquired the technical skills that allow him to produce The Fremont Podcast. To date, the podcast has aired more than 90 episodes dedicated to telling the stories of the people and places of Fremont.

For the episode on Fremont Area Writers, Blaha interviewed FAW members and Fremont residents Evelyn LaTorre, author of *Beyond Inca Walls: A Peace Corps Memoir*; and Tish Davidson, author of *Medical Firsts: Innovations and Milestones that Changed the World*. "Although it may not be obvious, Fremont has an active community of writers and artists," Davidson says. Fremont Area Writers is open to everyone from aspiring beginners

to published writers. "We are a very nonjudgmental group. Our motto is 'writers helping writers,'" Davidson explains.

FAW meets on Zoom so that meetings are accessible to all, including those with mobility or transportation challenges, and parents with young children at home. The group holds three monthly events: a meeting with speakers from around the world who present information on writing, publishing, and marketing; a social write-in to stimulate creativity by responding to writing prompts, and a salon where writers can read their work in a supportive atmosphere. All events are free and open to all. "Writing presents enough mental and emotional challenges," says Davidson. "FAW wants to eliminate as many barriers as possible for those who aspire to write."

The Fremont Podcast
<https://thefremontpodcast.com>

Fremont Area Writers
<https://cwc-fremontareawriters.org>



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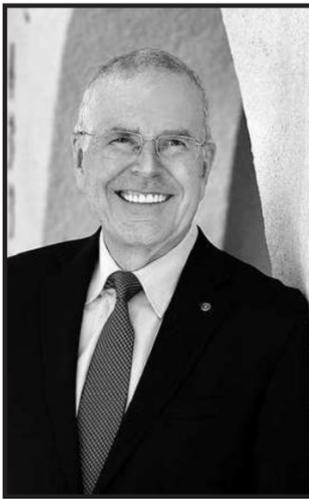
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Union City Awarded Homekey Grant Funding for Scattered Site Project

SUBMITTED BY
CITY OF UNION CITY

Governor Gavin Newsom has announced the second batch of Round 3 Homekey Program grants, totaling a \$156.4 million investment, which will fund 12 projects creating 556 new affordable homes across six counties.

Of the projects selected, the City of Union City, in partnership with the City of Hayward and Bay Area Community Services (BACS), is being awarded funding in an amount up to \$9,677,000 for a scattered site project. The State of California's Homekey Program is the Administration's initiative to help jurisdictions rapidly expand the availability of housing for individuals and families experiencing, or at risk of, homelessness.

"The opportunity that the Homekey award provides the city with is a valuable tool in the fight against homelessness," said Union City Mayor Carol Dutra-Vernaci. "As affordable housing options are becoming scarcer throughout the city and Alameda County, partnerships like the ones with the City of Hayward, BACS, and the State are vital in allowing us to be creative in our problem solving and expand housing opportunities for our most vulnerable populations."

The goal of the scattered site project is to acquire homes and convert them to supportive shared housing. The project

application anticipates the Homekey grant will help fund the acquisition of up to seven homes, one of which would be in Union City. The acquisition of a single-family residence will accommodate a minimum of five rooms or "doors" for unhoused individuals. Operating costs will also be covered by the Homekey grant for the first few years. After that, BACS and the co-applicant cities will also request operating funds from the Alameda County HOME Consortium and continue to explore other subsidies to ensure the longevity of the project.

"BACS shows up for the community, and we innovate. Our housing reclaims neighborhoods by creating and preserving affordable housing where people want to stay," said Jamie Almanza, MBA, CEO of BACS and BACS Housing. "This major partnership from the state empowers individuals, families, and communities to reclaim their sense of belonging and rebuilding lives impacted by gentrification, structural racism, and deep poverty."

The Homekey Program is administered through the Department of Housing and Community Development (HCD). Grant funding is available to local public entities including cities, counties, tribes, and housing authorities to develop a broad range of housing types including hotels, motels, hostels, single-family homes, multifamily apartments, adult residential facilities, and modular housing, and to convert commercial properties and other existing buildings to permanent or interim housing.

"It has been greatly rewarding to see the growth and impact of Homekey on California's most vulnerable residents," said HCD Director Gustavo Velasquez in a recent press release. "To me, the 14,000 homes funded through Homekey represent more than just buildings. They represent real people exiting homelessness more quickly, and the opportunity for housing stability to greatly improve their quality of life."

Local Rotary Club Announces Annual Nursing Scholarship Fundraiser

SUBMITTED BY
ROBERT HENNESSY & JEFF SEVERTSON

The Rotary Club of Mission San Jose is announcing a

fundraising event for two worthy causes that will benefit us all, scholarships for students in the Ohlone College of Nursing, and specialized training scholarships for nurses who will be working at the new Washington Hospital Trauma Center.



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Disabled comedians riff on their experiences

BY STEPHANIE GERTSCH

On November 18, The Comedy Den will feature a hilarious group of standup comedians riffing on a surprising topic—disability. Members of the Comedians with Disabilities Act (CWDA) all have some level of disability, visible or invisible, and all use their experiences as material for their act.

Nina G, headliner of the CWDA Castro Valley Show, says, "When you have a disability, people interact with you in awkward ways so the world just gives you your punchlines. Although I wanted to do material other than just about stuttering, I knew that I did want to use comedy to educate people."

One example she gives is a work experience that turned into comedy. "I was barking outside a show, trying to get people to come with a nondisabled

comedian, Candy Shaw. Apparently, I must have stuttered because the woman asked if Candy was my support person (like a service animal!). I told her, 'Yes, please don't pet her.'"

Also performing in November's show are Steve Danner, a Little Person whose comedy career began when as an audience member he started riffing with a comedian on stage; Mean Dave, a Newark native who speaks on his experience in addiction recovery; and Adam Keyes, a triple amputee and military veteran.

Nina G knew right away that CWDA was something unique. "When I first heard about the CWDA, I knew I wanted to be part of it. They had already had one show and I told Steve Danner, who is on the upcoming show, 'You guys need a woman in the group and someone with a less apparent disability. I AM THAT PERSON!'"

Nursing programs are often out of reach for lower income students. According to a recent UCSF survey, California is currently facing a shortage of about 36,000 licensed nurses.

The Rotary Scholarships will be awarded to entry-level, low-income students enrolling in these programs. Our fundraising goal of \$30,000 will go to both the Ohlone College Foundation and the Washington Health Care Foundation to fund the scholarships.

There is a long history of support between these two agencies: Washington Hospital provided funding to help build the Ohlone College Nursing Center, which trains nurses to work at Washington Hospital and elsewhere. They mutually agree on the curriculum to provide the best training possible.

To celebrate our generous donors, we're hosting a dinner with open beer and wine bar at Washington Hospital's Anderson Auditorium on Saturday, December 9. Dinner is \$100 per person. At the event, we will also be honoring Larry and Linda Anderson for their many contributions to Rotary over the years.

Those who are interested should register soon, as availability is limited. Confirm your attendance by emailing msjrotaryfundraiser@gmail.com or go to gofundme.com/f/msj-rotary-nursing-scholarships. Sponsorship opportunities are available.

You can also donate by sending a check to:

Mission San Jose Rotary Foundation
PO Box 3037 Fremont, CA 94539

She continues, "I am not often able to perform to my own community of people who have disabilities. Doing these shows gives me that. They get it way more, mainstream audiences don't." Of course, not everyone in the audience will be disabled, but it's an atmosphere where disability can be seen as just another part of the human experience, not something to taboo or other.

Nina G. Concludes, "What [all the performers] share is highlighting in their act things people don't talk about. We are socialized to have a lot of shame around disability. That is why Disabled comedians are so important... Each of the comics on this show are fearless about talking about their experiences."

Comedians With Disabilities
Saturday, Nov 18

7 p.m.
JP's Family Restaurant and Sports Lounge
3600 Castro Valley Blvd., Castro Valley
<https://thecomedydencv.com>
Tickets: \$20

We would love to see you at the event, but if not please consider donating any amount for this especially needed good cause.

Mission San Jose Rotary Foundation is a registered 501(c)(3) nonprofit organization. All contributions to this fundraiser are tax-deductible to the fullest extent of the law. EIN: 94-3201625.

MSJ Rotary Nursing Scholarship Fundraiser

Saturday, Dec 9

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2500 Mowry Ave., Fremont
gofundme.com/f/msj-rotary-nursing-scholarships

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Facing a crisis: navigating drug abuse, fentanyl, and overdose with NCAPDA

BY OLIVIA MA

On November 8th, 2023, the National Coalition Against Prescription Drug Abuse, or NCAPDA, presented a panel of speakers at Irvington High School in Fremont to talk about the dangers of drug abuse, fentanyl, and overdosing. Founded in 2010 by April Rovero in San Ramon, the NCAPDA aims “to save lives through our community education programs, policy change, legislative advocacy, and distribution of opioid overdose rescue kits (Narcan).” In the backdrop of this fight lies a personal tragedy — the passing in 2009 of Rovero’s son Joseph John Rovero III, a then graduating senior who had overdosed the day before he was due to come home for winter break.

“It sounds like a ton of time has passed, but for me, I can go back to that very moment when we got the call,” said Rovero.

“There really aren’t words to adequately explain the impact it has had on our family.” The loss of Joseph is just one of the many tragic stories of overdosing, with a whopping 109,680 victims in 2022 (-79,000 being opioid related) according to the CDC, affecting every community and demographic, from teens to young adults to seniors.

To address this crisis, it is crucial for people to recognize symptoms of drug use in their community and loved ones. Behavioral changes, such as frequent depressed states, mood swings, and loss of work efficiency, alongside noticeable physical changes such as extreme weight fluctuation and deterioration of appearance, may signal drug use or addiction.

As the drug market evolves, so does the risk of fentanyl. Dealers have developed different methods to use fentanyl to grow their businesses, such as attracting users with colored pills resembling a



Event table with information pamphlets and prevention kits

“skittles packet,” and, more dangerously, lacing common drugs with fentanyl to increase addiction in customers. The Fremont Police Department emphasized the addictiveness of fentanyl, stating, “Once you get introduced to it, there’s no going back.” Furthermore, it is crucial to note that any amount of fentanyl is harmful and easily deadly, with only two milligrams being enough to kill the average person.

Prevention becomes a crucial tool in the fight against drug abuse. Some tips from NCAPDA outreach director and experienced pharmacist Sanjay Patel include only using prescribed drugs from legitimate sources, using fentanyl testing kits, and keeping prescriptions to yourself, as they may have negative impacts on someone else who is not used to the drug. Another tip is to communicate with your local pharmacy. “You can always stop by and ask anything,” said Patel, “we don’t charge for questions.”

In the event that someone near you overdoses, recognizing the signs—unresponsiveness, slowed breathing or heartbeat, and discoloration—is crucial. Immediate use of a naloxone kit (Narcan) and a call to emergency services can save someone’s life. Fentanyl testing kits and

Park Happenings for November News from the East Bay Regional Park District

SUBMITTED BY
DAVE MASON

The East Bay Regional Park District is leading the way in wildfire protection. At Anthony Chabot Regional Park, a first-of-its-kind, large-scale fuels reduction project is underway using a climate-friendly carbonator to dispose of vegetation. The carbonator, a Tigercat 6050, burns organic matter at very high temperatures (about 1,300 degrees Fahrenheit) with very little oxygen. The process, called pyrolysis, produces very low emissions, especially compared to conventional disposal methods of open pile burning or transporting long distances off-site in diesel trucks. The resulting biochar is being used throughout the Park District to enhance soil health, improve water retention, and increase crop productivity, including at the Park District’s Ardenwood Historic Farm in Fremont. State, federal, and District funding are being used for the fuels management project at Anthony Chabot Regional Park.

The innovative use of the carbonator for fuels reduction projects is being seen as a model statewide and nationally. For more info, visit www.ebparks.org/sites/default/files/carbonator-feature-article.pdf.

November marks Native American Heritage

Month, a time for us to honor and celebrate the past, present, and future of the vibrant Indigenous communities that have called the land now known as the East Bay home since time immemorial. In November and throughout the year, the East Bay Regional Park District recognizes enduring Indigenous traditions and Native Peoples’ role as the original stewards of this region’s ecosystems. To learn more about California Native peoples, visit www.ebparks.org/we-celebrate/native-american-heritage-month.

Celebrate Green Friday, November 24, with a FREE Park Day. Green Friday at the Park District provides healthy and fun ways to enjoy the day after Thanksgiving with family and friends. On Green Friday, all entrance activity fees are waived in Regional Parks, including parking, dogs, horses, boat launching, and fishing, as well as entrance to Ardenwood Historic Farm. The fee waiver does not include state fees for fishing licenses and watercraft inspections or concessions, such as the Tilden Merry-Go-Round and Redwood Valley Railway steam train. To learn more, visit www.ebparks.org/we-celebrate/green-friday.

For years, Ardenwood Historic Farm’s eucalyptus groves have been the site of a rare and exciting natural phenomenon – the annual gathering of monarch

butterflies. From late October to February, a few hundred to several thousand monarchs typically form dense clusters in the trees and, on sunny afternoons, fly around looking for nectar. Lately, it has become challenging to predict whether the monarchs will return to Ardenwood. Dramatic variations in winter temperatures, combined with extended drought and habitat loss, have resulted in very few monarchs present at the farm over the past three winters.

While many typical monarch gathering sites saw few to no monarchs last winter, volunteers at some locations across California were surprised by unusually high numbers – the highest total since the 2000 season according to Western Monarch Count, a community science program through the Xerces Society for Invertebrate Conservation. This news was a great relief to monarch enthusiasts throughout the state who feared the monarch was on the road to extinction.

To learn more, consider attending a naturalist-led monarch program at Ardenwood. For more information, visit www.ebparks.org/calendar and search for “monarchs.”

East Bay Regional Parks
www.ebparks.org



A panel of speakers presents the dangers and solutions of drug misuse

naloxone kits can be found at some pharmacies and through the SAMHSA (Substance Abuse and Mental Health Services Administration) hotline at 1 (800) 662-4357.

Combating drug abuse and overdosing is imperative. As the Fremont Police Department highlighted, it starts with helping people. “As police officers, we’re not just here to take people to jail, we’re here to help,” they shared. “If you, your child, or someone you

know has an addiction problem, feel free to call for help.” In order to help those who are affected by drug abuse and are at risk of overdose, it is important to dismantle the stigma surrounding addiction, and not to treat victims as criminals, but as people in need of support, care, and understanding.

www.ncapda.org



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What it takes to deep clean a BART station

SUBMITTED BY
BART DISTRICT

Maria Chappell, a longtime overnight station cleaner at BART, has a series of photos stored on her phone of a station platform, wedged among images of her kids and grandchildren. The photos show almost nothing but the floor, and intentionally so. Chappell snapped the imagery on a recent weeknight after hours of scrubbing, sealing, and waxing the floors with fellow cleaning crew members. If you visit the station in person and look down, you can almost see your face reflected back at you; the flooring truly glitters and gleams after one of these regular, and labor-intensive, deep cleans.

It's hard work to make BART's well-trafficked stations sparkle and shine. Each day, hundreds of people pass through, carrying dirt and grime on the soles of their shoes, along with trash, gum, and dust. Chappell and her colleagues spend eight hours a night, working from 10 p.m. to 6 a.m., to make sure that riders travel through clean stations when the sun rises each day. They're the late-night crew that takes care of the deep cleaning of stations - tasks that

can't be done during the day when scores of riders are passing through. Every station is cleaned throughout the day when the stations are open to the public. These cleaners handle tasks like picking up waste and mopping and disinfecting, including high-use areas like stairs, escalators, handrails, bathrooms, and Add Fare machines. Recently, BART doubled the frequency of overnight station deep cleans. These thorough cleans can take workers one to two weeks to complete, and each station in the system will get one every few months, depending on the station's needs and busyness. BART also recently doubled the frequency of train car deep cleans.

Dirt is blasted off stairs with the hot steam power washer, then the water is squeezed into a nearby drain. Overnight cleaners begin their eight-hour shifts at 10 p.m. At that time, until the station closes around 1 a.m., the cleaners will focus on the concourse and stairs, escalators and elevators, and public restrooms. For safety reasons, platforms are cleaned only when the stations are closed for the night. The stairs and floors are always the dirtiest parts of the station, for obvious reasons. But

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the workers clean the entire station, scrubbing and power washing everything from the stairs and station walls, including metal paneling, to the restrooms. Smaller, more sensitive surfaces are washed and disinfected by spraying a cleaning agent on a rag and scrubbing manually. Bleach is used very minimally, solely for biohazard incidents.

The floor cleaning process, however, is the piece de resistance. Below is a snapshot of the procedure, which is used for station entrances, concourses, and platforms:

- Floors are dust mopped.
- Cleaners run the magnum floor scrubber to scrub away socked-in grime and old floor sealant.
- Next, it's time for the steam power washer

• The water from the power washer is squeezed into drains. The stairs and floors are dried with dry mops.

The above process is done every few weeks. But every four to six months - one to two months at busy stations - cleaners seal and wax the floors to keep dirt from building up and to make them sparkle. They use mops to carefully layer multiple coats of sealer, which keeps dirt from building up on the floor. Then, they mop multiple layers of wax onto the flooring to make it shine.

A Foreworker oversees the process, assigning tasks based on priority and ensuring the crews are working to meet BART's high standards. The Foreworker overseeing Chappell's crew is Wendy Salazar, who started at

BART nearly a decade ago as an overnight cleaner herself. The regular crew includes Chappell, Michelle Slade, Lynn Ensminger, and Josh Brown. They refer to themselves as "the Fremont Crew." Salazar said the public might be surprised to learn how many components go into station cleaning and the specialized skills it requires. Cleaners at BART are trained for two-and-a-half weeks in a classroom setting, as well as on the job. Salazar said her staff take immense pride in their work. "On the overnight shift, you handle the bigger projects, and you get to immediately see the results," she said. "Cleaners get to say, 'Hey, I did that!'" Or, like Chappell, they snap a photo to remind themselves of their hard work and the gratification of a job well done.



Maria Chappell power washes the stairs.



Foreworker Wendy Salazar is pictured behind a fare gate at South Hayward Station.

Library collection goes way beyond books!

SUBMITTED BY
SANTA CLARA COUNTY
LIBRARY DISTRICT

Santa Clara County Library District (SCCLD) is excited to announce a new pilot program at Milpitas Library. The Library of Things offers patrons the opportunity to borrow a variety of items including kitchen equipment, hobby kits, health and wellness items, technology

items and cool things for kids. All of these "Things" are free to borrow with a SCCLD library card.

"The Library of Things allows patrons to discover new tools and devices to help them learn, create and connect," said Milpitas Community Librarian Kelly McKean. "Perhaps you only want to try something once, or you want to try something before you buy, these Things can save you money and space."

Some popular items include a hot pot with grill, sous vide equipment, Go Pro 11, Tonieboxes, and kits for bird watching, sewing and making music. The collection may be modified at a later date to meet the community need.

Things are available to check out at the Milpitas Library for up to three weeks.

Things cannot be put on hold, sent to another library, or renewed. Patrons can see what items are available on the SCCLD website or at a display station in the Library lobby. Things must be checked out at the Library Accounts Desk. Only one Thing can be checked out at a time. Patrons will need to sign a lending agreement to check out Things. Patrons must also be 18 years old or older, and have a full use Santa Clara County Library District library card. Things must be returned to the Milpitas Library Accounts Desk for the next person to enjoy.

