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Poetry is here to stay!

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February 6, 2024

Vol. 23 No. 6

Spotlight on High School Journalism

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February: A great time to visit Old Mission San José



SUBMITTED BY GARI DORIGHI

Old Mission San José will be OPEN Presidents Day

Your kids are out of school for the holiday, and you are off work. Why not bring them to the Mission for a tour of the Museum, the Church, the historic cemetery, and our beautiful garden? Get all the information you need for your 4th grade mission project: *The Story of Mission San José* booklet, five color postcards, Mission Church guide sheet, and welcome brochure. You can pick them up at the Gift Shop or order online from our website. We also have educational material for all the California Missions.

Our Museum and Gift Shop will be open the entire President's Weekend (February 17, 18, and 19) for your convenience.

Guided Tours February 10 and 11

Nothing compares to a docent-led tour to learn insights into Mission history. The docent will

explain how the museum was formerly the living quarters or *Convento* for the padres. Constructed in 1809, it is the oldest standing adobe building in Alameda County and displays historical treasures from the pre-Columbian era, the Mission era, and the Rancho period. Many consider the beautifully reconstructed 1809 Church to be the highlight of their visit, and it includes many original artifacts.

A walk through the historic cemetery reminds us of prominent early settlers such as Livermore, Bernal, and Alviso. And the Garden contains plants primarily from the Mission period including our 200-year-old olive trees. Purchase guided tour tickets online at www.missionsanjose.org/public-tours or at the door.

February is Student Mission Model Month

Every year 4th Graders around California work with their parents to create amazing models of Old Mission San José. Sometimes, these treasures are donated to us after fulfilling their school assignment. We've kept the best of the best and

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Tet Festival returns to San Jose!

SUBMITTED BY
USTARPRODUCTIONS

The 2024 San Jose Tet Festival will be held at the Eastridge Shopping Center from February 16 to 18. The event will be held in the parking lot outside the former Sears at the corner of Quimby and Tully Road.

Attendees can expect live entertainment, lion dancers, student talent contest, Miss Vietnam California, fashion and magic show, carnival rides and games, food booths, business vendors, and live DJ music. Parking and festival admission is free.

Tet Festival
Friday, Feb 16 – Sunday, Feb 18
Fri: 3 p.m. – 11 p.m.
Sat & Sun: 11 a.m. – 11 p.m.
Eastridge Mall, San Jose
(408) 646-9211
ustarproductions2012@gmail.com
www.eventbrite.com
Admission and parking: Free



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Washington Hospital Healthcare System Awarded Advanced Certification in Spine Surgery



Advanced Certification in Spine Surgery

Washington Hospital Healthcare System (WHHS) is now one of only 20 hospitals in the country to receive The Joint Commission's Gold Seal of Approval® for Advanced Certification in Spine Surgery (ACSS). This achievement recognizes the WHHS Taylor McAdam Bell Neuroscience Institute's (TMBNI) consistent communication and collaboration among all health care providers in the care of the patient before, during, and after surgery.

ACSS is the only certification offered in partnership with the American Academy of Orthopedic Surgeons and was designed to help health care organizations apply evidence-based standards uniformly for measurable results, streamlined processes and improved patient safety.

"Achieving advanced spine certification means our multidisciplinary team of specialists work together collaboratively and efficiently to ensure optimal outcomes for each and every one of our patients that undergoes spine surgery," said WHHS neurosurgeon and Medical Director of the Spine Center Eldan Eichbaum, MD. "This honor shines a light on the institute's

long-standing history of internationally renowned surgeons bringing the most advanced neurosurgical techniques, innovative technologies, and exceptionally successful outcomes usually only found at an academic medical center to the caring and convenient community hospital setting at WHHS."

This certification ensures consistently high standards are always met by everyone involved with patients undergoing spine surgery. It starts with the patient's preoperative consultation with their surgeon, and continues through the surgery, hospitalization or ambulatory surgery center admission, rehabilitation activities, and follow-up visit with the surgeon and other health care providers. Patients also receive comprehensive education about what to expect including preop instructional online videos, an in-person class, and informational patient packets. WHHS neurosurgeons also present free online community seminars on timely topics including common neurosurgical and spine conditions, and the advanced treatments and surgical options that are now available.

"Achieving advanced spine certification means our multidisciplinary team of specialists work together collaboratively and efficiently to ensure optimal outcomes for each and every one of our patients that undergoes spine surgery." –Eldan Eichbaum, MD

Ensuring compliance with the myriad of requirements to achieve spine surgery certification was a systemwide initiative that WHHS began in 2021. Three of the major projects were: partnering with an outside company to collect spine surgery patient-reported outcomes; joining the American Spine Registry to submit data that compares performance measurements against those of other national organizations; and building an internal spinal surgery dashboard in the Epic medical records system to monitor and

maintain quality standards and performance measures.