"The 'Library of Things/Lending Library' concept has grown in popularity throughout the US," explained County Librarian Jennifer Weeks. "Milpitas Library is spearheading this new effort as

part of our strategic plan which allows us to explore the feasibility of this special lending library at one location before possible expansion."

Staff from Milpitas Library reached out and worked with libraries all over the Bay Area to find their best practices regarding Libraries of Things/Lending Libraries. Staff also attended conferences and webinars, learning from others who have developed similar programs. Make the most of your experience with our Things by exploring these booklists, which highlight many individual items.

Library of Things
scclld.org/things

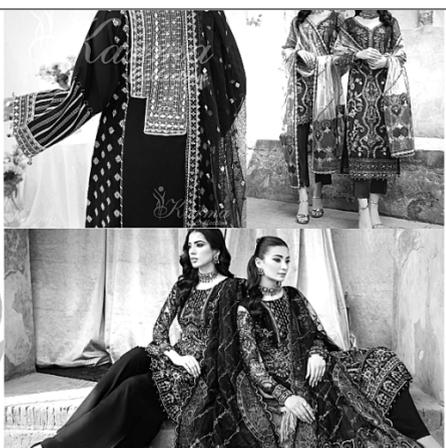
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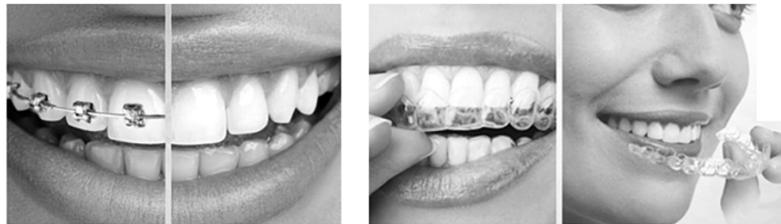
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COMPOSTING IS AWESOME

Do the Rot Thing!

Composting turns food scraps into good dirt that is healthy for plants.

Food scraps and other compostable trash make up the largest category of waste in our landfills. When you stop sending food scraps to the landfill, it helps to slow down the filling of the landfill. The compost facility turns it into soil that's healthy for plants.

What goes in a compost bin?

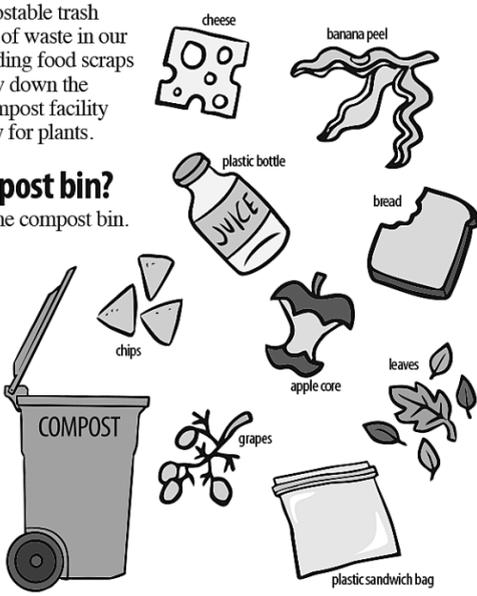
Anything organic can go in the compost bin.

Organic: Things that were once alive. For example, paper made from trees is organic because trees were alive.

Inorganic: Things that are made of things that are not from animals or plants, living or dead. For example, diamonds, table salt, and silver are inorganic.

Standards Link: Life Science: Understand that matter can be organic or inorganic.

Use a green crayon to circle all the things that belong in the compost bin.



Don't forget to compost these things!

Do the math to see what else can go in the compost bin. The items that add up to even numbers can go in the compost bin. Odd-numbered items can be recycled.

6 + 6 =

8 + 2 =

10 + 8 =

3 + 4 =

4 + 2 =

6 + 4 =

2 + 2 =

9 + 6 =

3 + 17 =

8 + 8 =

5 + 11 =

Why is methane gas a problem?

Food scraps and other compostable waste create methane gas when they rot in a landfill.

Methane gas molecules are released from the landfill into the atmosphere. They absorb heat and make more heat by heating up molecules around them. This can cause the earth's temperatures to rise.

Standards Link: Life Science: Understand the environmental benefits of recycling and composting waste.

Composting: An Action That Helps the Planet



1. Composting starts with food that is left uneaten, or "food scraps."
2. Put the food scraps into the compost or "green" bin to be sure it goes to a composting facility.
3. At the composting facility, your organic waste is mixed with things like woodchips, branches and shredded newspaper. This slowly rots and turns into healthy soil.

Composting Is Good for Us!

When healthy compost from composting facilities is mixed with soil, it makes plants grow better and improves the nutrition of our food. And it keeps food waste out of the landfill where it would have created methane gas.

Standards Link: Life Science: Understand the health and environmental benefits of composting.

Kid Scoop Together Landfill Problems

A landfill is a place where garbage is taken and buried. Over time landfills start to fill up and then more land needs to be found. Recycling and composting reduce the waste sent to landfills. That way they are usable for a longer period of time.



Send Less to the Landfill

What is the number one thing that people throw away that ends up in a landfill?

Circle every other letter below to find out.

(C)COLOBDA
F

Draw a line from each item on the lunch tray to the correct bin.



FREE DOWNLOAD: Kid Scoop Teacher Activity Pack!

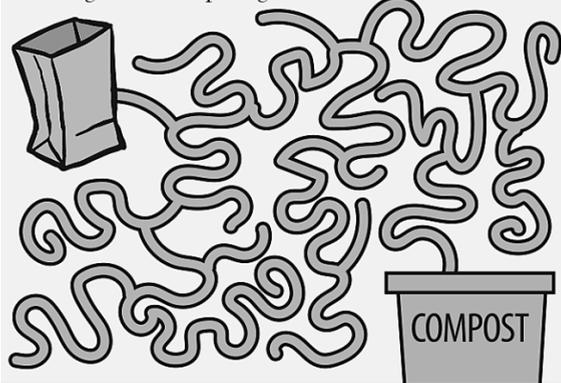
With hundreds of topics, every Kid Scoop® printable activity pack features six-to-seven pages of high-interest extra learning activities for home and school! Get your free sample today at:

kidscoop.com/activity-pages/

Kid Scoop® Puzzler

Avoid the Landfill

Putting less waste in the landfill helps our planet. Get this paper lunch bag into the composting bin.



Double Double Word Search

- ABSORB
- BIN
- COMPOST
- FOOD
- GAS
- GREEN
- GROW
- HEAT
- LANDFILL
- METHANE
- PAPER
- PLANTS
- SALT
- SOIL
- WASTE

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

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **ROT**

The verb **rot** means to decompose or break down into smaller parts.

The apple in the bowl started to **rot**, and we put it in the compost bin.

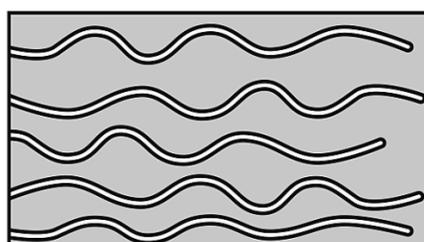
Try to use the word **rot** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Have a Good Day!

Look through the newspaper and cut out pictures and words that make your life "good." Make a collage with your selections and share it with your family members. Do they appreciate the same things as you?

Standards Link: Language Arts: Follow simple written directions.



What do you call a fake noodle?

ANSWER: An Impasta!

Write On!

Take Action!

What is one action you can take to stop wasting food at school or at home?



The Fremont CONNECTION



November 25th is Small Business Saturday

Shop your favorite local merchants and show your support!



Aura Skin-N-Beauty



Billy Roy's Burger Co.



Cafe Mei



California Craft Beer



Dekalash



Federicos Grill



Five Spice Indian Grocery



Forest & Flour



Le Moose Crepe Cafe



Momo & Kebab



Nature's Ice Cream and Cafe



Off the Record



Polished Beauty Lounge



Raw Superfood Cafe



Tamper Room Cafe and Gallery

As Thanksgiving approaches each year, we are inundated with an abundance of advertising that continues through the holiday season. Black Friday, the single biggest shopping day of the year, has become culturally engrained, while Cyber Monday gains more eyeballs and clicks. However, nestled between these two days of frenzied bargain hunting lies a day that holds great importance and should not be forgotten: Small Business Saturday. Now more than ever, it's important we put our dollars towards our favorite shops and restaurants in Fremont to show our support.

The small businesses in Fremont are the backbone of our cultural identity, helping us create a sense of belonging and community. They instill pride in our residents and are the very essence of what makes Fremont unique. Shopping at these small establishments keeps the money you spend within our community, supporting a more localized, sustainable, and circular economy. These businesses continue to infuse vitality into our city. Additionally, the pandemic has led to new entrepreneurs and prompted many longstanding businesses to adapt their operations to continue serving the community.

While we should appreciate our small businesses every day of the year, we can all agree that they deserve a day set aside just for them. Fremont boasts over 3,400 small businesses, which collectively employ over 27,000 individuals. One out of every four jobs in Fremont is linked to a small business. Whether it's a nearby shopping center or one of Fremont's cherished neighborhood business districts, our community offers a wide variety of unique local offerings. Regardless of where you live in Fremont, something is waiting for you to discover and cherish!

Numerous small business owners face persistent challenges, ranging from rising costs to a scarcity of workers. Our support is critical in ensuring that they remain a thriving part of our community. So next Saturday, and every day, let's show them how much we value them. If you plan to do any shopping this week, be sure to support your favorite local establishment in Fremont, or perhaps try something new!

continued from page 1

Music at the Mission: The Salon Series

and fiery nature of this work comes through in the two movements we will be presenting on this concert: the Allegro Scherzando and Andante movements.”

The Salon Series program opens with three movements from Stravinsky's neo-classical work, Suite Italienne. The delightful work is derived from his ballet, Pulcinella, based on the mischievous 18th century character of the Italian Commedia Dell'Arte tradition. It is followed by British composer Frank Bridge's "Melodie" in c# minor, a highly Romantic piece with a modernist's bent in tonal colors and harmonies.

Claude Debussy composed his cello sonata as part of a project to compose sonatas for different instruments. This first of 3 sonatas was composed in 1915 and premiered in 1916 amidst the events of WWI. A whirlwind of sound and color, it has been described as "the most unrefined, emotionally exposed of the three sonatas – maybe even of all Debussy's works" by Meg Ryan, LA Philharmonic Association's Publications Assistant.

The Hungarian Rhapsody was composed by David Popper in 1893 and is an absolutely "dazzling showpiece" for the cellist and channels the "Czardas", a traditional Hungarian dance. It "offers a skillful idiomatic virtuosity through a Jewish lens of Hungarian folk music" according to Michael-Thomas Fournai. In the hands of Jennifer, it will be an exciting close to the program.

Because classical chamber music is best served "up close and personal," the two concerts, each a 50-minute program, will be held in two beautiful private homes. The 7:30 p.m. Friday night Salon Concert on November 17 will take place in Monterey County, in the city of Marina.

The other option for music-lovers is to attend the 3 p.m. on Saturday, November 18 concert in Fremont. Both concerts will be followed by a reception, included in the ticket price. Whichever day and venue you chose will be an exceptional experience.

Jennifer Kloetzel is noted for her elegant playing and vibrant tone. She has premiered over fifty works, including five concertos written specifically for her, and has performed at such renowned venues as Lincoln Center, the Kennedy Center, Chautauqua



Institute and the Ravinia Festival (to name only a few).

As a lauded soloist and chamber musician, Aileen Chanco is recognized for her "intense virtuosity" and "commanding presence," described as "steeped in expressiveness and tastefulness to the core!" She made her solo concerto debut with the San Francisco Symphony at the age of thirteen, followed by appearances with the Boston Pops and solo performances with orchestras throughout the United States, Canada and the Philippines.

"I am excited to be focusing on two Salon Series productions this November - one in Fremont and the other in Marina (Monterey County)—because it is a wonderful way to connect with our audiences in a more intimate and less formal way," said Chanco.

"We lowered our ticket prices for the November concerts to welcome back our audiences, give back to the community, and invite newer audience members to check out classical chamber music...although seating is still limited due to the nature of the venue, so we encourage everyone to get your tickets right away."

Whichever Music at the Mission Salon Series concert date you choose, it's a celebration of another wonderful season of chamber music at its very best. Music at the Mission has made Salon Series concerts more accessible and affordable with tickets available online now for \$35. Now that's news to be shared!

**Music at the Mission
2023-2024 The Salon Series**

**Friday, November 17
7:30 p.m.
Marina**

**Saturday, November 18
3 p.m.
Fremont**

**(510) 402-1724
www.musicatmsj.org
Tickets: \$35**

State backs Hayward plan to buy and operate single-family homes for homeless people

SUBMITTED BY
CITY OF HAYWARD

The California Department of Housing and Community Development announced this week the award of \$9.6 million for the purchase and refurbishing of single-family homes in Hayward to be operated as permanent housing for people experiencing homelessness.

The funds were awarded to the cities of Hayward and Union City and non-profit Bay Area Community Services (BACS) through Homekey, a COVID-19 era initiative to facilitate the development of a broad range of housing types and conversion of commercial properties and other buildings into permanent and

interim housing for people who are or who are at risk of becoming homeless.

Specifically, the funding award, announced on November 7, is for a scattered site project developed by BACS in partnership with the City of Hayward as part of its Let's House Hayward Strategic Plan. Along with BACS and Union City, Hayward will acquire and rehabilitate four to five single-family homes, which BACS will then operate as deeply subsidized permanent housing for people experiencing homelessness. The City anticipates providing permanent homes for approximately 30 to 35 individuals once all funds are expended.

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Award-Winning Theatre & Dance Department presents

THE GOVERNMENT INSPECTOR

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ADAPTED BY Jeffrey Hatcher
FROM THE ORIGINAL BY Nikolai Gogol
DIRECTED BY Michael Navarra

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\$4 Parking

Explore the charm and enchantment of Niles district

Explore the charm and enchantment of Niles district, where history meets vibrant modernity. Nestled in the heart of Fremont, Niles Boulevard offers an unforgettable experience with its three blocks of antiques, collectibles, and a plethora of exciting attractions that will captivate your senses.

For the antique enthusiasts, Niles Boulevard is a treasure trove waiting to be discovered. Step into a world of nostalgia as you peruse through a wide array of vintage finds, from exquisite furniture pieces to unique collectibles that tell stories of the past. With multiple antique dealers showcasing their finest selections, you're bound to find that perfect piece to add to your collection or adorn your home.

But Niles Boulevard is so much more than just antiques! Prepare your taste buds for a culinary journey like no other. Indulge in delectable delights at the various restaurants and cafés lining the street. From charming bistros serving up mouthwatering dishes to cozy coffee shops brewing aromatic blends, there's something to satisfy every craving.

Need to stock up on groceries or grab a quick treat? Look no further than the conveniently located grocery store and ice cream shop. Whether you're seeking fresh

produce for a homemade feast or simply want to savor a scoop of artisanal ice cream on a sunny day, Niles Boulevard has you covered.

Immerse yourself in the local arts scene at the renowned Fremont Art Association. Admire breathtaking exhibitions, connect with local artists, or even take part in workshops to unlock your own creative potential. The association is a hub for artistic expression and a must-visit destination for art enthusiasts.

And don't miss a visit to the Niles Essanay Silent Film Museum, a true gem for cinema lovers. Step back in time and discover the birthplace of silent movies, with captivating exhibits and screenings that pay homage to the early days of the film industry. It's an experience that transports you to a bygone era and provides a fascinating glimpse into the history of the silver screen.

Whether you're a local resident or a visitor exploring Fremont, Niles Boulevard promises an unforgettable experience. Lose yourself in its charm, indulge in its culinary delights, immerse yourself in art and history, and create memories that will last a lifetime. Come and discover all that Niles Boulevard has to offer – your gateway to an extraordinary adventure!

Shop Historic NILES, CA
Located within the City of Fremont

niles main street
FREMONT, CA
www.niles.org

Home & Garden

Grow a beautiful indoor succulent garden

BY MELINDA MYERS

PHOTOS COURTESY OF GARDENER'S SUPPLY COMPANY/GARDENERS.COM

It's no surprise that succulents, including cacti, are popular. These easy-care houseplants come in a variety of colors, shapes, and sizes, making them perfect for any home.

All you need is a lot of light and benign neglect to raise healthy and beautiful succulents. Place the plants near an unobstructed south-, west- or east-facing window.

However, don't let a lack of light stop you from enjoying these beautiful plants in your home. You'll find many attractive options for displaying your plants while providing the light they need. A single desktop LED plant light, attractive plant light shelves and carts, and furniture-grade light gardens allow you to grow these sun-lovers anywhere in your home.

Grow these plants in cacti and succulent potting mix. These fast-draining mixes help reduce the risk of overwatering, which can lead to root rot. Further reduce this risk by using containers with drainage holes that are only slightly larger than the succulents' root system. Growing them in too large of a container that retains moisture longer can result in root rot, decline, and even the death of your plants.



Water thoroughly whenever the top inch or two of soil is dry. Some gardeners check the soil moisture at the drain hole to ensure it is dry and the plants need to be watered. Always pour off any excess water that collects in the saucer.

Avoid water collecting in the rosette of leaves or the cluster of prickly stems, as this can lead to crown rot. Use a watering can like the Haws Indoor Watering Can which has a long narrow spout that allows you to reach under the plants to water just the soil.

Make slight adjustments in your watering regime and growing environment as seasons change. Adapting to changing conditions will keep your plants healthy and looking their best year-round.

Find a cool, sunny, draft-free location for your cacti and succulents in the fall and winter. Maximize the amount of light the

plants receive by moving them to the sunniest, usually south-facing, window in your home. Water thoroughly, but only when the top few inches of soil are dry, and just often enough to keep the plants from shriveling. These changes in the growing conditions often encourage a spring display of colorful and unique flowers.

Boost your succulents' natural beauty by displaying them in unique containers or places in your home. Create a living wall display with a three-tier vertical wall planter (gardeners.com) or Mini Magnetic Galvanized Planter Pockets.

Grow a succulent centerpiece that can be enjoyed year-round. Plant a variety of succulents in a long narrow planter like the Veradek GEO Series Planter boxes. Display it on the table, and if needed, move it back to its sunny location between dinner parties. Small containers like the

heart-shaped concrete tabletop planters allow you to create an attractive dish garden even when space is limited.

Whether you're a busy, experienced, or new indoor gardener, creating a succulent garden may be just what you need to brighten your home and elevate your mood.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her website is www.MelindaMyers.com.



THE ACWD CONNECTION

RAIN BARREL REBATES

Save water during the rainy season! ACWD, in partnership with the Bay Area Water Supply and Conservation Agency (BAWSCA) offers rebates for the purchase and installation of qualifying rain barrels. Receive up to \$50 per rain barrel (2 barrel maximum).

To learn more about rain barrel rebates and other conservation programs, visit acwd.org/rebates.

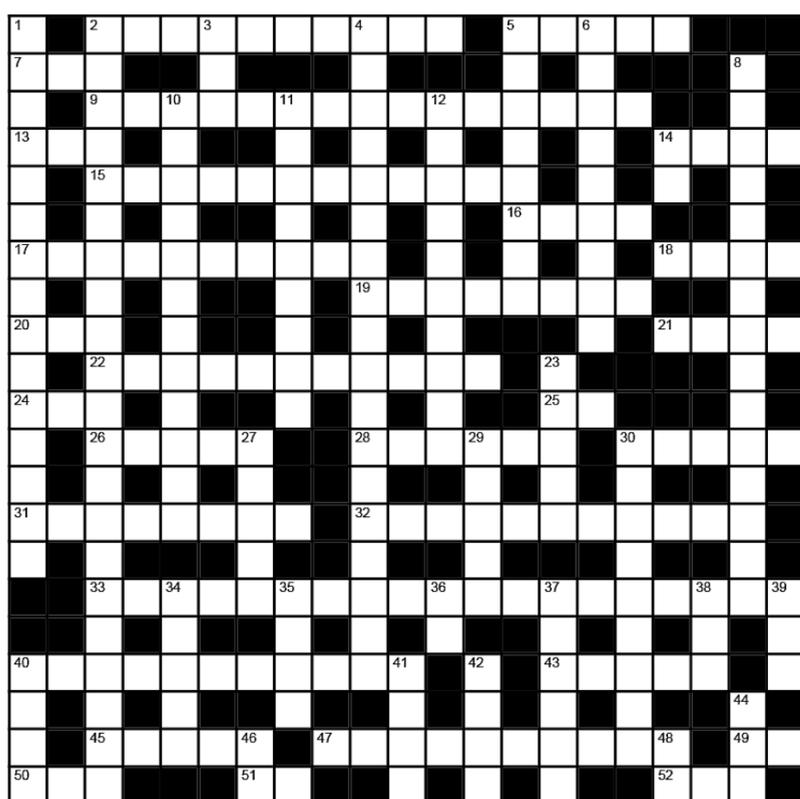


Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



Mind Twisters

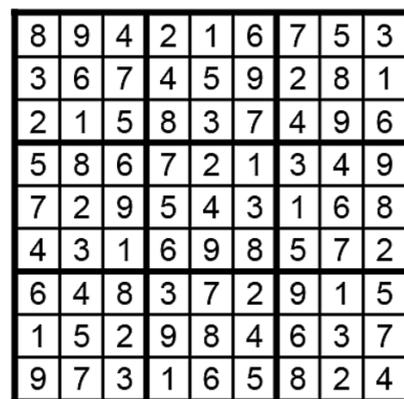
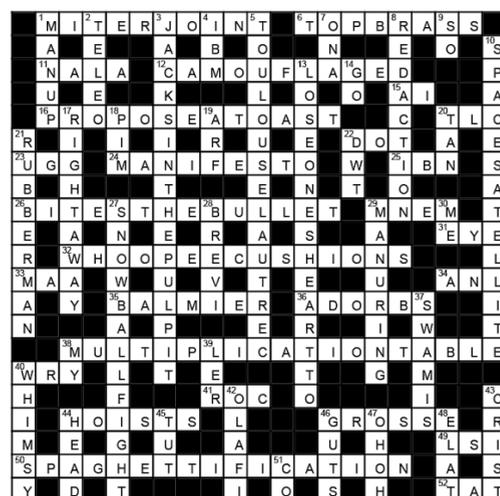
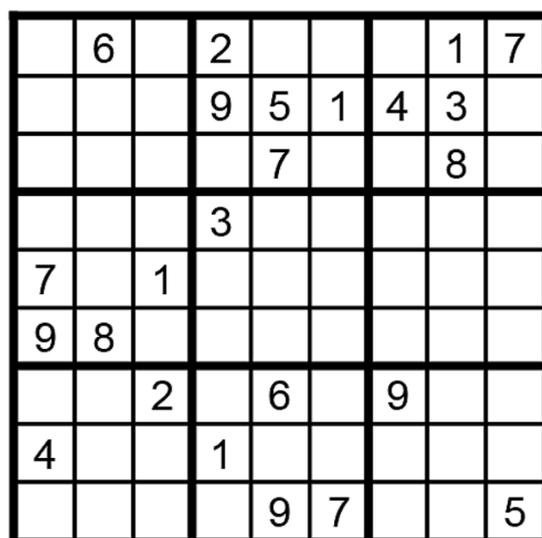
Crossword Puzzle



- Across
- 2 Lingering sensation (10)
 - 5 Expertise (5)
 - 7 Sch. in the Big Ten (3)
 - 9 '50s music source (10,5)
 - 13 Site admin's focus, briefly (3)
 - 14 Crumbs (4)
 - 15 "Illiterate him... from your memory," et al. (12)
 - 16 ___ de soie (silk cloth) (4)
 - 17 Go great guns! (3,1,4,2)
 - 18 English TV channel, with "the" (4)
 - 19 Oasis sight (4,4)
 - 20 Center X or O (3)
 - 21 Good source of protein (4)
 - 22 Light perfume (6,5)
 - 24 Suffix with cash (3)
 - 25 2001 Spielberg sci-fi film (2)
 - 26 Winged (5)
 - 28 Being (6)
 - 30 Pig out (5)
 - 31 Took a firm stand (8)
 - 32 Safe and sound (3,2,6)
- Down
- 1 E. M. Forster novel (1,7,2,5)
 - 2 What "Send" triggers? (9,12)
 - 3 East end? (3)
 - 4 Exercise 6 (for attentive folks) (3,2,3,4,6)
 - 5 Doesn't budge (5,3)
 - 6 Began (9)
 - 8 Identify (3,4,6,2)
 - 10 Athletic elite (3-9)
 - 11 "Of course this car isn't voice-controlled!" (2,4,7,6)
 - 12 It may give one pull on the Outdoor Channel? (7,4)
 - 14 Who "ever loved you more than I," in song (2,3)
 - 16 Mexican pine. (5)
 - 17 One-on-one chats (4-1-5)
 - 18 "That hurt!" (2)
 - 19 Neighbor of Mo. (3)
 - 20 I give you ___ word (2)
 - 22 It's like -like (3)
 - 23 Descendant of Jacob (9)
 - 24 Umbrage (10)
 - 25 "No kidding!" (2)
 - 26 Converted into bundles for a loft (5)
 - 27 Chemical suffix. (5)
 - 28 Image: Prefix (5-)
 - 29 City west of Madras (9)
 - 30 Italian poet Cavalcanti (5)
 - 31 Rockefeller Center muralist (4)
 - 32 Element #2's symbol (2)
 - 33 Salon worker (6)
 - 34 Old White House nickname (3)
 - 35 Supermodel Carangi (3)
 - 36 Kind of rock (4)
 - 37 "Kiss Me Deadly" singer Ford (4)
 - 38 Blackberries, e.g. (4)
 - 39 Word on all U.S. coins (3)
 - 40 Dorothy's aunt (2-)
 - 41 Therefore (2)

Sudoku:

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



Tri-City Stargazer FOR WEEK: NOVEMBER 14, 2023

All Signs: If you're buying holiday gifts, note that Mercury is retrograde from December 12, 2023, to January 1, 2024. Furthermore, I recommend buffer dates: when Mercury starts slowing down, and when it catches up to the degree it first went retrograde. These dates are: December 5, 2023, to January 21, 2024. Therefore, be smart and shop this month! Especially for Mercury-related items like a car, truck, computer, or cell phone. When you buy an item, its chart matches the time you acquired it. And you don't want your car to have Mercury retrograde in its chart because you want a chart that's going forwards, not backwards!

Aries the Ram (March 21-April 20):

This continues to be a time when you want a change of scenery. Who loves adventure more than you? (Well, probably a Sagittarius.) Venus is in one of your Money Houses, which is good news. This means gifts, goodies and possibly cash will come your way. Meanwhile, Mercury retrograde begins this week, and it takes place at the top of your chart, which means you will encounter authority figures from your past. Expect to run into or hear from someone you're glad to see.

Taurus the Bull (April 21-May 20):

You are the financial wizard of the zodiac, and right now two planets are in one of your Money Houses. You might encounter disputes with someone about shared property, taxes, debt, insurance or how to divide something like an inheritance. Fortunately, Venus in your House of Relationships will make your dealings with friends and partners smooth and pleasant. This week, Mercury retrograde begins in your Ninth House, which indicates travel restrictions and delays. Likewise, you might suffer from restrictions or delays with school, legal matters or medicine.

Gemini the Twins (May 21-June 20):

Remember that you need more sleep right now because the Sun is as far away from you as it can get all year. Plus, fiery Mars is also opposite your sign, which means it's easy to feel annoyed with others. Someone annoying is actually a chance for you to practice patience. This is why

someone close to you who is annoying is actually giving you a great opportunity. Fortunately, Mercury retrograde will help you settle disputes about inheritances, shared property, insurance issues and all that red-tape stuff.

Cancer the Crab (June 21-July 21):

You're working hard this week. Of course, you will accomplish a lot because you're putting out so much effort. (You might be a tad bossy while doing so, as well.) Nevertheless, you're also partying! Enjoy sports events, movies, the theatre, musical performances and fun activities with kids. Meanwhile, Mercury retrograde begins this week directly opposite your sign in your House of Partnerships. This means you will hear from or run into an old friend or ex. (Look good because living well is the best revenge.)

Leo the Lion (July 22-August 22):

It's still play city for you! Enjoy yourself and do your own thing. Get out to see sports events, movies, and musical performances. Go out for dinner or get away on a vacation. You will also have more involvement with your kids. Relationships will be more lighthearted. Admittedly, Mercury retrograde takes place in your House of Employment, which will trigger delays, goofy mistakes, equipment glitches, misplaced paperwork and late deliveries. Be smart and give yourself time to deal with the unexpected.

Virgo the Virgin (August 23-September 22):

Home and family continue to be your primary focus. In part, this is because some kind of increased

chaos on the home front demands your attention. Fortunately, you will be gracious about whatever you're dealing with because fair Venus is in your House of Communications helping you to speak with dulcet tones to those who might be driving you crazy. This week Mercury goes retrograde in a part of your chart that deals with romance, the entertainment world, sports and children. Expect to run into an old flame. Even in a dream.

Libra the Scales (September 23-October 22):

Your fast pace continues because you've got errands and appointments, plus increased reading, writing and studying. Not only that, you're forthright with your opinions! Although you are generally a diplomat, this time you will say what you mean. You're persuasive! You might attract money to you. You certainly will spend money on beautiful things. Meanwhile Mercury goes retrograde in your Fourth House of Home and Family, which means you will see family members you haven't seen for a while.

Scorpio the Scorpion (October 23-November 21):

This is the perfect week to shop for wardrobe goodies because you will like what you see in the mirror. You're also charming and diplomatic. Meanwhile, you're keen to work hard to earn money, which is good because you're spending it! Take note that this week, (and the rest of this month) Mercury will be retrograde in your Third House, the part of your chart where Mercury "lives." This guarantees transportation problems, missed buses, and stalled vehicles, as well as mixed-up

communications, missed appointments and goofy mistakes. Take this in stride.

Sagittarius the Archer (November 22-December 21):

You are lucky to have the Sun in your sign boosting your energy and confidence. Meanwhile, Mars in your sign makes you forthright and possibly bossy. You're much more of a fighter for your own rights than usual. Not only will you defend yourself, you will defend others. Your physical energy is high, which means you're getting a lot done. However, Mercury retrograde begins this week in one of your Money Houses, possibly creating delays. Checks in the mail will be late. Be careful that you don't lose money or possessions.

Capricorn the Goat (December 22-January 19):

Because your personal year is ending, you want to hide. This is why you will prefer to work alone or behind the scenes. Nevertheless, Venus is currently in your House of Friendships making this a great time to have a party. People will be more affectionate with each other. Any kind of group setting, social or business, will be agreeable. This week, Mercury goes retrograde in your sign! This will create delays, misplaced items, missed appointments and goofy mistakes. It will also attract ex-partners and old friends back into your world.

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

You value friendships, and right now, the Sun and Mars are in your House of Friendships. This is why your focus on groups and friendships will particularly important. You might examine the

role that certain friends or groups play in your life. Your idealism is also aroused, which is why you might be attracted to charitable organizations. Competition is also likely due to Mars. Fear not: You look wonderful to everyone because fair Venus is at the top of your chart. Meanwhile, Mercury goes retrograde this week, which bodes well for research.

Pisces the Fish (February 19-March 20):

The Sun continues to be at high noon in your chart, casting you in a flattering spotlight. (It's smoke and mirrors. Use this to your advantage.) You also feel ambitious about going after what you want. Meanwhile, travel, especially for pleasure will appeal to you now. This week Mercury goes retrograde in your House of Friendships, which guarantees that you will see people from your past and gives you an opportunity to rekindle old relationships. Because you are particularly optimistic now, people will be attracted to you.



By Georgia Nicols
www.georgianicols.com.

Land Rover Defender 110 – Defending the Past

BY MICHAEL COATES

PHOTOS FROM
LAND ROVER

The Land Rover Defender looks like something from automotive history—by design—but under the skin it's a combination of old and new bits. The Defender is the most traditional of the Land Rover lineup, which has now been boiled down to three lines—the high-end Range Rover, the entry-level Discovery and the stalwart Defender, which can be ordered as a Jeep-like 90 model with two doors and all of the off-road capability of a vehicle that looks like it would be at home on a safari in Africa or traversing the jungles of Malaysia.

The four-door Defender 110 we tested carried all of the 4WD cred of the short-wheelbase 90, but packaged in much more luxury and creature comfort. It sports an all-wheel drive system with a two-speed transfer box in case you want to do some serious rock-crawling, but it also has an air suspension with adaptive dynamics, enabling a smooth highway ride.

Luxury Under the Skin

The Defender may not have the style of the Range Rover, but it borrows quite a bit of the hardware from its more stylish stablemate. It doesn't cede any ground on price, either, as the list of standard equipment in the V8 package drove the base price of our test model past the century mark. With delivery and a few options, the bottom line was \$109,970, although current retail prices may be even higher.

You get a lot for that lofty price tag, including a stout 518-horsepower V8 capable of towing more than 7,700 pounds. Heated seats trimmed in Ebony Windsor leather and Dinamica® suedecloth show up front and rear, a 700-watt Meridian Surround Sound System delivers tunes, and a head up display keeps critical vehicle information (especially speed) in the driver's line of sight. The list of technology is extensive.

History on Wheels

Land Rover's 75 years of history practically ooze out of the dynamic Terrain Response program, which we didn't get to put to work on this test (we have



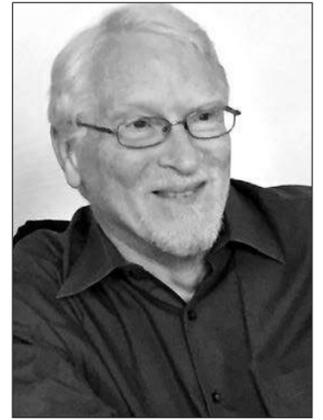
in the past and can testify—it works!). While updated with a modern monocoque chassis, the ride height and sometimes harsh ride of the Defender reminds you of its roots.

The fuel economy of that 5.0-liter V8 appears to be a blast from the past, too. Moving this almost 6,000-pound vehicle briskly (just over five-second 0-60 mph times) means you pay at the pump. The EPA fuel economy rating for the Defender V8 is 14 mpg city, 19 highway and 16 combined. Try as we might, we couldn't best those numbers, which leads to an estimated \$3,400 for your annual fuel bill at \$3.65/gallon. Oh, and Land Rover engines recommends using premium gas in all its

engines, so that number may be a bit low.

The V8 is near the top-of-the-line option for the Defender 110 lineup; you can save money with a 296-horsepower four-cylinder or a 395-horsepower 3.0-liter six-cylinder engine, which start at around \$60,000 (hint: the six gets better fuel economy than the turbo four). The beauty of taking that route is the Land Rover Defender 110 can be built as an almost bespoke vehicle. Most of the features found on the \$100,000+ V8 model can be added to the entry-level versions. It only makes sense that if you're spending the kind of money the Land Rover costs, you should get exactly what you want.

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)



Washington Hospital Healthcare System Introduces Aquablation Therapy

SUBMITTED BY JERRI RANDRUP

Washington Hospital Healthcare System conducted the first Aquablation therapy cases for the treatment of lower urinary tract symptoms (LUTS) due to benign prostatic hyperplasia (BPH).

BPH, or an enlarged prostate, is a noncancerous condition where the prostate has grown to be larger than normal. One in two men ages 51 to 60 have BPH, and the incidence increases every decade of life (reference 1). If left untreated, BPH can cause significant health problems including irreversible bladder or kidney damage, bladder stones, and incontinence. Current BPH surgical treatments offer a trade-off of symptom relief and side effects. This limits patient choice to either a high degree of symptom relief, with high rates of irreversible complications (such as incontinence, erectile dysfunction, or ejaculatory dysfunction); or low degree of symptom relief, with low rates of irreversible complications.

Aquablation therapy is an advanced, minimally invasive treatment that uses the power of water delivered with robotic precision to provide best-in-class long-lasting symptom relief with low rates of irreversible complications, regardless of prostate size or shape (references 2 and 3). Clinical outcomes have shown improved symptom relief and reduced recovery times.

“Washington Hospital is advancing care for our community by introducing Aquablation therapy for men with BPH, ensuring relief without compromises,” states urologist, Dr. Mark Saleh, of Washington Township Medical Foundation. “These first cases mark a significant step forward in our ongoing commitment to men's health.”

Aquablation therapy is performed by the AquaBeam Robotic System, the first FDA-cleared, surgical robot utilizing automated tissue resection for the treatment of LUTS due to BPH. It combines real-time, multidimensional imaging, automated robotic technology, and heat-free

waterjet ablation technology for targeted, controlled and immediate removal of prostate tissue. Aquablation therapy offers predictable and reproducible outcomes, independent of prostate anatomy, prostate size, or surgeon experience.

Aquablation therapy has proven results. In clinical studies, it has been shown to provide both best-in-class and durable symptom relief with low rates of irreversible complications (references 2, 3, 4). A study within the Journal of Sexual Medicine, which surveyed 300 men living with BPH, revealed 92% of respondents expressed an interest in learning more about Aquablation therapy (reference 5). This data demonstrates the need within the patient population to find relief without the trade-off between symptoms and side effects.

“This innovative approach to BPH treatment ensures access to the latest advancements in urological care close to home, reaffirming our commitment to health and well-being,” says Kimberly Hartz, CEO of Washington Hospital Healthcare System.

For more information on Aquablation therapy, visit aquablation.com.

Washington Hospital Healthcare System
whhs.com

BioRobotics Corporation
procept-biorobotics.com

Important Safety Information

All surgical treatments have inherent and associated side effects. The most common side effects are mild and

transient, and may include mild pain or difficulty when urinating, discomfort in the pelvis, blood in the urine, inability to empty the bladder or a frequent and/or urgent need to urinate, and bladder or urinary tract infection. Other risks include ejaculatory dysfunction and a low risk of injury to the urethra or rectum where the devices gain access to the body for treatment. For more information about potential side effects and risks associated with Aquablation therapy, speak with your urologist or surgeon. No claim is made that the AquaBeam Robotic System will cure any medical condition, or entirely eliminate the diseased entity. Repeated treatment or alternative therapies may sometimes be required.

References:

1. Roehrborn, CG, Rosen, RC. Medical therapy options for aging men with benign prostatic hyperplasia: focus on alfuzosin 10 mg once daily. *Clinical Interventions in Aging* 2008;3(3).
2. Gilling, P, et al. Three-Year Outcomes after Aquablation Therapy Compared to TURP: Results from a Blinded Randomized Trial. *Can J Urol.* 2020 Feb;27(1):10072-10079.
3. Desai, M, et al. Aquablation for benign prostatic hyperplasia in large prostates (80-150 cc): 2-year results. *Can J Urol.* 2020 Apr;27(2):10147-10153.
4. Bach, T, et al. First Multi-Center All-Comers Study for the Aquablation Procedure. *J Clin Med.* 2020 Feb; 9(2): 603.
5. Data from a global survey of 300 patients with BPH. Data on file at PROCEPT BioRobotics.