The Joint Commission offers two spine certifications including Core and Advanced. WHHS pursued the Advanced Certification in Spine Surgery which requires a minimum of 200 spine surgery patients annually and comes with a more rigorous approval process and robust set of criteria. This includes a two-day on-site survey with an intense review of the entire

continued on page 5

On Saturday, February 10, the Taylor McAdam Bell Neuroscience Institute at WHHS will host Advances in Neurosciences 10th Bay Area Symposium for physicians and other health care professionals. Internationally recognized experts will present a wide range of topics about neurological diseases, disorders and treatment approaches. For more information on who will attend, visit whhs.com/symposium.



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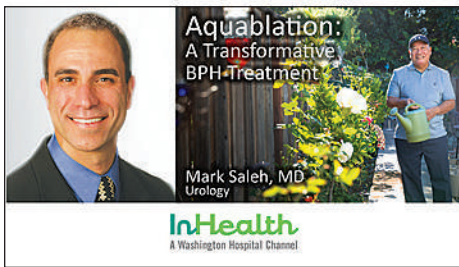
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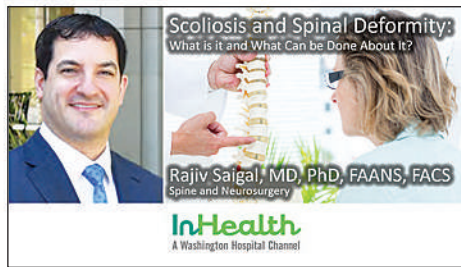
Don't Let Hip Pain Win

The number of hip replacement surgeries performed at Washington Hospital increases each year. Dr. John T. Dearborn, who began the joint replacement program at WHHS, shares patient outcomes and the latest research and technologies to benefit patients.



Aquablation: A Transformative BPH Treatment Tuesday, February 13, noon

Learn how a minimally invasive procedure has revolutionized the treatment of benign prostatic hyperplasia (BPH). Hear the science behind this innovative technology and how the procedure relieves pain without compromise.



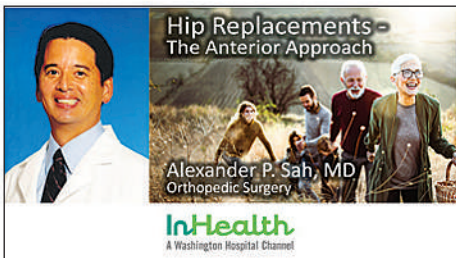
Scoliosis and Spinal Deformity: What is it and What Can be Done About It? Tuesday, February 20, 11 a.m.

Common forms of adult spinal deformity can have a painful impact on quality of life. Dr. Rajiv Saigal reviews treatment options and answers the question of when surgery is recommended.



Empowering Victims of Interpersonal Violence

Learn about the screening process for abuse stemming from domestic violence, human trafficking, or elder and child abuse. This presentation includes a special message from Safe Alternatives to Violent Environments (SAVE).



Hip replacements—The Anterior Approach

The anterior approach is a minimally invasive procedure for hip replacement. Dr. Alexander Sah will explain the muscle-sparing benefits of this approach.



Other Video Topics:

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

Events Information

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



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

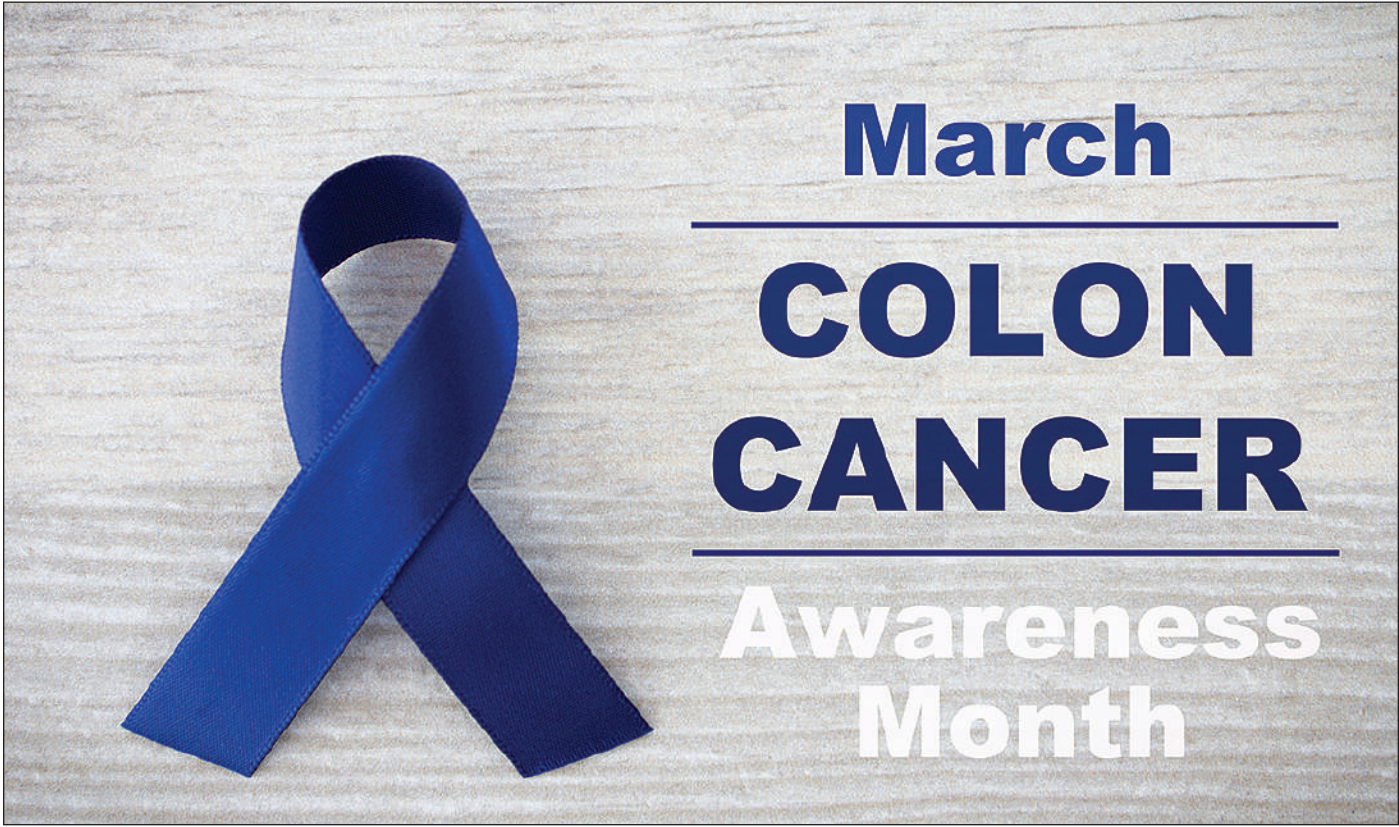
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Colorectal Cancer is Preventable, Treatable and Beatable

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removed now than wait several years and have to undergo surgery or chemotherapy for colorectal cancer. One thing we learned from the COVID-19 pandemic is that delaying regular health care visits and screenings can be dangerous.”

Colonoscopy is the gold standard for detecting and removing polyps. This painless 20-to-30-minute procedure is performed by a gastroenterologist while the patient is under sedation after undergoing a colon preparation process through fasting and taking laxatives. (Read more about getting a colonoscopy in a follow-up article in this space next week.) Another less invasive screening option is stool-based tests, where samples of feces are tested in a laboratory for signs of cancer. These tests are much easier to do, but they must be done more often and a positive test needs to be followed up by a colonoscopy to remove the polyps.

In addition to routine screening, Dr. Srivatsa advises reducing your risk of colorectal cancer by exercising; maintaining a healthy weight; limiting alcohol consumption; avoiding tobacco; and eating a diet low in animal fats and high in fruits, vegetables and whole grains. While it’s unknown exactly why colorectal cancer is on the rise in younger adults, it is generally attributed to increasing rates of obesity from a more sedentary lifestyle and easier access to processed foods than previous generations.

“Whether you’re a young adult in a higher risk category, or a healthy, active person in their 70s, it is better to be screened for precancerous polyps and have them removed.” –Arun Srivatsa, MD

This is the first in a two-part series on colorectal cancer. See next week’s follow-up article that discusses in detail a procedure people don’t often talk about: the experience of getting a colonoscopy.

Colon and rectal (colorectal) cancer is the third most common cancer diagnosed annually in both men and women in the U.S. The good news is rates of colorectal cancer diagnoses have been dropping in people over 55 because more of them are getting screened and changing their lifestyle-related risk factors. There have also been advancements in colorectal cancer treatments that further improve survival rates.

On the flip side, there has been a steady increase of colorectal cancer in younger adults, perhaps due to less physical activity and changing dietary habits. While

colorectal cancer and colonoscopies may not be a favorite topic of discussion, knowing the risk factors and when to get screened can save lives.