23rd annual Taiwanese Free Thanksgiving Dinner

SUBMITTED BY JOHN HSIEH

On November 23, the Taiwanese Chamber of Commerce of S.F.B.A. and Love of Taiwan Association will sponsor their 23rd Free Thanksgiving Dinner at the Centerville Presbyterian Church in cooperation with the Church, Centerville Free Dining Room, and Immanuel Presbyterian Church.

In the Spirit of Thanksgiving and Sharing during this Holiday Season, this Community event will bring residents of the Tri-City and Hayward together. There will be free dental services starting at 1 p.m., and attendees will be able to obtain a boxed free Thanksgiving dinner at 4 p.m.

For additional information please contact: John Hsieh (510) 432-7353 or Philip Chang (650) 740-5408.

Taiwanese Free Thanksgiving Dinner
Tuesday, Nov 21

1 p.m. – 4 p.m. – Free Dental Services
4 p.m. – 6 p.m. – Free Thanksgiving Dinner (in Box)
Centerville Presbyterian Church
(Free Dining Room Courtyard)
4360 Central Ave., Fremont

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Interfaith Thanksgiving Service focuses on Gratitude



Buddhist dancers and musicians from the Temple in Fremont participated in the 2022 Interfaith Thanksgiving Service

SUBMITTED BY
CANICE MCLAUGHLIN

The 62nd Tri-City Interfaith Thanksgiving Service will be held the evening of Monday, November 20 at Niles Discovery Church in Fremont. The program is sponsored by the Tri-City Interfaith Council (TCIC). This year's theme, "Sharing Our Abundance in Gratitude," focuses on the many blessings of life and the importance of sharing them. You may attend in person or on Zoom.

The liturgical fabric of the service is rich in prayers, songs, traditional costumes, dances, and music from various faiths and spiritual traditions represented in the Tri-Cities. Parents are encouraged to bring children and youth to this inspiring and educational program. The Thanksgiving service provides a unique opportunity to become acquainted with the varied cultural and religious traditions that are such a valuable part of our community. The importance of passing sacred traditions to the next generation is highlighted at the conclusion of the service when symbols are passed from adults to younger members of many of the Tri-City's faith communities.

This year's collection will benefit United Nations programs that provide pure water and food to those most in need globally (for more information, please see www.wfp.org and www.purewaterfortheworld.org). To donate by check, please make the check payable to St. Anne's Episcopal Church, TCIC's fiscal agent, and write "Act for Peace" on the memo line.

Since 1962, when three Protestant Christian churches gathered for Thanksgiving worship, this holiday service has

evolved to reflect dramatic historical changes and diversity in the Bay Area. The Second Vatican Council encouraged interfaith dialogue between Catholics, Protestants, and the Jewish community. In the late 1980s representatives from other faith traditions joined in the celebration. This year members of the Hindu, Muslim, Ohlone Indian, Unitarian Universalist, Baha'i, Buddhist, Latter-day Saints, and Sikh communities are participating in the Thanksgiving service. TCIC President Reshma Inamdar will share a Thanksgiving reflection.

Registration is required for anyone attending on Zoom; register at <https://bit.ly/TCIC-ITS2023>. People who plan to attend in person are strongly encouraged to wear a mask.

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

Interfaith Thanksgiving Service
Monday, Nov 20
7:30 p.m.

In Person
Niles Discovery Church
36600 Niles Blvd., Fremont

Via Zoom
Register at:
<https://bit.ly/TCIC-ITS2023>

<https://tcicouncil.weebly.com/>

Act for Peace Compassion Report

SUBMITTED BY
MARIE ANNETTE BURKART,
SNDEN

On September 21, 2023, International Day of Peace, the Tri-City Interfaith Council, Pax Christi and Compassionate Fremont launched a fundraising campaign "Act for Peace." This campaign is in response to the United Nations call for actions to achieve the 2030 Sustainable Development Goals (SDG). While there actually are 17 SDGs, we chose to focus on numbers two (zero hunger) and six (clean water). We were hard pressed to choose one or the other, so decided to divide whatever we collect (50/50) between the UN World Food Programme (www.wfp.org) and Pure Water for the World (www.purewaterfortheworld.org).

Our campaign will conclude with our traditional Tri-City Interfaith Thanksgiving Service on Monday, November 20, 2023.

Between now and then, we invite each individual, family, friend, neighborhood, business group, and faith community to raise money or make a donation to Act for Peace for those most in need globally.

Please make checks payable to St. Anne's Episcopal Church, write "Act for Peace" on the memo line, and send to St. Anne's Episcopal Church, 2791 Driscoll Road, Fremont, CA 94539.

Please be generous in your donation. Our world is in desperate need at this time, with many people affected by war, violence in their homeland, earthquakes, fires, floods, drought, and famine. We are so blessed that we wish to "Share our Abundance with Gratitude." Again, please donate whatever you can. We are extremely grateful for each and every gift no matter how large or small. May your generosity be blessed in every way!

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AILEEN CHANCO, piano

Works by Rachmaninoff, Debussy, Stravinsky and more...

11/17 in Marina, 7:30pm Friday
 11/18 in Fremont, 3:00pm Saturday

Tickets \$35, Reception included
www.musicatmsj.org

LETTERS POLICY

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

tricityvoice@aol.com

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Arts & Entertainment

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

CONTINUING EVENTS

Tuesdays

A Matter of Balance R

10:00 am - 12:00 pm
Reduce the fear of falling and increase activity levels of older adults. Age Well Center at South Fremont 47111 Mission Falls Ct., Fremont (510) 742-7540, (510) 742-7529 issuu.com/hsdept mtorrez@fremont.gov
Call or email to register.

Tuesdays

East Bay Games Meet

6:00 pm - 10:00 pm
German/Euro style board games and card games. Swiss Park 5911 Mowry Ave., Newark (510) 936-2523 meetup.com/east-bay-games sfdauidkaye@yahoo.com

First and Third Tuesdays

Mobile Food Distribution with Tri-City Volunteers

11:30 am - 12:30 pm
Bring your own bag. Fremont Adult and Continuing Education 4700 Calaveras Ave., Fremont (510) 793-6465 tri-cityvolunteers.org/food

Tuesdays, March 21 - December 19

Chess Mix

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

Tuesdays, July 18 - November 28

Baby Bouncers Lapsit

11:30 am - 12:00 pm
A baby and caregivers program including nursery rhymes, lap bounce, body rhymes, songs, & picture books. Milpitas Public Library 160 N Main St., Milpitas (408) 262-1171 sccl.org/locations/Milpitas

Tuesdays, September 5 - December 19

Music and Storytime

11:00 am - 11:45 am
Story, music, and movement with children. Cherryland Community Center 278 Hampton Road, Hayward (510) 626-8522 aclibrary.org/locations/slz/ sanlorenzo@aclibrary.org

Tuesdays, September 19 - May 28

It's Storytime

1:30 pm - 2:00 pm
Stories, finger plays, nursery rhymes, songs, and musical instruments for kids ages 18 months - 6 yrs. Fremont Main Library 2400 Stevenson Blvd., Fremont (510) 745-1400 aclibrary.org/locations/FRM/ fremontchildrens@aclibrary.org

Tuesdays, October 3 - November 28

Teen Tuesdays Tag R

4:00 pm - 6:00 pm
Join the Teen advisory group, meet other teens, play games, make art and poetry, and more. Fremont Main Library 2400 Stevenson Blvd., Fremont (510) 745-1400 aclibrary.org/locations/FRM/ ebuchanan@aclibrary.org

Second and Fourth Tuesday, October 24 - November 28

Chinese Poetry & Songs for Families

10:30 am - 11:00 am
Chinese poems from the Tang dynasty for kids ages 0 - 12. Union City Library 34007 Alvarado-Niles Rd., Union City (510) 745-1464 aclibrary.org/locations/UCY/ unioncitylibrary@aclibrary.org

Tuesdays, November 7 - December 19

Music and Storytime

11:30 am - 12:15 pm
Join for stories, music, and movement. Cherryland Community Center 278 Hampton Road, Hayward (510) 626-8522 aclibrary.org/locations/CHY/

Tuesdays, November 7 - December 26

Lego Time

3:00 pm - 4:30 pm
Use your imagination and engineering skills to create your own LEGO® designs. Centerville library 3801 Nicolet Ave., Fremont (510) 795-2629 aclibrary.org/locations/CTV/ fremontneighborhood@aclibrary.org
Supervision is required for kids 7 and under.

Wednesdays

Tropics Bingo

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

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 issuu.com/hsdept mtorrez@fremont.gov

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 issuu.com/hsdept mtorrez@fremont.gov

Wednesdays, December 7 - 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 sccl.org/locations/milpitas

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 missionpeakreporter.org

Wednesdays, July 19 - November 29

ESL Conversation Club

3:00 pm - 4:00 pm
Improve your English skills and learn about other cultures. Milpitas Public Library 160 N Main St., Milpitas (408) 262-1171 sccl.org/locations/Milpitas dphillips@sccl.org

First and Third Wednesdays, August 2 - December 20

Golden Gatherings

10:30 am - 12:00 pm
Gathering of the elders in golden years for casual conversations and calm, self-guided activities. San Lorenzo Library 395 Paseo Grande, San Lorenzo (510) 284-0640 aclibrary.org/locations/SLZ/ sanlorenzo@aclibrary.org

First and Third Wednesdays, September 6 - November 29

Stories & Crafts with Ms. Jennifer

3:30 pm - 4:30 pm
Join for stories, songs, and craft. Ages 2-5. Newark Public Library 37055 Newark Blvd., Newark (510) 284-0675 aclibrary.org/locations/nwk/ newarklibrary@aclibrary.org

First and Third Wednesdays, October 4 - December 20

Castro Valley Library Genealogy Study Group R

10:30 am - 12:30 pm
Want to research your family history or be companion to others on their search. Castro Valley Library 3600 Norbridge Ave., Castro Valley (510) 667-7900 t.ly/rLARE

Wednesdays, October 11 - December 27

Manitas en Acción

4:00 pm - 5:30 pm
Combination of reading books out loud, hands-on crafts and learning about culture in Spanish. Newark Public Library 37055 Newark Blvd., Newark (510) 284-0675 aclibrary.org/locations/NWK/

Thursdays & Saturdays

Story Time

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

Thursdays - Sundays

Historic Days

10:00 am - 4:00 pm
Ride a train, tour the Patterson House Museum, and join park staff in historic costume for programs and activities. Ardenwood Historic Farm 34600 Ardenwood Blvd., Fremont (888) 327-2757 ebparks.org/parks/ardenwood#events
Admission fee applies.

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 ebparks.org/parks/ardenwood#events
Admission fee applies.

Third Tuesdays

Read to a Dog

4:00 pm - 5:00 pm
Read your favorite book to a trained therapy dog. Fremont Main Library 2400 Stevenson Blvd., Fremont (510) 745-1400 aclibrary.org/locations/FRM/

Third Thursdays

Chronic Pain Support Group

12:30 pm - 2:30 pm
receive guidance from Stanford Pain Management Clinic. (510) 790 - 6600 issuu.com/hsdept
Zoom: bayareacainmigraine@icloud.com

Wednesdays, November 1 - December 6

Digital Literacy for Adults

10:30 am - 12:00 pm
Learn how to use a computer and mouse, typing where to find help making a resume and more. Newark Public Library 37055 Newark Blvd., Newark (510) 284-0675 aclibrary.org/locations/NWK/

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

Tell A Friend Call Rachel Parra 510 745-1480

Hayward Animal Shelter



510-293-7200

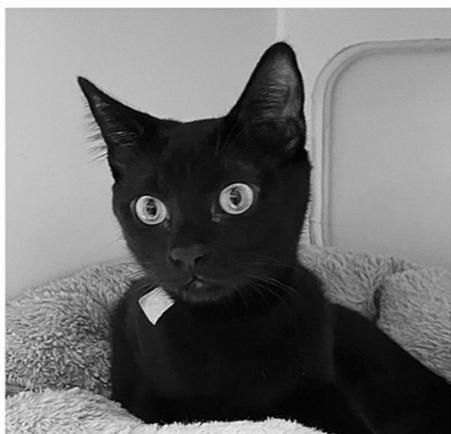
www.HaywardAnimals.com

16 Barnes Court, Hayward (Near Soto & Jackson)

*Connecting rescued animals
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Abby is a 5 month old Domestic short hair grey tabby. Abby is a super sweet girl that loves attention and loves to play. Abby is sure to follow you around the house until you give her the attention she craves. To adopt or meet Abby contact Hayward Animal Shelter at 510-293-7200.



Shirley is a 5 month old Domestic short hair Black kitty. Shirley is a shy gal that would do well in a home that will give her confidence and patience. Shirley is coming out of her shell and she would do best in a home with older kids. To adopt or meet Shirley contact Hayward Animal Shelter at 510-293-7200.

Thursdays and Tuesdays, November 9 - May 23

Literacy Enrichment Program R

4:00 pm - 5:45 pm
Supporting struggling readers through personalized lesson plans and dedicated one-on-one tutoring from enthusiastic volunteers.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421, (510) 745-1400
aclibrary.org/locations/FRM/
fremontchildrens@aclibrary.org
Email to register.

Thursday - Sunday, November 9 - December 16 Ingrid Wells Emotional Support Paintings

12:00 pm - 5:00 pm
Virtual and in-person Exhibit
Opening Reception: Friday,
November 17; 7 p.m. - 9 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
olivehydeartguild.org

Fridays

Mat and Chair Yoga R

9:45 am - 10:45 am
Learn to relax your body and do breathing and stretching techniques using pranayama.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
issuu.com/hsdept
mtorrenz@fremont.gov

Fridays, January 20 - January 5

Knit & Crochet Circle

2:00 pm - 4:00 pm
Learn knitting and crocheting
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
scld.org/locations/milpitas

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
chabotspace.org/events

First & Third Friday, July 21 - December 15

Mobile Food Distribution

10:30 am - 11:30 am
Food distribution for the first 80 families Please bring your own bag.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400, (510) 745-1444
aclibrary.org/locations/FRM/
fremont@aclibrary.org

Fridays - Sunday, October 20 - November 19

The Fantasticks R\$

Fri and Sat: 8:00 pm
Sun: 2:00 pm
Special Student performance
Thursday, Nov 16; 7:30 pm
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
chanticleers.org

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
madeuptheatre.com

First and Third Saturdays

Pacific Bus Museum \$

10:00 am - 2:00 pm
Open house
Pacific Bus Museum
37974 Shinn St., Fremont
pacbus.org
info@pacbus.org

Saturdays, May 27 - December 30

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
smvs.org/centers/centerdetail/106

First and Third Saturdays, September 2 - February 17

Book Sale

10:30 am - 3:30 pm
Pop in the bookstore on the first floor for some great deals!
Hayward Public Library
888 C St., Hayward
(510) 293-8685
hayward.librarycalendar.com

Saturdays, September 9 - December 30

Computer Crew: Teen Tech Help

2:00 pm - 4:00 pm
One-on-one tutor on basic tech issues.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/
castrovalley@aclibrary.org

Saturday, September 16 - Thursday, November 30

Latinx American Heritage Month Art Showcase

11:00 am - 3:00 pm
Studio 11
34626 11th St., Union City
(510) 675-5445, (510) 675-5825
rb.gy/gu46v
erinc@unioncity.org

Third Saturdays, August 19 - December 16

Yoga For Beginners

10:30 am - 11:45 am
Beginners' yoga for all adults and teens
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/

Third Saturdays, May 20 - December 16

Yoga for beginners & beyond

10:30 am - 11:45 am
Join for free yoga class.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/
joesapena@gmail.com

Sundays

Weekly meditation Session R

8:30 am - 9:30 am
Explore the effortless way to ultimate bliss.
India Community Center
525 Los Coches St., Milpitas
(408) 934-1130
samarpanmeditationusa.org
info@indiacc.org, info@samarpan-meditationusa.org

Sunday - Saturday

Recreational Swim \$

12:30 pm - 5:00 pm
Attractions may vary.
Silliman Activity and Family Aquatic Center
6800 Mowry Ave., Newark
(510) 578-4620
bit.ly/3nxo0is

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
fremontleaf.org/glean
info@fremontleaf.org

Mondays

Advanced Math + Science Tutoring

5:30 pm - 7:00 pm
Free high school and college-level tutoring
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/

Mondays, October 16 - November 27

Lego Club for Grades K - 8

3:30 pm - 4:30 pm
An hour of fun building with Legos.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
scld.org/locations/milpitas/
uvu@sccl.org

UPCOMING EVENTS

Tuesday, November 14

2023 Deusi Bhailo Event

6:30 pm - 9:30 pm
Annual Deusi-Bhailo program, dedicated to preserving rich Nepali culture and traditions. Potluck event
574 Rutgers St., San Lorenzo

Tuesday, November 14

AWC Cinemas R

2:00 pm - 4:00 pm
Screening of "Asteroid City"
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
issuu.com/hsdept
njordan@fremont.gov

Wednesday, November 15

Perfecting the Interview R

1:30 pm - 2:30 pm
Insights and tips on conducting an effective interview.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
aclibrary.org/locations/FRM/
fremont@aclibrary.org

Wednesday, November 15

Drone First Responders (DFR) Community Meeting (In person and Zoom)

6:00 pm - 7:00 pm
Discussion on Drone First Responders (DFR) Program.
Fremont City Hall
3300 Capitol Ave., Fremont
(510) 248-4000
fremontpolice.gov
Zoom: zoom.us/join (Meeting ID:
894 2920 8561; Passcode: 806679)

Wednesday, November 15

Teen Poetry Workshop

4:30 pm - 6:00 pm
Meet up with other teen poets to get inspired & workshop your poetry.
Hayward Public Library
888 C St., Hayward
(510) 293-8685
hayward.librarycalendar.com

Wednesday, November 15

Hooks And Needles

3:00 pm - 5:00 pm
Come join the Fiber Art Club!
San Lorenzo Library
395 Paseo Grande, San Lorenzo
(510) 284-0640
aclibrary.org/locations/slz/
sanlorenzo@aclibrary.org

Thursday -Saturday, November 16 - November 18

"The Government Inspector" \$R

8:00 pm
A brilliant new adaptation of Gogol's comic master piece.
Ohlone College, Jackson Theatre
43600 Mission Blvd., Fremont
Ohlone.edu/events

Thursday, November 16

Poetry Takes Flight: Birds of California R

2:00 pm - 3:30 pm
Author talk
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/CSV/

Thursday, November 16

French Conversation Circle R

2:00 pm - 3:45 pm
Practice your French speaking skills with a French speaker.
Hayward Public Library
888 C St., Hayward
(510) 293-8685
bit.ly/HPLFrench24
EdServices@hayward-ca.gov

Friday, November 17

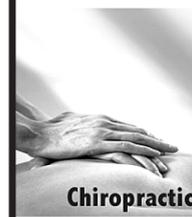
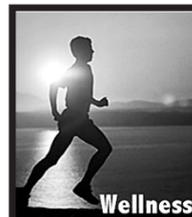
AWCSF Cinemas R

2:00 pm - 4:00 pm
Screening of "Coming Home"
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
issuu.com/hsdept
mtorrez@fremont.gov

Friday, November 17

AWCSF Cinemas R

2:00 pm - 4:00 pm
Screening of "Coming Home"
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
issuu.com/hsdept
mtorrez@fremont.gov



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Janet Laney, D.C.

510-792-9000

6170 Thornton Ave., Ste H Newark

Friday, November 17

Laser cutter Maple Leaf Painting Workshop

3:30 pm - 5:30 pm
See how a laser cutter works and join the work to make your own painted maple leaf.
Irvington Library
41825 Greenpark Drive, Fremont
(510) 795-2631
aclibrary.org/locations/IRV/
irvington@aclibrary.org

Friday, November 17

Friday Night Features - Improv Comedy Show \$R

8:00 pm
An improv comedy showcase featuring in-house and visiting comedians.
Made Up Theatre
4000 Bay St. suite B., Fremont
(510) 573-3633
madeuptheatre.com

Friday, November 17

Family Caregiver Educational Film Series: R

11:00 am
Screening of "The emotional Life: Facing Our Fears."
Fremont City Hall
3300 Capitol Ave., Fremont
(510) 248-4000
city.fremont.gov/awcclasses
fsharif@fremont.gov

Friday, November 17

LGBTQ Movie Night R

4:30 pm - 6:30 pm
Screening of Straight Up, 2019 romantic comedy.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
scld.org/locations/milpitas/
lgbtq@avenidas.org

Saturday, November 18

Barnyard Bats

11:30 am - 12:30 pm
Learn about bats.
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
ebparks.org/parks/ardenwood#events
Admission fee applies.

Saturday - Sunday, November 18 -November 19

Mysterious Monarchs

1:30 pm - 2:30 pm
Meet at the Greenhouse and explore if you can find Monarchs
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(888) 327-2757
ebparks.org/parks/ardenwood#events
Admission fee applies.

Saturday, November 18

Neat Stuff with a Naturalist

10:00 am - 11:00 am
Come explore the park with a naturalist and enjoy unique hands-on activities, tours, or crafts.
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
ebparks.org/parks/coyote-hills#events
Parking fee applies.

Saturday, November 18

Whoo's Out at Dusk

4:00 pm - 5:00 pm
Take advantage of the early sunsets and try to find some of these crepuscular critters.
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
ebparks.org/parks/coyote-hills#events
Parking fee applies.

Saturday, November 18

Growing Mushrooms Indoors

11:00 am - 12:00 pm
Workshop about growing mushroom indoors.
Newark Public Library
37055 Newark Blvd., Newark
(510) 284-0675
aclibrary.org/locations/nwk/
newarklibrary@aclibrary.org

Saturday, November 18

Special Movie Screening and Panel R

1:00 pm - 3:30 pm
Special Screening of the Movie "Fremont"
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
aclibrary.org/locations/FRM/
fremont@aclibrary.org

Saturday, November 18

Music at the Mission Salon Series! \$R

3:00 pm
Performance by cellist
Jennifer Kloetzel and pianist
Aileen Chanco
The home of Martha Mahuron
220 Washo Dr., Fremont
trendlab@cox.net

Saturday, November 18

Canine Capers R

9:00 am - 11:00 am
Hike with your furry friend and nurture your inner and outer selves
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
(510) 544-3245
ebparks.org/parks/sunol#events
Parking fee applies.

Saturday, November 18

Celebrating Indigenous People \$R

10:00 am - 4:00 pm
Learn about star stories the local Ohlone people have passed down over many generations, enjoy art and music.
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
chabotspace.org

Saturday, November 18

The 22nd Bay Area Taiwanese Art Show

11:00 am
Culture Center of Taipei Economic & Cultural Office
100 S Milpitas Blvd., Milpitas
jckh3402@gmail.com



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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, November 18

Pop- Up on the Promenade R

11:00 am - 4:00 pm
Fall /Holiday Makers event.
Studio 11
34626 11th St., Union City
(510) 675-5445, (510) 675-5825
unioncity.org/589/Arts-Culture-Studio-11
ErinE@unioncity.org

Saturday, November 18

Comedy Den - Comedians with Disabilities \$R

7:00 pm - 9:00 pm
Standup show spotlighting a variety of disabled comedians who bring the humor from their experiences.
JP's Family Restaurant
3600 Castro Valley Blvd.,
Castro Valley
thecomedydencv.com

Saturday, November 18

Comedy Shorts Night \$R

7:30 pm
Screening of "The Count (1916), A Movie Star (1916), One Week (1920) and Leave 'em Laughing (1928)"
Niles Essanay Silent Film Museum
37417 Niles Blvd., Fremont
(510) 494-1411
nilesfilmmuseum.org

Saturday, November 18

What's Next for San Leandro's Economy?

10:30 am - 12:30 pm
Community workshop, provide feedback, and learn about San Leandro's economy.
Boys & Girls Clubs of San Leandro
2200 San Leandro Blvd.,
San Leandro
(510) 483-5581
sanleandronext.com/strategy/

Saturday, November 18

Royal Sunset High School tree planting R

9:00 am - 12:00 pm
Common Vision and San Lorenzo Unified School District's tree planting.
Royal Sunset High School
20450 Royal Ave., Hayward
sanleandro.org

Saturday, November 18

Family Literacy

11:30 am - 12:30 pm
Learn about early literacy practices that you can use at home with your family.
Hayward Public Library
888 C St., Hayward
(510) 293-8685
hayward.librarycalendar.com
kelsey.molina@hayward-ca.gov

Sunday, November 19

Stanford Blood Drive R

10:30 am - 3:30 pm
Stanford Blood Center Blood Drive.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
sccl.org/locations/milpitas/
mgalaviz@stanford.edu

Sunday, November 19

Desi Comedy Live \$R

04:00 pm
7 Indo- American Comedians, from bay area performing in Hinglish (Hindi+English).
Niles Essanay Silent Film Museum,
Edition Theater
37417 Niles Blvd., Fremont
(510) 494-1411
nilesfilmmuseum.org

Sunday, November 19

Talking Turkey

10:00 am - 11:00 am
Flock to Coyote Hills to listen to turkey calls, learn what they mean, and practice your own.
Coyote Hills Visitors Center
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
ebparks.org/parks/coyote-hills#events
Parking fee applies.

Sunday, November 19

Lovely Leaves

11:30 am - 12:30 pm
Explore some basic plant characteristics while making botanical works of art.
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797, (888) 327-2757
ebparks.org/parks/ardenwood#events
Admission fee applies.

Sunday, November 19

Season's Family Walk

10:00 am - 12:00 pm
Have a family-friendly stroll and enjoy the changes of season.
Sunol Regional Wilderness Visitor Center
1895 Geary Rd., Sunol
(510) 544-3245
ebparks.org/parks/sunol#events
Parking fee applies.

Monday, November 20

Build It Day

1:00 pm - 3:00 pm
Build Legos, blocks, puzzles, and more.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/
castrovalley@aclibrary.org

Tuesday, November 21

Let's Art Together- Folding Books R

6:00 pm - 7:00 pm
Make small book sculptures out of donated books.
Newark Public Library
37055 Newark Blvd., Newark
(510) 284-0675
aclibrary.org/locations/nwk/
Registration opens November 14.

Tuesday, November 21

Indian Folk Art for Kids

1:30 pm - 2:30 pm
Create a folk-art turkey drawing during Thanksgiving.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421, (510) 745-1400
aclibrary.org/locations/FRM/
fremontchildrens@aclibrary.org

Tuesday, November 21

Game Day

1:00 pm - 3:00 pm
Drop in during the program to play your favorite video and board games.
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
aclibrary.org/locations/csv/
castrovalley@aclibrary.org

Tree Lighting Calendar

Niles Tree Lighting

Friday, Nov 24

6 p.m.
Tree lighting before the Niles Festival of Lights Parade
Niles Town Plaza
37592 Niles Blvd., Fremont
(510) 857-6512
www.nilesfestivaloflightsparade.org

Pacific Commons Tree Lighting

Thursday, Nov 30

5:30 p.m. - 7:30 p.m.
Photos with Santa, train rides, face painting, balloon twisting
Next to Market Broiler
43440 Boscell Rd., Fremont
www.pacificcommons.com/events

City of Newark Tree Lighting

Friday, Dec 1

5:30 p.m. - 7:30 p.m.
5:30 p.m. - 6:45 p.m. Activities
7 p.m. - Tree Lighting
Performances, hot coco & cookies,

crafts, games, photo booth, toy drive & raffle
Newark Civic Center
37101 Newark Blvd., Newark
www.newark.org

Milpitas Tree Lighting Ceremony

Friday, Dec 1

7 p.m.
Photos with Santa, performance from Milpitas Community Concert Band
Milpitas Civic Center Plaza
457 E. Calaveras Blvd., Milpitas
www.milpitas.gov

Hayward Light up the Season

Saturday, Dec 2

3 p.m. - 7 p.m.
5 p.m. Tree Lighting
Toy drive, fire engines, performances from local schools
www.hayward-ca.gov

Dominican Sisters Holiday Boutique

Saturday, Nov 18

10 a.m. - 4 p.m.
Baked and handmade goods
Dominican Sisters' Motherhouse
43326 Mission Circle, Fremont

Mistletoe Madness

Saturday, Nov 25

10 a.m. - 4 p.m.
70+ local art vendors
Marina Community Center
15301 Wicks Blvd., San Leandro
<http://www.mistletoemadness.net/>

Newark Artists Open Studios & Holiday Boutique

Friday, Dec 1 - Sunday, Dec 3

11 a.m. - 5 p.m.
Paintings, ceramics, jewelry, glass, scarves
Studio Sites
6222 Thornton Ave., Ste. B1: Nancy Benton, Scoop Benton, Farshid Namei
39675 Cedar Blvd. #135: Tetiana Taganska, Olga Tymoshchuk, Susan Helmer
36541 Cherry St.: Simone Archer, Shelley Stratton Stewart
35911 Ruschin Dr.: Adriane Dedic, Emelie Rogers
www.myartiststudio.com

Sun Gallery Holiday Boutique

Friday - Sunday, Dec 1 - Dec 9

11 a.m. - 4 p.m.
Sun Gallery
1015 E. St., Hayward
(510) 581-4050
<http://sungallery.org/>

Holiday Boutique and Craft Fair

Saturday, Dec 2

9 a.m. - 3 p.m.
Over 80 artisan vendors
American High School
36300 Fremont Blvd., Fremont
<https://ahsboutique.weebly.com/>

Correction

In the November 7, 2023 issue of Tri-City Voice, the article titled "James Logan Football Wins League Title" had an error regarding information

about James Logan High School. James Logan High School is located in Union City, not Fremont. We apologize for the error.

Community Bulletin Board

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

510-494-1999 tricityvoice@aol.com

Shout out to your community

Our readers can post information including:

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

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

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

The "NO" List:

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

<p>FREMONT COIN CLUB Established 1971 Meets 2nd Tues in person 7pm Meets 4th Tues with Zoom 7pm Holy Trinity Lutheran Church 38801 Blacow Rd, Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365</p>	
<p>MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION Welcomes YOU! We are a spiritual community of open minds, nurturing growth and healing in ourselves, and all people. Together we strive to live compassionately and courageously as we work to build a nonviolent, just sustainable world. We welcome you and your family to join us on this journey. We meet Sundays at 10 a.m. in Cole Hall, located at 2950 Washington Blvd. in Fremont and online at www.mpuuc.org/Zoom Learn more about us at www.mpuuc.org</p>	<p>A-1 Comm. Housing Svcs. A HUD Approved Agency 1st Time Home Buyers Workshop Presented on ZOOM Learn the process of homeownership. Down Payment Assistance Please register www.a1chs.org or call 510.674.9227</p>
<p>Are you troubled by someone else's drinking? Al-Anon and Alateen Family Groups are here to help! Al-Anon has but one purpose, to help families and friends of Alcoholics. We have in-person and zoom meetings. Visit https://alanond17.weebly.com/ for a full meeting list. You can also email easyduz@gmail.com or call us at 510.276.2270 for more info.</p>	<p>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</p>

<p>Fremont Stamp Club Meet 2nd Thurs. each month Cultural Arts Center 3375 Country Dr., Fremont Interesting discussions, trade, silent auction fremontstampclub@gmail.com www.fremontstampclub.org Steve (510) 461-3431</p>	<p>FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT, CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org See our website to meet us on Zoom</p>
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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

HOLIDAY BOUTIQUE & CRAFT FAIR
Sat. December 2nd, 9am-3pm
Fremont's largest!
Over 80 artisan vendors
FREE admission and parking
American High School
36300 Fremont Blvd, Fremont
Proceeds benefit the Class of 2024
Safe & Sober
Grad Nite celebration
<https://ahsboutique.weebly.com/>

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.fffba.org
www.friendshipforce.org
Call or text 510-363-0531

EARLY RISERS start your Tuesday with a boost of energy. Join the NEWARK TOASTMASTERS from your home 7 am - 8 am via Zoom.
Boost your communication, leadership & personal growth skills.
It's FREE to attend as a guest.
Info: wmfitts@yahoo.com
profiricka@gmail.com
www.1118.toastmastersclubs.org

Ohlone College Flea Market
****Garage Sellers promo****
Buy 1 market and get the second market 50% off!!
No permit is needed for your first 2 markets
The Ohlone College Flea Market is on the 2nd Saturday of every month
Claim your deal!
Email: fleamarket@ohlone.edu
Phone: 510-659-6285

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

ABWA - Pathfinder Chapter American Business Women's Association
Provides opportunities for women for leadership, education, & networking.
Virtual meetings - 3rd Wednesday of each month.
6:45 pm to 8:30 pm.
Call Donna at 510-299-4332 or send email to pathfinderabwa@gmail.com
www.abwa-pathfinder.org

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

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

LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP!
Zoom meeting 4th Saturday of the month (off July & Dec) 2:00-4:00 PM
Great speakers! * All genres! * Critique groups available!
Email scottfrombayside@yahoo.com for Zoom link before the meeting.
Writers' Salon meets 4th Monday of the month (occasional exceptions)
Join us via Zoom 7:00-9:00 PM Read, discuss or just listen.
Email up.dragonfly.com@gmail.com for Zoom link before the meeting.
Everyone is welcome! www.cwc-fremontareawriters.org

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

Tropics BINGO Every Wednesday Games start 7pm
33000 Almaden Blvd. Fremont
Buy-In \$10
Flash games \$100-\$500
90% Payout
Profits go to local Charities the-Tropics.net

Masquerade \$5 Jewelry and Accessories Sale
Nov. 27, 28, 29, 7 a.m. to 5 p.m.
Washington West, 2500 Mowry Ave.
Ample free parking
Support the Washington Hospital Service League of Volunteers and find fun and budget-friendly household items and gifts.

Holiday Boutique
Saturday, December 2nd, 2023 10am-4pm
Georgian Manor Mobile Home Community Club House
1419 Buckingham Way, Hayward 94544
Here is your chance to purchase handcrafted items for your holiday gift giving or a gift for yourself.
Proceeds from space rent and raffle table donations go to NFL Alumni Toy Drive. For information call Harlene Strauss 510-887-4366 or email harleneatvip@comcast.net

A-1 Comm. Housing Svcs.
A HUD Approved Agency
Credit and Money Mgmt. Workshop
Presented on Zoom
For dates, go to our website
Please register at www.a1chs.org call 510.674.9227

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

Holiday Boutique
Saturday, December 2nd, 2023 10am-4pm
Georgian Manor Mobile Home Community Club House
1419 Buckingham Way, Hayward 94544
Here is your chance to purchase handcrafted items for your holiday gift giving or a gift for yourself.
Proceeds from space rent and raffle table donations go to NFL Alumni Toy Drive. For information call Harlene Strauss 510-887-4366 or email harleneatvip@comcast.net

Ohlone College Flea Market
2nd Saturday of every month
9AM - 3PM Lower Lots E & D
Free Admission & Free Parking
Come to your community flea market, your one-stop destination for great deals and unique finds! Explore the deals waiting just for you - happy shopping!
Email: fleamarket@ohlone.edu
Phone: 510-659-62851

Mistletoe Madness
15301 Wicks Blvd.
San Leandro
November 25th
Still accepting vendors
Apply at mistletoemadness.net
email: mmchristmasfair@aol.com

BINGO - BINGO... LETS YELL BINGO!!!
Fremont Elks Lodge (510-797-2121)
38991 Farwell Drive - Fremont
Every Thursday - Doors open @ 4:30pm.
Flash/Strips start 6:00... Regular Paper games start 6:30pm.
Packs: 1/\$20 2/\$25 3-5/\$30 6-8/\$35 9-12/\$40
FREE COFFEE - WATER - POPCORN
SNACKBAR AVAILABLE
Grab some friends & Come on down!!

BINGO - BINGO... LETS YELL BINGO!!!
Fremont Elks Lodge (510-797-2121)
38991 Farwell Drive - Fremont
Every Thursday - Doors open @ 4:30pm.
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FREE COFFEE - WATER - POPCORN
SNACKBAR AVAILABLE
Grab some friends & Come on down!!

OPINION

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SERVING FREMONT, NEWARK, MILPITAS, HAYWARD, UNION CITY
"Accurate, Fair & Honest"

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WILLIAM MARSHAK

Veterans Day, a day of hope and honor

However, the visible testament to this collective effort is represented by our service men and women, standard bearers for all of us – separated from prior military service or not. Many military personnel, especially those who have endured the hardship and frightening aspects of combat, will counsel against indiscriminate violence, in favor of peaceful diplomacy. That same lesson can be applied to all levels of strife – local to national and international.

Throughout the history of conflict involving the United States, leaders have often used phrases that indicate strength, but reserve armed conflict for occasions that warrant it (or sometimes, don't!). During a period of expanding international influence, our 26th president, Theodore Roosevelt (1858-1919), was fond of saying, "Speak softly but carry a big stick; you will go far." Although applied in an uneven manner by that president and others that have followed, the sentiment carries a message of hope and reconciliation, holding force in reserve. The United States has a big stick; thoughtful and judicious use of it is always a challenge with the lives of many in the balance.

Veterans Day is a moment in time that we can enjoy a holiday but take at least some time to contemplate the cost of our form of government and threats to its existence. At all levels of public management - public and private, civil and military – debate and discourse should take precedence over intimidation and coercion. While the force of law and consequences is a necessary ingredient for practical life, force and might can be held as a defensive option to provide peace of mind that will protect our land and families in times of strife.

In the 1965 musical, Man of La Mancha, inspired by a fictional portrayal of Don Quixote by the 17th century Spanish writer, Miguel de Cervantes, the theme song, "The Impossible Dream" became a worldwide hit. In the face of overwhelming odds and a mock trial, the main character expands on the idea of persevering in the face of insurmountable odds. His song [music by Mitch Leigh, lyrics by Joe Darion] is a reflection of an ideal that may or may not be achieved, but is worth the struggle. The song ends with the aspirational conclusion:

*And I know if I'll only be true
To this glorious quest
That my heart will be peaceful and calm
When I'm laid to my rest.*

In recognition of our people in uniform – parents, siblings, children, friends and family - that are asked to protect us, the phrase, "Thank you for your service" does have meaning.



William Marshak
PUBLISHER

Veterans Day, November 11, 2023, has come and gone, but the sentiment remains; a moment to honor those who have served in the armed forces of the United States of America. While Memorial Day commemorates all who lost their lives to protect the values – freedom, justice, rule of law - of our country, Veterans Day embraces all who presently or previously served to defend the public trust in our way of life.

While the phrase, "Thank you for your service" is often used to fill a vacuum of true appreciation, this is a particularly vulnerable time for us to reflect on the nature of our political experiment. Born in rebellion, but based on thoughtful and articulate ideals, the Declaration of Independence and Constitution of our country are based on the premise that, though people are imperfect in thought and action, striving for an ideal is not idle fantasy or an impossible dream. Citizens and non-citizens of all colors, religion and creeds have fought, some with fatal consequences, to protect this 'land of opportunity,' no matter how flawed.