On Tuesday, March 5, at 2 p.m. Washington Township Medical Foundation (WTMF) gastroenterologist Arun Srivatsa, MD, will present a 30-minute live online seminar titled, “United Against Colorectal Cancer.” During the presentation, Dr. Srivatsa will discuss colorectal cancer statistics, risk factors, signs and symptoms, screening options, and advancements in the various treatments. To watch this presentation on Facebook, sign in to your account, then go to Facebook.com/WashingtonHosp. Or you can watch it without an account at YouTube.com/whhsInHealth. If you cannot watch it live, the seminar will be available beginning the following day on YouTube.

Colorectal cancer begins when small clumps of cells, called polyps, form inside the large intestine. Not all polyps turn into cancer and it may take many years for one to become cancerous, but screening for and removing polyps is an effective way to prevent colorectal cancer. The American Cancer Society recommends men and women without a family history of colorectal cancer begin getting screened at age 45. People with a genetic predisposition to colorectal cancer and other risk factors are advised to get screened earlier and more frequently.

“I highly recommend adults check with their primary care physician and follow recommended guidelines for colorectal cancer screenings,” said Dr. Srivatsa. “Whether you’re a young adult in a higher risk category, or a healthy, active person in their 70s, it is better to be screened for precancerous polyps and have them

“As research and technology progresses, treatments for colorectal and all types of cancer are becoming easier to tolerate and side effects are minimized,” noted Dr. Srivatsa. “Think of cancer as a bump in the road that you can get over. Get your screenings, and if you do get diagnosed with cancer, move forward with treatment so you can go on to live a long life.”

For more information on Dr. Srivatsa or WTMF gastroenterology services, visit mywtmf.com or scan the below QR code.



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Local Artist's Bird-themed exhibition opens at Hayward Shoreline Interpretive Center

SUBMITTED BY ALICE RICE

The first weekend in February marked the opening of the art exhibition “Birds! Birds! Birds!” at Hayward Area Recreation and Parks District’s Hayward Shoreline Interpretive Center. The exhibit, which showcases the stunning work of local artist Lillyanne Tran, celebrates the beauty and diversity of birdlife and aims to inspire others to take up birdwatching.

Lillyanne Tran, a young artist and avid birdwatcher, has spent the last few years capturing the essence of various bird species through her art. Her work is known for its vivid colors, attention to detail, and ability to evoke the personality of each bird she portrays. The exhibition features over 20 digital paintings printed and displayed with educational text.

"I've always been fascinated by birds – their colors, their songs, the



way they move. They're just magical creatures," says Tran. "With this exhibition, I hope to share my passion for birdwatching and encourage others to notice the amazing wildlife we have right here in Hayward."

The Hayward Shoreline Interpretive Center, known for its commitment to environmental education and conservation, provides the perfect backdrop for Tran's work. Situated along the San Francisco Bay, the center offers visitors the opportunity to experience the local habitats that are home to some of the bird species featured in the exhibition.

"Birds! Birds! Birds!" has already garnered attention from the local community and birdwatching enthusiasts.

"Lillyanne's art is a gateway to understanding and appreciating the natural world," says a visitor to the Interpretive Center. "Her passion is infectious, and her talent is undeniable."

The exhibition will run until April 27, 2024. Tran hopes her work will not only bring joy to those who see it but also inspire them to pick up a pair of binoculars and explore the world of birds.

'Birds! Birds! Birds!' exhibition
Through Saturday, Apr 27
Fri-Sat: 11 a.m. - 3 p.m.
Hayward Shoreline
Interpretive Center
4901 Breakwater Ave.,
Hayward
(510) 670-7270
haywardrec.org



A side-by-side comparison of a silver car's front left corner. The left image, labeled 'Before', shows significant damage to the headlight and bumper area. The right image, labeled 'After', shows the same area fully repaired and restored to its original condition.



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continued from page 2

Washington Hospital Healthcare System Awarded Advanced Certification in Spine Surgery

spine surgery program including intraoperative observation.

According to the Hospital's Neurosciences Clinical Manager,

Maria Nunes, RN, the on-site surveyor was extremely impressed with the collaboration and support between all health care professionals spanning the entire continuum of care for spine surgery

patients. The surveyor was also pleased that WHHS reported no surgical site infections, no new neurological deficits, and no unplanned returned visits to the operating room for the year preceding the

survey, which are outstanding results for these performance measures.

In addition to routine and complex spine surgery cases, WHHS offers comprehensive neurology and neurosurgical/neurovascular care for the full spectrum of conditions affecting the brain and spine and nervous systems. To learn more, visit whhs.com/neuroscience.

King Tide Bike Ride

SUBMITTED BY
SILICON VALLEY
BICYCLE COALITION

Ever wonder what a King Tide is? And, did you know that Alviso was once the transportation hub of Santa Clara County, called the Port of San Jose? Ride with Silicon Valley Bicycle Coalition on Saturday, February 10, as we explore nature and history on the Alviso/King Tide Ride. We'll be joined by Valley Water District Director, Dick Santos, an expert on water policy. Director Santos was born and raised in historic Alviso and will be on hand to share the story of this remote and often forgotten San Jose enclave.

We'll meet at the cul de sac at the end of Riveroaks Place in San Jose and enjoy a casual, family-friendly ride up the Guadalupe Trail. Our ride will be about seven miles in total. Don't be surprised when you see several majestic Great Egrets in addition to the natural beauty of the Guadalupe River. All rides are no-drop, with ride support always alongside the newest riders.

Event Agenda:

9:30 a.m. - The event begins at Riverview Park in North San José.

10:30 a.m. - Arrive at Alviso Marina for presentation and speakers followed by bike ride through Alviso Neighborhood with historical context.

1:00 p.m. - Arrive back to Riverview Park

If you're joining the bike ride, please bring: Working bicycle, flat repair (if you have it), layers of clothing, helmet, water, snacks. Silicon Valley Bicycle Coalition staff will provide free bike safety checks, helmet fitting, free bike lights, offer light bike repair, and run a safe, supportive, family-friendly group ride.

This event is sponsored by Valley Water, as part of the Wheels & Waterways program with Silicon Valley Bicycle Coalition. The Third Annual King Tide Ride is the ninth event in a 12-ride series to explore our region's waterways by bicycle.

King Tide Bike Ride
Saturday, Feb 10

9:30 a.m. – 1 p.m.
Riverview Park

River Oaks Pl., San Jose

<https://bikesiliconvalley.org/>

Register:
www.eventbrite.com/o/silicon-valley-bicycle-coalition-21763925459

Free to attend

Downtown Fremont Update

SUBMITTED BY
FREMONT'S COMMUNITY DEVELOPMENT
DEPARTMENT

Fremont Bank is putting the finishing touches on its new six-story headquarters located in Downtown Fremont at the corner of Fremont Boulevard and Capitol Avenue. The building's state-of-the-art design features electrochromic glass, a rooftop terrace and bar, and vertical LED lights. Once operational, the building will punctuate the entrance to Downtown and stand as a testament to Fremont Bank's commitment to the community.

Honest Restaurant just opened at 3658 Capitol Avenue, Suite M. This is an

internationally acclaimed restaurant hailing from Ahmedabad, India and renowned for its fresh street food inspired cuisine. Din Ding Dumpling House, named Best Soup Dumplings in the Bay Area by the San Francisco Chronicle, will be opening in February along Capitol Avenue.

Meanwhile, construction of Fremont Food Hall — a diverse haven featuring an array of cuisines, coffee, and goods — is underway, and leasing activity continues in Downtown with the few remaining available spaces.

With the opening of new businesses, the presence of established businesses, and a surge in events at the Downtown Event Center, Downtown is increasingly becoming a vibrant and bustling place to be!



The new Fremont Bank Building features smart glass that can switch between transparent and opaque.
Photo source: City of Fremont



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Hayward Disposal Days



SUBMITTED BY
CITY OF HAYWARD

The City of Hayward Maintenance Services Department is hosting its next Disposal Days event Saturday, February 10, providing community members an additional way to dispose of household debris safely and legally free of charge.

The Disposal Days program allows residents of the City of Hayward to bring up to five cubic yards of household items for disposal to the Hayward transfer station six times per year on the second Saturday of the months of February, April, June, August, October and December. Five cubic yards is about the equivalent of one full bed of an average size pick-up truck. Program registration for the first event of 2024 is now open. The bi-monthly events will be held regardless of weather conditions at the time.

The following items are NOT accepted at the transfer station:

- Hazardous materials, including paint, motor oil, solvents, cleaners, pesticides, tires and car batteries
- Objects over 75 pounds (except furniture and appliances)

- Medical waste
- Construction and demolition debris
- Rocks
- Bricks
- Dirt
- Concrete

Disposal Days is open to residents of incorporated City of Hayward only, and preregistration and proof of Hayward residency is required. Registration space is limited and typically fills up fast.

To learn more, including how to register and join the waiting list, go online at www.hayward-ca.gov/services/city-services/disposal-days-free-waste-drop-hayward-transfer-station or contact Maintenance Services at (510) 881-7745 or disposal.days@hayward-ca.gov

Hayward Disposal Day
Saturday, Feb 10
7 a.m. – 12 noon
(510) 881-7745
www.hayward-ca.gov/services/city-services/disposal.days@hayward-ca.gov
Hayward Transfer Station
3455 Enterprise Ave., Hayward

Valentine’s Day library events

BY STAFF

Teen Valentine Card Making

Create and personalize your own special Valentine’s card for that special someone! We’ll be using mixed media with watercolors to make that perfect greeting card. For ages 12-18 only; Registration is required.