Service to these ideals comes in many forms, some not clothed in a uniform.

Earth just experienced the hottest 12 months ever recorded

BY ISABELLA O'MALLEY, ASSOCIATED PRESS

The last 12 months were the hottest Earth has ever recorded, according to a new report by Climate Central, a nonprofit science research group.

The peer-reviewed report says burning gasoline, coal, natural gas and other fossil fuels that release planet-warming gases like carbon dioxide, and other human activities, caused the unnatural warming from November 2022 to October 2023.

Over the course of the year, 7.3 billion people, or 90% of humanity, endured at least 10 days of high temperatures that were made at least three times more likely because of climate change.

"People know that things are weird, but they don't they don't necessarily know why it's weird. They don't connect back to the fact that we're still burning coal, oil and natural gas," said Andrew Pershing, a climate scientist at Climate Central.

"I think the thing that really came screaming out of the data this year was nobody is safe. Everybody was experiencing unusual climate-driven heat at some point during the year," said Pershing.

The average global temperature was 1.3 degrees Celsius (2.3 degrees Fahrenheit) higher than the pre-industrial climate, which scientists say is close to the limit countries agreed not to go over in the Paris Agreement — a 1.5 C (2.7 F) rise. The impacts were apparent as one in four humans, or 1.9 billion people, suffered from dangerous heat waves.

At this point, said Jason Smerdon, a climate scientist at Columbia University, no one should be caught off guard. "It's like being on an escalator and

being surprised that you're going up," he said. "We know that things are getting warmer, this has been predicted for decades."

Here's how a few regions were affected by the extreme heat:

- Extreme heat fueled destructive rainfall because a warmer atmosphere holds more water vapor, which lets storms release more precipitation. Storm Daniel became Africa's deadliest storm with an estimated death toll that ranges between 4,000 and 11,000, according to officials and aid agencies. Greece, Bulgaria, and Turkey also saw damages and fatalities from Storm Daniel.
- In India, 1.2 billion people, or 86% of the population, experienced at least 30 days of elevated temperatures, made at least three times more likely by climate change.
- Drought in Brazil's Amazon region caused rivers to dry to historic lows, cutting people off from food and fresh water.
- At least 383 people died in U.S. extreme weather events, with 93 deaths related to the

Maui wildfire event, the deadliest U.S. fire of the century.

• One of every 200 people in Canada evacuated their home due to wildfires, which burn longer and more intensely after long periods of heat dry out the land. Canadian fires sent smoke billowing across much of North America.

"We need to adapt, mitigate and be better prepared for the residual damages because impacts are highly uneven from place to place," said Kristie Ebi, a professor at the Center for Health and the Global Environment at the University of Washington, citing changes in precipitation, sea level rise, droughts, and wildfires.

The heat of the last year, intense as it was, is tempered because the oceans have been absorbing the majority of the excess heat related to climate change, but they are reaching their limit, said Kim Cobb, a climate scientist at Brown University. "Oceans are really the thermostat of our planet ... they are tied to our economy, food sources, and coastal infrastructure."

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Community Bulletin Board

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How To Optimize Your Social Security Income

Want to know how to get the most out of your Social Security benefits? Speaker Thien Khuu, a Registered Social Security Analyst and a 25-year veteran with the Social Security Administration, can help you to understand, navigate and plan for a secure retirement.

Thursday, December 7, 2023
6:00 PM to 7:30 PM

Fremont Chamber of Commerce
39488 Stevenson Pl #100, Fremont, CA 94539
Registration Link: <http://tiny.cc/RSSA-Photo-registration>
Or call/text 510-936-1318

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Wanted Artists and Crafters To apply contact Barb at Barbarpking076@gmail.com, and request a Faire Registration Form. For Holiday Tea tickets contact Melissa at mpall@comcast.net Niles Discovery Church, 36600 Niles Blvd, Fremont, CA 94536

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Flash Fiction - The Winners

Continuing with our coverage of the winners for October 2023's Flash Fiction Contest, on the theme "The Day I Fell In Love," this week we are running the first of two 4th place winners. Read all the winners at www.fremontculturalartscouncil.org.

A Drink to Savor
BY SAMUEL RODRIGUEZ

I told my friend Al, that despite his efforts to get me to try a latte, I would never, ever drink one. Why would I buy an overpriced coffee for young techies with full rim glasses, when I could get a senior discount on one at McDonald's?

Al wasn't a young techie, but he had full rim glasses and liked to shop at Gap. Even though Al and I might not have agreed on what kind of coffee to drink, we both loved baseball. But he was a Giants fan, and I was an A's fan.

We were watching the two teams play each other one day on TV, and Al said, "George, if the Giants win, you have to drink a latte, the whole thing. If the A's win, I will give up lattes for a month."

I said, "Deal!" and we shook hands. Of course, the Giants won.

Al said, "George, we're going to Starbucks." We arrived and I opened the door. I admit, the place smelled enticing.

We got in line and I said, "Al, you order for me."

The young man in front of us in skinny pants and oxford shoes ordered a "hot,

Venti, decaf, soy, vanilla latte with whipped cream."

Al ordered me a hot caramel latte and instructed me to smell it, then drink it in sips. It smelled like coffee, but different than any I had ever tried before. It tasted like a divine mix of coffee, cream, and candy. I wondered if I had been missing out for years.

Al asked, "How was it?"

"Better than I thought it would be."

Then Al said, "Next, I need to take you to Gap."

"Don't push your luck."

Technical Education Teachers Honored

SUBMITTED SHANNON CARR

On October 23, Silicon Valley Career Technical Education (SVCTE) center teachers Tom Nemeth and Maggie Kasberger took center stage alongside Santa Clara County's top educators at the 2023 Teacher Recognition Celebration.

Tom Nemeth was awarded 2023 Metropolitan Education District (MetroED) Teacher of the Year for Electrical Vehicles/Automotive Services. Nemeth's dedication, passion, and motivation shines through in all he does for his students. Nemeth is constantly developing partnerships for students to receive online training with industry leaders, including Ford, Toyota, Tesla, Subaru, and Nissan.

Nemeth came to SVCTE with years of retail and corporate automotive experience, which started with a high school automotive vocational education and dealership internship. An Automotive Service Excellence Master Automobile Technician, Toyota Master Technician, Nissan



Tom Nemeth

Technician, and a tinkerer of sports cars, Nemeth has always been enthusiastic about the automotive industry.

"Teaching automotive Career Technical Education is very rewarding. I am influencing students to visualize success and feel accomplished. Students are developing skills that will last their lifetime," he says.

Maggie Kasberger earned a Boldness in STEM Award for Sports Medicine and Kinesiology. Kasberger received one of only four prestigious countywide Innovation in STEM Awards, presented by The Tech Interactive. Kasberger's dedication to education and innovative teaching methods have made a lasting impact on our students. Last school year, she helped acquire an Anatomage Table for her program. This touch-screen equipment provides a realistic life-sized 3D anatomy system as if the students were working with an actual cadaver.

With more than 10 years of experience competing as an



Maggie Kasberger

athlete, Kasberger is passionate about exercise science. Before coming to SVCTE, she graduated with a bachelor's degree in exercise science and is working on a master's in Sports Performance Movement. She is also the Health Occupations Students of America (HOSA) advisor for SVCTE, where she takes health science students to state competitions to participate in skill demonstration events.

"When I graduated, I knew that I wanted to show students what sports medicine was all about and by teaching CTE, I have the tools necessary to demonstrate a small amount of what the field has to offer," Kasberger says.

A Santa Clara County tradition for over 50 years, the Teacher Recognition Celebration is one of the oldest and largest celebrations of teachers in California. Visit www.sccoe.org/trc for more information.

BART Listening tour

SUBMITTED BY BART

BART has taken immediate action to improve safety and cleanliness of the system to increase ridership and improve the customer experience. A Safe and Clean Plan was launched in coordination with a new service schedule that is responsive to post-pandemic commute patterns and ridership growth opportunities.

BART's General Manager Bob Powers and new Chief of Police Kevin Franklin are now launching a Safe & Clean Plan Listening Tour to hear directly from riders to get feedback on the plan and to check in with riders about their experience.

This is the General Manager's third Listening Tour. With safety being top of mind for many riders, this is the first time the Chief of Police will join the Listening Tour to hear directly from riders.

"So much has changed at BART since the pandemic and

we have doubled down on our commitment to safety, cleanliness, and reliability improvements," said General Manager Bob Powers. "Meeting riders where they are at and offering a specific time and location is a great way to gather invaluable feedback from riders and employees."

A visit to Fremont Station will take place on Wednesday, December 6. (Schedule is subject to change.) Powers and Franklin will be on the platform talking to riders while they wait for trains. Posters will be displayed on Station Agent booths in advance to notify riders when they will be at the station.

Safe & Clean Plan Listening Tour Fremont Wednesday, Dec 6 7:15 a.m. - 8:15 a.m. Fremont BART Station 2000 Bart Way, Fremont www.bart.gov

City of Fremont seeks winter item donations to help unhoused community members

SUBMITTED BY CITY OF FREMONT

As winter approaches and temperatures begin to drop, individuals experiencing homelessness may be in greater need of warm clothing and essential items.

The City of Fremont is asking the community to spread warmth this winter season and donate items for our unhoused neighbors. The items will be distributed through City programs and services, such as CleanStart and the Safe Parking Program.

A Winter Needs List is available for those who would like to donate items. The items most needed are the following: undergarments, t-shirts, sweatpants, sweaters, jackets/coats, sleeping bags, and tents.

Please note that all donated items must be new with original tags and packaging. All clothing items should be in adult sizes from small to XXXL.

To donate items, contact Noelle Tolentino in the City's Human Services Department at (510) 574-2088 or ntolentino@fremont.gov. Tolentino can help schedule a drop-off, coordinate shipping, and answer any questions.

Every donation, no matter how small, can help ensure that our neighbors have the essential items they need to stay warm and safe this winter.

If you have already donated items or plan to do so, thank you for your support and for giving back!

Winter Needs List www.fremont.gov/Home/Components/News/News/687

"Karaoke for a cause" in Castro Valley

SUBMITTED BY PLETHOS PRODUCTIONS

Plethos Productions is holding a unique fundraiser at JP's Restaurant in Castro Valley. Support this local, volunteer-owned nonprofit



Karaoke for Plethos Productions Credit: Cathy Breslow

theater by singing or nominating someone to sing at Karaoke for a Cause. Donations of any amount will get you or your nominee up on stage for a great night of all-ages karaoke. This is a "pay what you can" fundraiser, so that everyone who would like to support with any amount is able to participate.

Plethos Productions has a big goal this year is to raise \$10,000 to support expansion in 2024, and the focus for their 7th season's big goals: bringing on more staff, offering more scholarships to Stagecraft Camp for Kids and creating a new theatre retreat for adults. Plus, Plethos has been touring local buildings in hopes of getting a dedicated space. The community is invited to help make these big dreams come true!

Karaoke for a cause Tuesday, Nov 28 6 p.m. - 8 p.m. JP's Family Restaurant 3600 Castro Valley Boulevard, Castro Valley Tickets are pay-what-you-can plethos.org

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Rosie Josephine Imhof

1932 - 2023

Resident of Fremont

It is with heavy hearts, and great sadness, that the family of Rosie Imhof announces her passing.

Rosie was born September 28th, 1932 in Muotathal, Switzerland to the late Frank and Rosa Sutter. She immigrated to the United States with her mother in 1933. She was a lifelong resident of California, spending the majority of her adult life in the San Francisco Bay area.

Rosie met the love of her life and married Edward "Shorty" Imhof in 1957 and settled in Fremont. She was a dedicated homemaker for many years until she joined the workforce and retired as a Safeway warehouse employee.

In her spare time, Rosie was a volunteer at Kaiser Hospital and enjoyed traveling with family and friends. One of her favorite pastimes was exploring her Swiss heritage and she was an active member of the Aelpher Gruppe Swiss Club. A farm girl at heart, gardening was also her passion.

Rosie was preceded in death by her husband Shorty Imhof, parents Rosa and Frank Sutter, and brother Frank Sutter. She leaves behind a sister Emmy Silva, a brother Joe Sutter,



her children Mike (Kris), Frank (Theresa) and Annett (John) Williams. She was the grandmother of seven and great-grandmother of two with one on the way.

A Catholic Mass will be held on Friday, November 17th, 2023, 12pm at St. Joseph Catholic Church – Old Mission San Jose. A reception to follow at Swiss Park in Newark, CA.

In lieu of flowers, the family is kindly asking you to make donations to your favorite charity in memory of Rosie Imhof.

Fremont Chapel of the Roses
510-797-1900

Robertito 'Tito' Reyes

April 29, 1964 - October 24, 2023

Resident of Newark



enjoying their company and sharing stories. He also enjoyed fishing, and rooting for the Golden State Warriors whenever basketball season was around.

Robertito Reyes is survived by his wife, two children, and granddaughter. The presence of his beloved wife, Josephine Reyes, and their times spent together since high school have brought him great joy and unconditional love. He was a dedicated and affectionate grandfather to Reina Reyes and a loving father to Royden and Rani Reyes. He was preceded in death by his father, John, and his older brother Roel. His impact on their lives will be never-ending. We say, "Thank you for all the things you've done for us while growing up. You are what helped make us the people we are today. We love you with all our hearts." He was preceded in death

As we remember Tito, let us celebrate the life he lived and the love he shared with us all. His memory will forever be engraved in our hearts, and his legacy will continue to inspire us to find joy in the simple moments of life and to cherish our loved ones every day.

Services have been held.

Fremont Chapel of the Roses
510-797-1900

Eunice (Paretsky) Friedlander

Eunice (Paretsky) Friedlander passed away November 8, 2023. She was born in Boston and was a graduate of Brookline High School. Eunice was predeceased by her husband Herbert Friedlander and her son Bruce Wilson. She is survived by her daughter Joan Clark, stepson Daniel Friedlander, daughter Nancy Pisarra, four

grandchildren Sheryl, Steven, Melissa, and Cory, seven great grandchildren Destiny, Brittney, Griffin, Kellen, Paige, Brooklyn and Shay and several nieces and nephews. Memorial contributions can be made to St. Jude's Research Children's Hospital, Animal Rescue Foundation (ARF) or a charity of one's choice.

Melody Elaine Winn

September 14, 1943 - October 6, 2023

Melody E. Winn, 80, of Newark, Ca passed away peacefully with family by her side on October 6, 2023 in Fremont.

Melody was born in Decatur, Illinois to Evelyn L. Spence and Robert E. King. She spent many years in Arizona, then married David on June 10, 1961 and moved to California where they settled. Melody and David shared 61 years of marriage. Melody worked for National Fabtronix in Hayward for many years. She will be remembered for her sense of humor and creative nature, she was a wonderful mother and wife. Melody was loved and will be greatly missed by her family and all who knew her.

Melody was preceded in death by David and is survived by her



sister Claudia, daughter Susan, son David, three grandsons and one great grandson.

A private celebration of life will be held by her family.

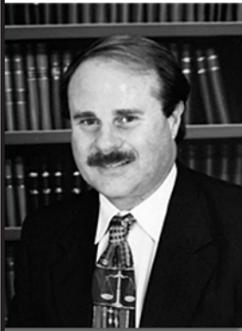
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R. L. JOHNSON ATTORNEY AT LAW

38750 Paseo Padre Parkway
Suite C-7, Fremont

M-F 10-7
Evening & Weekends
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THEATRE REVIEW

Ohlone College's *The Government Inspector* leaves audience 'Russian' for laughs

BY HUGO VERA

PHOTOS COURTESY OF
MICHAEL NAVARRA

Albert Einstein once wrote, "Bureaucracy is the death of any achievement," and such is the underlying mantra of Ohlone College's hilarious production of *The Government Inspector*. Based on the satirical play written by Russian playwright Nikolai Gogol in 1836, director Michael Navarra's modern retelling of the classic story is perfectly tailored to commentate on the current socio-economic climate of the United States.

"*The Government Inspector* has transcended its own time and continues to be produced around the globe today due to its ability to satirize aspects of the human condition, most notably bureaucracies, corruption, deception and self-deception," writes Navarra in the program's Director's Note.

The play transports audiences to a small provincial town in Czarist-era Russia. When the small town's neurotic Mayor (played by Javier de Guzman) learns that the central government has sent an undercover agent to infiltrate the community and to report its leaders' actions back to the Czar, the Mayor and his equally-eccentric constituents scramble to identify the mole. When a mischievous and downtrodden civil servant (played by Chava Suarez) named Hlestakov (sometimes spelled Klestakov in other productions) learns that he is being mistaken by the townspeople as the undercover inspector, he quickly capitalizes on their hysteria for personal gain. In doing so, the tomfoolery and chaos he incites from those around him quickly escalate the story into a slapstick jab at everyday social norms and class warfare.

The crux of the play is without question Suarez's performance as Hlestakov. Suarez's utilization of impromptu song, dance and physical comedy is matched only by a mastery of vocal ranges as Suarez seamlessly mimics the accents and mannerisms of the



L to R: Alyssa Viray, Javier de Guzman, Chava Suarez, Carly Faith Blaine, Taelor Adams

surrounding cast. Complementing this performance is the supporting role of Osip (played by Eddie Sherman). Sherman's use of deadpan joke delivery as well as his razor-sharp wit helps to establish Osip as the crude, but ultimately well-meaning confidant that Hlestakov can turn to during his societal farce. Other standout performances include those of Javier de Guzman's depiction of the Mayor whose intentional voice-cracking and childlike antics allow his character to serve as effective satire of the "strong-man leader" trope, and the duo of Anna (Alyssa Viray) and Marya (Shaneen Black). Viray and Black's outlandish portrayal of a woman and daughter simultaneously competing for Hlestakov's love features a melodramatic performance from Viray that is in stark contrast with Black's more restrained, "ladylike" depiction of Marya.

While the "elephant in the room" that is the ongoing conflict between Ukraine and Russia may be ever-present in the mind of audiences, Navarra has addressed the conversation head-on with the deliberate use of American (and not Russian) accents in the play. "We've chosen



L to R: Chava Suarez, Alyssa Viray

to use regional American accents in our production to help establish the society of the play and the ambitions of the characters," states Navarra. The use of standard "bit-city" American accents as well as those of the American south and Midwest not only makes the play's message

digestible to East Bay audiences, but also establishes the universality of Gogol's work. Praise is also due to the exceptional production design and costumes team, as the sets and use of Russo-Slavic pop music before the show, during intermission, and post-show further aid in establishing the play's setting.

With its slapstick premise and performances that are sure to make any audience erupt with laughter, Ohlone College's *The Government Inspector* is a refreshing and much-needed dose of dopamine during these times. Due to its complexities and suggestive content, this play is best suited for high school-level and adult audiences. The runtime is two hours and includes a 10-minute intermission.



L to R: Chava Suarez, Javier de Guzman

Ohlone College's
The Government Inspector
Friday, Nov 10 – Saturday, Nov 18
8 p.m.
Jackson Theatre at Ohlone College
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com
Ticket: \$20 General / \$15 Student
Parking: \$4

PUBLIC NOTICES

BULK SALES

NOTICE TO CREDITORS OF BULK SALE (U.C.C. §6104, 6105)

ESCROW # 0126021451
 NOTICE IS HEREBY GIVEN to creditors of the within named seller that a bulk sale is about to be made of the assets described below.
 The names and business address of the Seller(s) is/are: P&N Group LLC 39706 Cedar Blvd., Newark, CA 94560
 The location in California of the Chief Executive Office of the seller is: same as above
 As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are: none
 The names and business address of the Buyer(s) is/are: M&Q Services LLC 39706 Cedar Blvd., Newark, CA 94560
 The assets to be sold are described in general as all stock in trade, furniture, fixtures, equipment and other property
 And are located at: 39706 Cedar Blvd., Newark, CA 94560
 The business name used by the Seller(s) at those locations is: The Ultimate Deli
 The anticipated date of the bulk sale is December 4, 2023
 At the office of Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520.
 The bulk sale is subject to California Uniform Commercial Code Section 6106.2.
 If so specified, the name and address of the person with whom claims may be filed is as follows: Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520, Escrow Holder.
 The last day for filing claims shall be December 1, 2023
 which is the business day before the sale date specified herein.
 Dated: 11/9/23
 M&Q Services LLC
 /S/ By: Minhas Farid, Member
 /S/ By: Qasim Lodhi, Member
 11/14/23

CNS-375140#

CIVIL

SUMMONS (Family Law)

CITACION (Derecho familiar)

CASE NUMBER (NÚMERO DE CASO): HF22129411
 NOTICE TO RESPONDENT (Name): AVISO AL DEMANDADO (Nombre): BONIFACIO GERONA
 You have been sued. Read the information below and on the next page.
 Lo han demandado. Lea la información a continuación y en la página siguiente.
Petitioner's name is: Nombre del demandante: CONCEPCION BRIONES
 You have 30 calendar days after this Summons You and Petition are send on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you.
 If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs.
 For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Law Services website (www.lawhelpca.org) or ponándose en contacto con el colegio de abogados de su condado.
NOTICE—RESTRaining ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.
AVISO—LAS ÓRDENES DE RESTRICCIÓN SE ENCUENTRAN EN LA PÁGINA 2: Las órdenes de restricción están en vigencia en cuanto a ambos cónyuges o miembros de la pareja de hecho hasta que se despidia la petición, se emita un fallo o la corte dé otras órdenes. Cualquier agencia del orden público que haya recibido o visto una copia de estas órdenes puede hacerlas acatar en cualquier lugar de California.
SEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.
EXENCIÓN DE CUOTAS: Si no puede pagar la cuota de presentación, pida al secretario un formulario de exención de cuotas. La corte puede ordenar que usted pague, ya sea en parte o por completo, las cuotas y costos de la corte previamente exentos a petición de usted o de la otra parte.
 1. The name and address of the court are: (El nombre y dirección de la corte son): SUPERIOR COURT OF CALIFORNIA, 24405 AMADOR STREET, HAYWARD, CA 94541
 2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: (El nombre, dirección y número de teléfono del abogado del demandante, o del demandante si no tiene abogado, son): CRISPIN C. LOZANO, LAW OFFICES OF CRISPIN LOZANO, 1290 B STREET, STE. 205, HAYWARD, CA 94541 (510) 638-7188
 DATE (Fecha): AUGUST 15, 2022
 CHAD FINKE, Clerk, by (Secretario, por) PRICHILLE KUMAR, Deputy (Asistente) [SEAL]
 11/14, 11/21, 11/28, 12/5/23

CNS-3756590#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601565
 Fictitious Business Name(s):
BAYMATES, 39059 SONORA CT., FREMONT, CA 94538, County of ALAMEDA
 Registrant(s):
 G & H INVESTMENTS INC., 39059 SONORA CT., FREMONT, CA 94538
 Business conducted by: A CORPORATION
 The registrant began to transact business using the fictitious business name(s) listed above on N/A
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ GERSHAWN SINGH
 This statement was filed with the County Clerk of Alameda County on OCTOBER 24, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/14, 11/21, 11/28, 12/5/23

CNS-3754899#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601178
 Fictitious Business Name(s):
CITY NAILS, 3884 DECOTO ROAD, FREMONT, CA 94555 County of ALAMEDA
 Registrant(s):
 HUNG DO, 2151 OAKLAND RD SPC 329, SAN JOSE, CA 95131
 Business conducted by: an Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 09/01/2017.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ GERSHAWN SINGH
 This statement was filed with the County Clerk of Alameda County on OCTOBER 24, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/14, 11/21, 11/28, 12/5/23

CNS-3754899#

10-03-2023.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /S/ HUNG DO,
 This statement was filed with the County Clerk of Alameda County on 10/03/2023.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/7, 11/14, 11/21, 11/28/23

CNS-3754891#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601658
PHIL-FOTO, 32108 ALVARADO BLVD, UNION CITY, CA 94587, County of ALAMEDA
 Registrant(s):
 PHILBERT DEL RIO, 3294 SANTA ROSA CT., UNION CITY, CA 94587
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 2015
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ PHILBERT DEL RIO
 This statement was filed with the County Clerk of Alameda County on 10/26/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/7, 11/14, 11/21, 11/28/23

CNS-3754061#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601596
CAROLENA GLORIOUS ANGELS, 33341 7TH ST., UNION CITY, CA 94587, County of ALAMEDA
 Registrant(s):
 CAROLENA WILLIAMS, 33341 7TH ST., UNION CITY, CA 94587
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 10/11/2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ CAROLENA WILLIAMS
 This statement was filed with the County Clerk of Alameda County on 10-24-2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/7, 11/14, 11/21, 11/28/23

CNS-3753250#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601295
DUBLIN TECHNOLOGIES / DUBLIN TECH, 11501 DUBLING BLVD STE 200, DUBLIN, CA 94568; MAILING ADDRESS: 2999 INNISBROOK WAY, DUBLIN, CA 94568, County of ALAMEDA
 Registrant(s):
 DUBLIN TECHNOLOGIES LLC, 2999 INNISBROOK WAY, DUBLIN, CA 94568 (CALIFORNIA)
 Business conducted by: A LIMITED LIABILITY COMPANY
 The registrant began to transact business using the fictitious business name(s) listed above on 9.1.2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ WEI XU
 This statement was filed with the County Clerk of Alameda County on 10/10/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750031#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601296
ADOR PLUMBING, 13289 OSGOOD RD., FREMONT, CA 94539, County of ALAMEDA
 Registrant(s):
 THEODORE AMOR, 132 PALA AVE, SAN JOSE, CA 95127
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 10-4-2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ THEODORE AMOR
 This statement was filed with the County Clerk of Alameda County on 10/10/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750028#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601351
SOPHISTICATION, 4408 ENTERPRISE PL., FREMONT, CA 94539; MAILING ADDRESS: 126 HANA WAY, UNION CITY, CA 94587, County of ALAMEDA
 Registrant(s):
 TONG CUI, 126 HANA WAY, UNION CITY, CA 94587
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 11/1/2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ NELSON HSUI
 This statement was filed with the County Clerk of Alameda County on 10/17/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/7, 11/14, 11/21, 11/28/23

CNS-3753244#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601351
SOPHISTICATION, 4408 ENTERPRISE PL., FREMONT, CA 94539; MAILING ADDRESS: 126 HANA WAY, UNION CITY, CA 94587, County of ALAMEDA
 Registrant(s):
 TONG CUI, 126 HANA WAY, UNION CITY, CA 94587
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 11/1/2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ NELSON HSUI
 This statement was filed with the County Clerk of Alameda County on 10/17/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/7, 11/14, 11/21, 11/28/23

CNS-3753244#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601351
SOPHISTICATION, 4408 ENTERPRISE PL., FREMONT, CA 94539; MAILING ADDRESS: 126 HANA WAY, UNION CITY, CA 94587, County of ALAMEDA
 Registrant(s):
 TONG CUI, 126 HANA WAY, UNION CITY, CA 94587
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 11/1/2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ TONG CUI
 This statement was filed with the County Clerk of Alameda County on OCTOBER 12, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750263#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601405
DAVIDS MOVING, 561 JOYCE ST., LIVERMORE, CA 94550 County of ALAMEDA
 Registrant(s):
 ERIKA GALVAN, 561 JOYCE ST., LIVERMORE, CA 94550
 Business conducted by: an Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 09/01/2017.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ TONG CUI
 This statement was filed with the County Clerk of Alameda County on OCTOBER 12, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750263#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601405
DAVIDS MOVING, 561 JOYCE ST., LIVERMORE, CA 94550 County of ALAMEDA
 Registrant(s):
 ERIKA GALVAN, 561 JOYCE ST., LIVERMORE, CA 94550
 Business conducted by: an Individual
 The registrant began to transact business using the fictitious business name(s) listed above on 09/01/2017.
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ TONG CUI
 This statement was filed with the County Clerk of Alameda County on OCTOBER 12, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750263#

is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /S/ ERIKA GALVAN,
 This statement was filed with the County Clerk of Alameda County on 09/26/2023.
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750254#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601342
ZEN SKIN, 1780 WHIPPLE RD., UNION CITY, CA 94587; MAILING ADDRESS: 639 PASEO DEL RIO, SAN LORENZO, CA 94580, County of ALAMEDA
 Registrant(s):
 MARIHA GARCIA, 4116 CRESTFIELD DR., SAN RAMON, CA 94582
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 10/11/2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ MARIHA GARCIA
 This statement was filed with the County Clerk of Alameda County on OCTOBER 12, 2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750031#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601295
DUBLIN TECHNOLOGIES / DUBLIN TECH, 11501 DUBLING BLVD STE 200, DUBLIN, CA 94568; MAILING ADDRESS: 2999 INNISBROOK WAY, DUBLIN, CA 94568, County of ALAMEDA
 Registrant(s):
 DUBLIN TECHNOLOGIES LLC, 2999 INNISBROOK WAY, DUBLIN, CA 94568 (CALIFORNIA)
 Business conducted by: A LIMITED LIABILITY COMPANY
 The registrant began to transact business using the fictitious business name(s) listed above on 9.1.2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ WEI XU
 This statement was filed with the County Clerk of Alameda County on 10/10/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750031#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601295
ADOR PLUMBING, 13289 OSGOOD RD., FREMONT, CA 94539, County of ALAMEDA
 Registrant(s):
 THEODORE AMOR, 132 PALA AVE, SAN JOSE, CA 95127
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 10-4-2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ THEODORE AMOR
 This statement was filed with the County Clerk of Alameda County on 10/10/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750028#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601296
ADOR PLUMBING, 13289 OSGOOD RD., FREMONT, CA 94539, County of ALAMEDA
 Registrant(s):
 THEODORE AMOR, 132 PALA AVE, SAN JOSE, CA 95127
 Business conducted by: AN INDIVIDUAL
 The registrant began to transact business using the fictitious business name(s) listed above on 10-4-2023
 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
 /s/ THEODORE AMOR
 This statement was filed with the County Clerk of Alameda County on 10/10/2023
 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
 The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 10/24, 10/31, 11/7, 11/14/23

CNS-3750028#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):
FICTITIOUS BUSINESS NAME STATEMENT
 File No. 601296
ADOR PLUMBING, 13289 OSGOOD RD., FREMONT, CA 94539, County of ALAMEDA
 Registrant(s):

San Leandro City Council

November 6, 2023

Action Items

- Accept the San Leandro Public Library Foundation's intent to donate \$800,000 to aid in the replacement of the existing Mulford-Marina Branch Library. Unanimously approved.
- City Council resolution declaring a state of emergency on homelessness in San Leandro. Continued to the December 13 City Council meeting.

Consent Calendar

- Accept the Packard Foundation Stay & Play Grant in the amount of \$4,500 to fund a series of Stay and Play Programs

provided by library staff for families, friends, neighbors, and caregivers of youth ages 0-5

- Authorize a Consulting Services Agreement with Schaaf and Wheeler for the design of Stormwater Trash Capture Devices Project in the amount of \$675,000
- Authorize a Non-Professional Services Agreement with Lind Marine, Inc. for removal and disposal of boats from the San Leandro Marina for a total not to exceed amount of \$122,800
- Award a Construction Contract to Silman Industries in the amount of \$96,579 for the

Washington Manor Park Pool Tower Repair Project

- Award a Construction Contract to Villalobos & Associates Inc. in the amount of \$371,764, for the Annual Sidewalk Repair Program 2023-2024
- Amend the Consulting Services Agreement with Strategic Economics, Inc. for Production of the Economic Development Strategy
- Authorize annual software maintenance agreement renewals in fiscal years 2023-2024 and 2024-2025 with Tyler Technologies for the City's New World Computer-Aided Dispatch and Records Management System for a combined amount of \$455,076
- Remove Brian Hill as District 5 Recreation and Parks Commissioner
- Nominate representatives to Boards and Commissions



Mayor Gonzalez Declaring November as Native American Heritage Month in the City of San Leandro. Photo by Jack Alcorn

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



San Leandro's 2023-24 Youth Advisory Commission. Photo by Jack Alcorn

Newark City Council

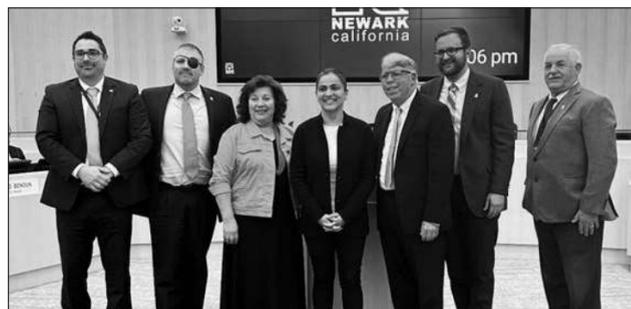
October 26, 2023

Presentations

California District 10 State Senator Aisha Wahab provided a legislative update.

Consent Calendar

- Resolution for acceptance of work with Sposeto Engineering, Inc. for Safe Routes to School Improvements Project
- Authorize a contractual equipment and services agreement with PB Loader Corporation for the purchase of a dump truck and authorization for outfitting by Classic Graphics



Newark Council with Senator Aisha Wahab

- Adopt a resolution accepting public subdivision improvements for Tract 8459 Compass Bay, a 138-unit residential subdivision in Bayside Newark on the southeast corner of Enterprise Drive and Hickory Street
- Authorize a contractual service agreement with Joseph Chow & Associates, Inc. for on-call architectural services
- Authorize an amendment to the agreement with Stantec Consulting Inc. for environment services for the Mowry Village project

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

Alameda County Water District

November 9, 2023

Consent Calendar

- Ratification of Payment of Audited Demands dated October 6, October 13, October 20, and October 27, 2023
- Authorization of Agreements for Renovation of the Headquarters Finance Work Area
- Authorization for Engineering Survey and Report on Groundwater Conditions in Conjunction with Replenishment Assessment

President Paul Sethy	Aye
Aziz Akbari	Aye
James Gunther	Aye
Judy Huang	Aye
John Weed	Aye



Board President Paul Sethy congratulating Irvington High School Senior Phi Chanda for completion of an internship with ACWD. Photo by Jack Alcorn



Lisa Lenchanko was honored for retirement after 17 years of service with ACWD. Photo by Jack Alcorn



Elim Leung was honored for retirement after 30 years of service with ACWD. Photo by Jack Alcorn

City seeks community input on Economic Development Strategy

SUBMITTED BY
KATIE BOWMAN

San Leandro residents, workers, and business owners are invited to share their ideas for the City of San Leandro's next economic development strategy at a community workshop on Saturday, November 18, at the Boys & Girls Clubs of San Leandro. Refreshments will be served.

The city is developing a new Economic Development Strategic Plan that will allow San Leandro to overcome recent challenges, adapt to changing times, and build an economy that benefits the entire community. The community's voice plays a pivotal role in developing this plan, and therefore a workshop is being held for community members to share

ideas about the most important economic opportunities and challenges, as well as the best ways to support local businesses, to bring in new, emerging industries, or to attract more high-quality jobs for the community.

More details about the strategy and registration links can be found at www.sanleandronext.com/strategy. Interpretation will be available in Spanish and Cantonese.

Economic development strategy community workshop
Saturday, Nov 18
10:30 a.m. - 12:30 p.m.
Boys & Girls Clubs of San Leandro
2200 San Leandro Blvd., San Leandro
www.sanleandronext.com/strategy

Hayward City Council



Mayor Salinas and the Hayward City Council Proclaiming November as Filipino American History Month in the city of Hayward
Photo Credit: Jack Alcorn

November 7, 2023

Consent

- Accept \$40,235.40 in Grant Funding from the Alameda County Sheriff's Office for the FY 2022 Byrne Justice Assistance Grant for Hayward Police Department Operations
- Accept \$43,336.80 in Grant Funding from the Alameda County Sheriff's Office for the FY 2023 Byrne Justice Assistance Grant for Hayward Police Department Operations
- Authorize an agreement with Staples Construction Company for the Corporation Yard Complete Restroom & Locker Room Remodel Project in an amount not-to-exceed \$1,004,000

- Amend the Professional Services Agreement with First Presbyterian Church of Hayward to Increase the Winter Warming Shelter at South Hayward Parish Contract Amount by \$495,000 for a total not-to-exceed amount of \$2,545,000

- Amend the existing ground lease with Mahabal Hospitality, LLC

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

Union City Police Log

SUBMITTED BY UCPD

Friday, October 27

• At approximately 1:45 a.m. officers responded to an assault in the 32600 block of Central Avenue. A group of coworkers were drinking in a vehicle after work when an argument ensued. The suspect retrieved a knife and stabbed the victim in the stomach and back. The suspect fled the scene and the victim was transported to the hospital with non-life-threatening injuries. Detectives later identified the suspect and obtained a warrant for his arrest. On November 6 the suspect was arrested without incident.

Tuesday, October 31

• At approximately 8:30 p.m. officers responded to an armed robbery in the 33500 block of 8th Street. Two teenage victims were out trick or treating when the suspects, armed with a handgun and a military-style rifle, robbed the victims of their candy and a necklace. The victims described the suspects as five males wearing all dark-colored clothing.

• At approximately 9:00 p.m. a 14-year-old victim contacted UCPD to report that suspects armed with a handgun robbed

him of his candy and cellphone in the 33600 block of 13th Street. After the robbery, the suspects fled on foot and were not found by police.

Wednesday, November 1

• At approximately 2:45 a.m. officers responded to a robbery in the 1700 block of Decoto Road. Two suspects entered the store, took cash from the register, and when the employee tried to stop them, they pushed him and fled. The victim described the suspects as a Black male, 15-18 years old, and a Black male 20-22 years old.

Thursday, November 2

• At approximately 8:17 p.m. officers responded to a robbery in the 1600 block of Decoto Road. Three suspects entered the store and stole the cash register before fleeing in a silver Hyundai. Oakland Police officers located the suspects and detained them until UCPD detectives arrived to place all three juveniles under arrest for robbery.

Saturday, November 4

• At approximately 4:40 a.m. officers responded to a robbery in the 32200 block of Alvarado Niles Road. The suspect entered the store and stole lottery scratchers and other merchandise. When confronted by employees, she threatened them and sprayed them in the face and eyes with a chemical substance. Officers located her nearby in possession of the stolen merchandise and arrested her for robbery.

BART Police Log

SUBMITTED BY BART PD

Wednesday, November 1

- At 11:59 a.m. man identified by police as Antonio Aguilarelizarrag, 39, from Hayward was taken into custody in the free area of Hayward station. Aguilarelizarrag was booked into the Alameda County Jail for brandishing an imitation firearm.

Saturday, November 4

- At 7:51 a.m. a man identified by police as Thomas Haugen, 27, from San Francisco was contacted for fare evasion at Warm Springs station. He was found to have a

20K warrant for false identification and possession of a controlled substance out of Menlo Park. He was booked into Santa Rita Jail.