Saturday, Feb 10
2:00 p.m. – 3:30 p.m.
Milpitas Main Library
160 North Main St., Milpitas
(408) 262-1171
<https://scld.org/locations/milpitas/>

Crafting Felted Hearts

Looking to create something precious, soft, and cute for yourself or someone special? Try needle felting at the library! Needle felting is a simple, yet versatile fiber crafting technique that involves sculpting shapes and figures using wool and special felting needles. We will be making hearts in celebration of Valentine’s Day. Felted hearts can be made into a pendant for a necklace, earrings, garlands, or even just a sweet gift for a friend or loved one.

No experience necessary. All materials will be provided. Registration encouraged, but not required. For the safety of all participants, this event is for teens and adults only.

Sunday, Feb 11
1:30 p.m. – 3:00 p.m.
San Lorenzo Library
395 Paseo Grande., San Lorenzo
(510) 284-0640
<https://aclibrary.org/locations/slz/>

Valentine’s Day crafts and activities

Enjoy an afternoon of Valentine’s Day craft making and activities. We will be making heart

wreaths, STEAM Valentine’s crafts and much more. Children of all ages are welcome!

Tuesday, Feb 13
3:30 p.m. – 4:30 p.m.
Washington Manor Branch Library
1241 Manor Blvd., San Leandro
(510) 577-7970
www.sanleandro.org

Valentine’s Day Craft – a Bouquet of Flowers

Getting ready to celebrate Valentine’s Day? Come by the Newark Library to create a bouquet of flowers. Kids ages 7+ are invited to join us for this Valentine’s Day project. We will create paper flowers to celebrate the holiday. All supplies will be provided. The program will either run for an hour or until supplies last.

No Registration required. Limited seats available.

Tuesday, Feb 13
4 p.m. – 5 p.m.
37055 Newark Blvd., Newark
(510) 284-0675
<https://aclibrary.org/locations/nwk/>

Magical Valentine’s Card Crafts for Kids

Join us for a fun time making magical Valentine’s cards to surprise your loved ones! Recommended for kids ages 7 and up. Seats are limited, and a ticket is required to attend. Tickets will be handed out in the Children’s Area 15 minutes prior to the start of the program.

Wednesday, Feb 14
4 p.m. – 5 p.m.
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd., Fremont
(510) 745-1400
<https://aclibrary.org/locations/frm/>

Write Your Heart Out at the Social Write-In

SUBMITTED BY
TISH DAVIDSON

Fremont Area Writers (FAW) invite anyone who has ever wanted to compose a poem, write about their life, or tell a romantic tale to join a Zoom Social Write-In to jumpstart your creativity and socialize with other people interested in writing. The event is free, and it is for everyone from students to octogenarians, and from absolute beginning writers to published pros. It is *not* a critique session. The format is completely non-judgmental. Your writing will simply be enjoyed by your fellow writers.

How the Write-In works:

At the Write-In, the computer will randomly assign four writers to each Zoom room. Writers are given several word or photo prompts. Choose one prompt and write whatever comes to

mind for 10 minutes. At the end of 10 minutes, each person in the room reads their response. Because the writing time is short, there is no expectation that the results will be polished or even complete. Time to socialize and get to know each other follows the readings. Writers are then reassigned to a different Zoom room with different people and a new writing challenge. After the second writing period, stories are shared with others in the room followed by socializing.

The Write-In is sponsored by Fremont Area Writers, a branch of the California Writers Club. In addition to the Write-In, FAW meets on Zoom from 2 p.m. – 4 p.m. on the fourth Saturday of each month, when guest speakers discuss various aspects of writing and publishing. The speaker for the February 24 meeting is lifelong comic book

and superhero enthusiast Dave Strom who writes superheroine slapstick. He will speak on performing your work for audio and at open mics.

You do not need to live in Fremont to join the write-in or meetings. More information is available at <https://cwc-fremontareawriters.org>. To participate in the Write-In or the general meeting, please request the Zoom link from Scott Davidson at scottfrombayside@yahoo.com.

Zoom Write-In
Saturday, Feb 10
2:00 p.m. - 3:30 p.m.

General Meeting
Saturday, Feb 24
2 p.m. - 4 p.m.

For either event, request Zoom link from Scott Davidson
scottfrombayside@yahoo.com

Police Department and Lions Club unite to host Crab Feed

SUBMITTED BY
UNION CITY LIONS CLUB

The Union City Lions and the Union City Police Officers Association are joining forces to host one incredible Crab Feed on Saturday, February 24, 2024!

Tickets to the Crab Feed are \$80, which includes a dinner of salad, pasta, bread, shrimp cocktail, and of course crab—plus a ticket toward the purchase of a non-alcoholic beverage and an opportunity to win one of three door prizes.

There will also be a silent auction, raffle, no-host bar, and the fellowship of community members who, like you, are participating in this event to help others!

Proceeds from this year’s event will benefit community programs and service projects.

Who are the Lions? Founded in 1963, the Lions in Union City

are active, community-minded men and women who like to work hard and have fun. The club’s members are affiliated with the International Association of Lions Clubs and share its goals to create and foster a spirit of understanding among the peoples of the world. This Club is but one of the more than 40,000 clubs in over 180 nations and geographic areas throughout the world governed by the International Association of Lions Clubs.

The Union City Police Officers Association is comprised of the men and women, both sworn and non-sworn, employed by the City of Union City Police Department. The Association focuses their energies on promoting public safety, crime prevention, intervention programs, and creating partnerships to better the environment so we may thrive and live in harmony as a community!

To purchase tickets, you can contact the Union City Lions Club (Kevin at uclion94587@gmail.com) or the Union City Police Officers Association (Anna at unioncitypoa@gmail.com) and provide your name, telephone number and address, and the number of tickets desired for your party.

Union City Police Officers Association & Union City Lions Club Crab Feed
Saturday, Feb 24
5 p.m. Happy Hour
6 p.m. Dinner Service
Southern Alameda County Buddhist Church
32975 Alvarado-Niles Rd., Union City
\$80 per person
Email:
uclion94587@gmail.com
/unioncitypoa@gmail.com

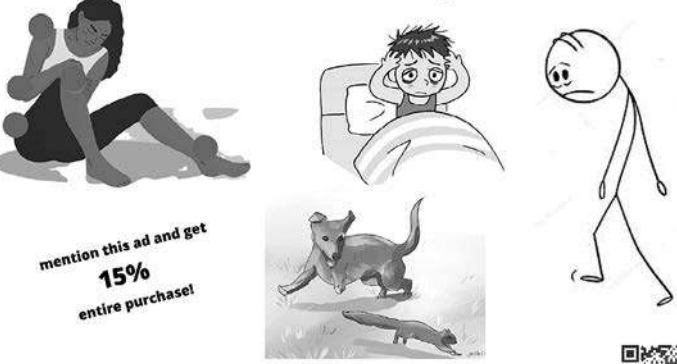


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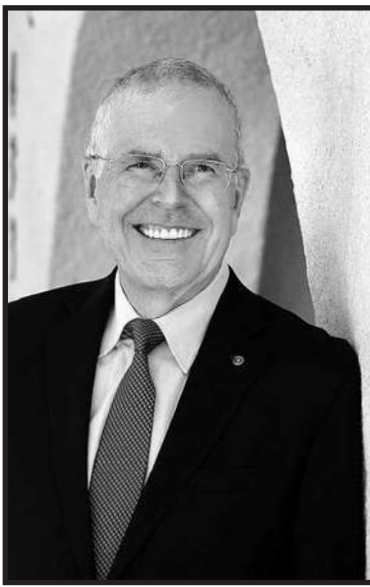


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Hayward's old Berkeley Farms dairy site sold for \$100 million

By JACK ALCORN

The 100-year-old, beloved Bay Area Dairy Company, Berkeley Farms, closed for good in April 2020. The Hayward based dairy cited declining local milk consumption as a key factor in the consistent decline of business profitability. In the final year of operations, the well-known milk producer was churning out 135,000 gallons of milk per day.

John Sabbate, an immigrant from France who worked on a dairy farm in California, founded Berkeley Farms in 1910. The business originated as South Berkeley Creamery and was initially based in Berkeley. The South Hayward dairy facility on Clawiter Road produced the favored local milk for more than 60 years.

The venerated dairy company was the author of endlessly played television and radio commercials that asked the question "Farms in Berkeley?", a query answered by a cow's moo. Mel Blanc, the magic-voiced television and radio personality who was the voice for cartoon characters such as Bugs Bunny, Daffy Duck, Porky Pig and Tweety Pie, was the voice for the Berkeley Farms commercials.

While the historic dairy itself was unsellable in food



Berkeley Farms Dairy in Hayward 2020. Source: San Jose Mercury News

manufacturing markets, the Berkeley Farms brand and trademark sold quickly. Producers Dairy Food of Fresno, CA bought the namesakes for \$3 million. Berkeley Farms milk on shelves now comes from from plants in Fresno and Fairfield.