- At 8:13 a.m. a man identified by police as John Lane, 33, from San Francisco was arrested for possession of drug paraphernalia at Union City station. Lane was booked into Santa Rita Jail.

- At 10:31 a.m. in South Hayward station, a man identified by police as Kyle Connolly, 29, from Vacaville was found to have a 10K warrant out of Menlo Park for possession of methamphetamine. Connolly was booked into Santa Rita Jail.

- At 6:53 p.m. an officer identified and contacted Javier Farias, 37, from San Pablo for fare evasion at Bay Fair station. Farias was arrested and booked

into the Alameda County Jail for an outstanding arrest warrant.

Sunday, November 5

- At 12:08 a.m. police identified Arturo Rincon Jr., 22, from Antioch at South Hayward station. Rincon was arrested for domestic battery and booked at Santa Rita. A prohibition order was issued.

- At 8:22 p.m. officers identified and contacted Alexandre Baud, 49, from San Francisco for fare evasion at Milpitas station. Baud was arrested for violating a court order and booked into Santa Clara County Main Jail.

Monday, November 6

- At 8:13 a.m. a man identified by police as Archie Edwards, 54, from San Francisco was contacted for fare evasion at Fremont station. Edwards was taken into custody

and booked into Alameda County Jail for an outstanding arrest warrant.

- At 1:40 p.m. a man identified by police as Robert Crosby, 44, from San Leandro was contacted in the free area of San Leandro station. Crosby was taken into custody and booked into Alameda County Jail for an outstanding arrest warrant.

Tuesday, November 7

- At 8:18 a.m. a man identified by police as Jaylon Stanfield, 23, from San Ramon was arrested at Bay Fair station for possession of a controlled substance and drug paraphernalia. Stanfield was also in violation of the proof of payment ordinance. He was booked into Santa Rita Jail.

- At 7:58 p.m. a man identified by police as

Anthony Pablo, 24, from Fremont was contacted on the top of the parking structure at Hayward station. Pablo was arrested for several outstanding warrants. He was transported and booked into the Santa Rita Jail.

Wednesday, November 8

- At 4:48 p.m. a woman identified by police as Rebecca Chapa, 39, from Eureka was arrested at Castro Valley station for an outstanding warrant and booked into Santa Rita Jail.

- At 9:08 p.m. a man identified by police as Luis Fregoso, 42, from San Jose was arrested for public intoxication at Bay Fair station. Fregoso was booked into Santa Rita Jail.

Fremont Police Log

SUBMITTED BY FREMONT PD

Thursday, October 26

- Officers responded to a reported shooting near Huxley Pl., accompanied by the sound of tires screeching. Officers did not locate anything in the area. A neighbor a few blocks away on Sterne Pl. noted that his vehicle appeared to be damaged from a collision. Officers responded to the neighbor's address and located approximately 25 bullet casings in the roadway. Surveillance footage revealed that a subject had been chasing a vehicle on foot while firing a gun at the vehicle. No victims were located at the scene. This case remains under investigation.

Friday, October 27

- Officers responded to a report of a subject barricading himself in an apartment on Central Ave. The subject had illegally reentered his apartment after being evicted and refused to cooperate with officers. Several attempts to de-escalate the situation failed. Hours later, officers saw the subject leave the apartment. They followed him to a nearby liquor store, where officers eventually apprehended and arrested the subject.

- A teacher from a high school on Palm Ave. reported seeing a subject exposing herself and throwing items on the sidewalk on Mission Blvd., adjacent to the school. Officers responded and located the subject in the parking lot of a nearby business. After a brief foot pursuit, officers detained and arrested the subject.

- Officers responded to a robbery with a firearm at a fast-food restaurant on Fremont Blvd. The

subject pulled up to the drive-thru, showed a gun, and asked for money. The robbery was unsuccessful, and the subject drove away. Officers later learned that the same vehicle had attempted another drive-thru robbery in a nearby city. This case remains under investigation.

Saturday, October 28

- Multiple callers reported a large party on Emory Terr., including numerous subjects on the street with firearms. Officers responded and located a group of approximately 50 individuals, but no firearms were seen. The group was determined to be a costume party, and the group dispersed without incident after noticing police presence.

Sunday, October 29

- Neighbors at an apartment complex on Paseo Padre Pkwy had a verbal dispute over a parking spot. The subject produced a handgun and pointed it at the victim, threatening him. Officers responded and contacted the subject via telephone. The subject refused to respond back to the area. Officers located the firearm in question and determined that it was a fake gun.

Wednesday, November 1

- Officers assisted Fremont Fire Department with investigating a suspicious fire at a residence on Wellington Pl. The sole resident was awakened by the smoke and escaped out of a window from the top floor. FFD extinguished the fire. The resident noted that when he went to bed, the garage and interior home doors were closed, but when he ran outside after the fire, both doors were open.

Hayward Police Log

SUBMITTED BY HPD

Monday, October 9

- At 12:53 a.m. a robbery suspect entered the victim business near the 300 block of W. Tennyson Rd. The suspect used force and took property from the business before fleeing the scene on foot.

Wednesday, October 11

- At 11:30 a.m. a robbery victim was walking near the 200 block of W. Jackson St. when she was approached by two subjects. The subjects used force to try and take property from the victim, but she fought them back. One of the subjects then brandished a handgun, so the victim let go of her belongings. The subjects took the victim's property and fled the scene in a vehicle.

Friday, October 13

- At 6:32 p.m. officers located an occupied stolen vehicle near W. A St. and the Hwy 880 overpass that was taken during an armed carjacking in another jurisdiction. Officers attempted to pull the car over but it fled, and a pursuit was initiated. During the pursuit, the occupants of the carjacking vehicle abandoned the car and fled on foot. Officers located the subjects and took them into custody.

Wednesday, October 18

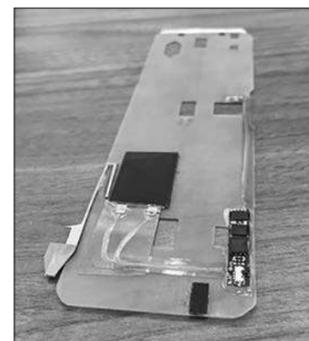
- At 12:52 p.m. officers located an occupied stolen vehicle near the intersection of Mission Blvd. and Jefferson St. Officers attempted to pull the car over, but it fled and crashed a short distance away. The driver fled the vehicle on foot but was located by officers and was taken into custody.

Friday, October 20

- At 5:00 p.m. officers located an occupied stolen vehicle near the 24000 block of Sybil Ave. Officers attempted to pull the car over, but it fled at a high rate of speed. A pursuit was not initiated, but the vehicle and occupant were located moments later by an outside jurisdiction, and the driver was taken into custody.

Wednesday, November 1

- A card skimmer/shimmer was found by an ATM maintenance technician at a local bank. The skimmer was collected as evidence, and the incident was documented.



A card skimmer retrieved from a Hayward ATM.

Drone First Responders Community Meeting

SUBMITTED BY FREMONT POLICE DEPARTMENT

Please join Fremont Police Department (FPD) and Fremont Fire Department (FFD) in a community meeting to discuss our Drone First Responders (DFR) Program. Two upcoming sessions are available. Both meetings will have the same information covered and are available in person or virtually via Zoom.

FPD and FFD completed a pilot phase for the DFR Program from December 21, 2022 – January 20, 2023. Results from

the pilot program suggest DFR is a valuable tool in providing first responders with real-time information to assist with decision-making, tactics, tools, and resources to mitigate a problem safely.

The DFR program assists first responders in being proactive when responding to emergencies instead of waiting until firefighters or officers arrive on the scene to deploy an unmanned aerial vehicle (UAV). Drone First Responders further provide aerial support for public safety incidents, decrease response times, and increase community safety.

Please join our community meeting as we share the results of

the DFR pilot phase and present the proposal to establish DFR as a permanent program. The meeting also allows the community to ask questions. To learn more about DFR, please visit: <https://fremontpolice.gov/DFR>

Drone First Responders Community Meeting
Wednesday, Nov 15
6:00 p.m. - 7:00 p.m.
Wednesday, Nov 29
5:30 p.m. - 6:30 p.m.

Large Fire Training Classroom, Building A
3300 Capitol Avenue, Fremont

Via Zoom:
<https://zoom.us/join>
Meeting Webinar ID: 894 2920 8561
Passcode: 806679

Fremont firefighters complete paramedic training

SUBMITTED BY FFD

Congratulations to Fremont firefighters Jon Nguyen, Rusty Ehrler, Rose Gray, and Tim Bender as they have reached a significant milestone in their paramedic training journey by successfully completing the rigorous seven-month didactic phase of the program.

Next, Jon, Rusty, Rose and Tim will enter into a 160-hour clinical internship at the Kaiser-Fremont Hospital where they will work with the talented medical team to hone their skills as paramedics. This paramedic program is funded by an "Assistance to



Firefighters Grant" (AFG) from FEMA (Federal Emergency Management Agency). The grant was awarded to the Fremont Fire Department (FFD) and will ultimately result in even more skilled paramedics within our ranks, capable of providing top-tier medical care during emergencies in our community.



Holiday travel vacation checks from Fremont PD

SUBMITTED BY
FREMONT POLICE
DEPARTMENT

Are you traveling for the Holidays? Going away for an

extended period of time? We got you.

Our FPD (Fremont Police Department) Volunteers conduct house checks for Fremont residents to see if there are any signs of entry. Whether it is suspected criminal activity, water issues, or other concerns with the residence, our volunteers can then contact you if an issue is located so you are aware and can resolve the problem. Please note that our volunteers DO NOT pick up or receive packages. Checks are not guaranteed and are only conducted as resources are available.

Visit our website to submit a request at fremontpolice.gov/i-want-to/file/vacation-security-check

California Highway Patrol Log

SUBMITTED BY
CHP HAYWARD AREA
OFFICE

Tuesday, November 7

- During the morning commute Officer Cefalu observed a black Mercedes sedan cross solid double white lines into the express lane on I-880 Southbound near

Hesperian Boulevard. Officer Cefalu conducted an enforcement stop and while contacting the driver, the driver opened his glove box which contained a loaded firearm. The driver did not have a concealed weapons permit and was illegally transporting the gun. Ultimately the gun was seized for safe keeping and the driver was cited for being in possession of a loaded firearm.

Milpitas Police Log

SUBMITTED BY
MILPITAS PD

Friday, November 3

- Officers and detectives conducted another Organized Retail Crime Operation at

Great Mall with the CHP Golden Gate Division ORC Task Force. After three separate foot pursuits, six retail theft suspects were taken into custody. Four suspects were booked into jail for various warrants, felony organized retail theft-related charges, narcotics violations, and resisting arrest. Two other suspects were cited and released for misdemeanor theft charges. Over 176 items of stolen merchandise were recovered and returned to the stores.

Alameda County Fire Log



SUBMITTED BY ACFD

Wednesday, November 8

- Alameda County Fire Department (ACFD) worked a two-alarm fire at E. 14th St. & 136th Ave. in San Leandro. The

fire started around 12:20 p.m. and was brought under control at 1:36 p.m. The fire started in a bush outside the 7-11 store and spread to the building. The fire gutted the building. Two people inside got out safely. The cause is under investigation.

Gutsy Gladiators Win Wagoner Classic Title



SUBMITTED BY
CHABOT COLLEGE
ATHLETICS

It would be pretty tough to top how the Chabot men's basketball team started the 2023-24 season. The Gladiators were pushed to the limit, but prevailed in the championship game of the John L. Wagoner Classic at Gladiator Gym, defeating Fresno City 117-116 in an epic triple-overtime contest.

Noah Thomas, a sophomore guard from Chico, went coast-to-coast for a layup with 1.8 seconds left to give Chabot the lead for good. His basket capped a 33-point effort, earning him Most Valuable Player of the tournament.

Zach Broadous, a sophomore guard from Los Angeles, added 22 points and Marcellus Edwards, a freshman guard from San Francisco, finished with 18. Broadous and Edwards were named to the all-tournament team as well.

"These guys have showed early on so far that they can still hang in there and pull out a gutsy win like that did tonight," said

Chabot head coach Keenan McMiller, in his fifth season. "This group of players have so much toughness in them, especially mentally, and they would not panic."

Both teams got out of the gate a bit slow offensively, but an 8-4 run to close out the first half gave the Rams a 41-34 lead. The Gladiators then had runs of 6-0 and 10-3 to take a 67-60 advantage with eight minutes left. Chabot would see its lead grow to eight at 78-70 before Fresno City responded with a 13-2 run of its own to grab the lead at 83-80 with less than a minute remaining in the second half. Thomas answered with a layup and was fouled, making the free throw with 45.8 seconds left to force overtime.

Fresno City (2-1), ranked 18th in the state and eighth in NorCal, scored the first four points in OT, but the Gladiators answered with a 11-4 run to take a 94-91 lead with 27.4 seconds left. After two Rams' free throws, Thomas split a pair from the line before James Prescott hit a short jumper to force a second overtime at 95-all.

Trailing 107-105, Thomas knotted the game once again with a strong finish to the basket with 12 seconds left in the second OT. Malik Kaba stepped up to reject a shot inside the paint in the final seconds to force a third overtime for Chabot. Kaba finished with eight blocks and five rebounds. "Kaba had a great presence inside the key for us tonight," McMiller said. "His blocks came at key moments for us." The third extra session offered more drama as both teams traded baskets for most of the period before Yigit Sari went inside for a basket with 6.0 seconds left to give the Rams a 116-115 lead. Thomas took the inbounds pass and drove all the way to the basket to give the Gladiators the lead one final time.

Fresno City was unable to get a shot off on a desperation inbounds pass, and the Gladiators finally had a chance to celebrate the championship. Makaio Mims (14 points) and Nikko Rodriguez (12) finished in double-figures scoring off the bench for Chabot.

Ohlone dedicates softball field in honor of former coach

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OHLONE COLLEGE
ATHLETICS

The Ohlone College softball team will have a new place to call home when it begins play in the upcoming spring 2024 season.

Although the complex is still the same, the scoreboard at the facility now proudly bears the name Runyon Field. The field was renamed and dedicated in honor of the long-time former Ohlone head coach on Saturday,

October 28 as part of the annual Alumni Game weekend.

Runyon, who led the Renegades for 27 years, was on hand for the ceremony along with over 60 of her former student-athletes as well as past coaches and staff.

She was recognized by Fremont Vice Mayor Teresa Cox and Ohlone Dean of Kinesiology, Athletics, and Performing Arts Chris Warden.



Former Coach Runyon



High School Football Playoffs

BY APRIL RAMOS

High school football has reached playoffs in the North Coast Section (NCS). Coming in to playoffs are three local high school teams: James Logan High School (Union City) Division I, Kennedy High School (Fremont) D IV, and Moreau Catholic High School (Hayward) D VI.

James Logan went head-to-head with De La Salle High School on Saturday, November 11 in the Open/Division I

game. De La Salle earned a comfortable 11-point lead at the end of the first quarter with a score of 14-3. Logan came back scoring 10 points in the second quarter, but De La Salle racked up another 14, keeping their strong lead. Unfortunately, Logan only captured seven more point in the fourth quarter, leaving De La Salle the winners with a final score of 48-20. Although Logan's football team is out for the rest of the tournament, the Logan Colts had an impressive season winning six games in a row, 5-0 in league, claiming an exciting win against Bishop O'Dowd taking the W within the last seconds of the game, and earning the first-place position in their league.

Kennedy High School played San Marin High School of Novato on Friday, November 10 in the quarterfinal of the NCS Playoffs. The Kennedy Titans

took an unfortunate loss of their first-round game losing 48-0. The first half of the game San Marin gained 34 points, 17 each quarter. In the second half the Titan's defense seemed to find their bearings, only letting seven points through in the third and final quarter. Although Kennedy had to walk away from the Playoffs, their 2023 season has seen significant improvement from years past. This year the Titans claimed second in league coming back from a fifth-place position in 2022.

Moreau Catholic traveled to McKinleyville and played their quarterfinal game against Arcata High School. The Moreau Mariners stayed at 0 in the first half of the game. Meanwhile, the Arcata Tigers managed to edge in one touchdown in both the first and second quarter. The Mariners came out from

halftime with new determination and managed to come out of the gates stealing 14 points. At the end of the third quarter with Moreau only four points behind, Arcata also managed another steady another six points. In the final quarter, Moreau pushed through and scored a down, adding seven more points and holding off the Tigers, who were not able to recover, keeping the final score at 21-18. With this win Moreau Catholic moves on to the next round of NCS Playoffs going head-to-head with Salesian College Preparatory in a home game on November 17 at 7 p.m.

To keep up with local high school football, visit maxpreps.com.



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EARTHTALK

Apps To Help You Save The Planet

BY EIDAN MIANA

Dear EarthTalk: What are some apps that help individuals save the planet?

— Robert E., via email

Most of us spend upwards of three hours on our smartphones every day. Much of our phone time is spent messaging friends and family, scrolling through social media feeds, watching video shorts and playing mindless games—but what if we could use it more productively to help save the planet? Not surprisingly, there are dozens of apps out there designed to solve environmental issues. Whether you want to cut your carbon footprint, reduce food waste, or save water, there's an app (or two) out there for it.

One of the hottest sustainability-oriented apps out there these days is Too Good to Go, which connects customers to restaurants and stores that have surplus unsold food that can be procured for significantly discounted prices. The Olio app works along similar lines—connecting neighbors with each other and with local businesses to share surplus food. Olio can be used to find new owners for your old non-food items as well, keeping more stuff in use and out of landfills.

Eco-conscious fashionistas can rejoice over how the Good On You app allows them to check on the sustainability records and ethical stances of more than 3,000 different fashion brands. The app is a great companion on clothes shopping excursions; you can look

up different brands as you browse and make purchasing decisions accordingly. Over a million users worldwide also use the app to discover alternative ethical and sustainable fashion brands that they might not have ever heard about otherwise. Another app focused on the intersection of sustainability and fashion, ThreadUp, offers users the ability to quickly list used clothing items for sale so others can appreciate them. Who knew thrifting was actually eco-friendly?

If you're worried about pollutants and irritants in your

personal care and beauty products, Think Dirty might just be the app for you. Scan the barcode from any health and beauty product on the store shelf through the app and find out what ingredients are in it so you can determine whether or not to buy/use it.

Of course, there are lots of apps out there to help you reduce your carbon footprint. One of the most engaging is Oroeco. Use this app to track your life activities, such as what you eat, how you get around, etc. and see how much climate impact you have. You can also compete with other users—and earn badges—in friendly competitions to “gamify” your impact reduction efforts. Another favorite is Giki Zero, which provides users with a free and personalized guide—based on answers you provide about your lifestyle—on how to reduce your carbon footprint.

Saving water is becoming increasingly important in this warming-fueled drought-stricken age we are in now. The Waterprint app allows users to conveniently track their water usage and compete with friends. Users list the products they buy, and the water footprint of each product is then used to calculate

their water usage. Competing with friends provides a strong incentive to reduce unnecessary water usage, which helps to improve water sustainability around the world.

Who knew that our smartphones could be such important tools for saving the planet?

ONLINE CONTACTS

- Olio <https://olioapp.com/en/>
- Good On You <https://goodonyou.eco/>
- Think Dirty www.thinkdirtyapp.com
- Too Good to Go www.toogoodtogo.com/en-us
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With the Too Good To Go app, you can help save the world's food waste problem and eat like a king for a pittance. Photo Credit: Pexels.com.

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