Shortly after Berkeley Farms stopped production, commercial real estate developer Dermody Properties of Nevada paid \$48 million for the 21 acre industrial site at 25500 Clawiter Road in Hayward.

Dermody demolished the Berkeley Farms building and began to replace it with a modern two-building commercial facility. One building totals 232,600 square feet and the other totals 121,000 square feet. Named LogistiCenter at Highway 92, the sprawling industrial complex is near the interchange of State Route 92 and Clawiter Road and the eastern approaches to the San Mateo-Hayward Bridge.

In January 2024, the nearly completed LogistiCenter complex on the former dairy property sold for \$103 million, according to the Alameda County Recorder's Office. New Jersey-based PGIM, the global investment unit of insurance behemoth Prudential Financial, bought the Hayward property in an all-cash deal.

The deal suggests that modern industrial, logistics, manufacturing and research buildings in the East Bay can still entice eager investors. This is in sharp contrast to the office markets in other Bay Area locations that are being haunted by empty buildings and weak rents. Oakland-based Harvest Properties is working with the Prudential investment unit to find tenants and guide the future of the new Hayward LogistiCenter complex.



Design concept for the logistics and industrial center at 25500 Clawiter Road in Hayward. Source: Ware Malcomb

Mobile Recreation pop-ups

SUBMITTED BY
HAYWARD AREA
RECREATION AND
PARK DISTRICT

Hayward Area Recreation and Park District (H.A.R.D.) is thrilled to invite you to join us at our February Mobile Recreation pop-ups. Visit Twin Bridges Park on Saturday, February 10 and Cannery Park on Saturday, February 24 from 11 a.m. to 3 p.m. for an afternoon of fun-filled activities! We have many exciting activities planned,

including a Giant Connect 4, rock wall, cornhole, skate ramps, and much more.

Please note: A signed waiver must be on file for your child to participate. Skateboards and scooters will be provided by H.A.R.D.; however, participants are encouraged to bring their own as equipment is limited. Helmets are required when using bikes, scooters, and skateboards. Locations and events are subject to change due to weather.

To learn more, visit HaywardRec.org/377/Mobile-Recreation. To register, please visit bit.ly/HARDMobileRecreation and use codes 29882 (Twin Bridges Park) and 29883 (Cannery Park).

Mobile Recreation pop-ups

Saturday, Feb 10

11 a.m. - 3 p.m.

Twin Bridges Park

301 Arrowhead Way, Hayward

bit.ly/HARDMobileRecreation, use code 29882 to register

Saturday, Feb 24

11 a.m. - 3 p.m.

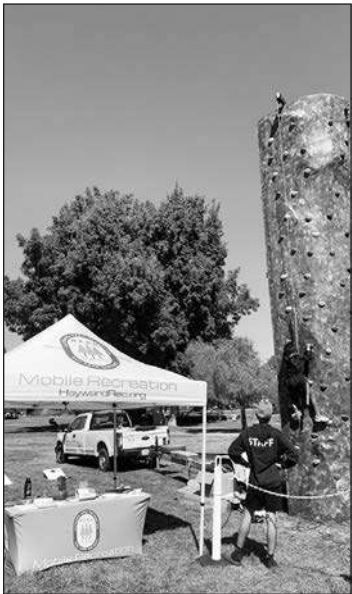
Cannery Park

125 B Street, Hayward

bit.ly/HARDMobileRecreation, use code 29883 to register

HaywardRec.org/377/Mobile-Recreation

Free



Rock wall at H.A.R.D.'s mobile recreation pop-up

Mission San Jose Rotary Club Donations



Mission San Jose Rotary Club donates \$21,500 to Washington Hospital. From left, Angus Cochran (Chief of Community Support for Washington Hospital), Steve Christensen, Evie Christensen, Larry Anderson, Linda Anderson, Jerrie Hennessy, Robert Hennessy, and Kimberly Hartz (CEO of Washington Hospital)

SUBMITTED BY ROBERT HENNESSY
PHOTO BY MONIKA LEE

The Rotary Club of Mission San Jose exceeded its goals in their fundraiser last December. Our goal was \$30,000 - we netted \$43,000. \$21,500 each was bestowed to the Ohlone College Foundation for nursing scholarships and the Washington Health Care Foundation for the new trauma center.

The nursing scholarships will be awarded to entry-level, low-income

students enrolling in nursing programs at Ohlone College. Nursing programs are often out of reach for lower income students. According to a recent University of California, San Francisco (UCSF) survey, California is currently facing a shortage of about 36,000 licensed nurses. These funds for nurses training will enable local low-income men and woman achieve a career in a profession of service in their community. With this opportunity, they could be the first in their family to pursue a career in nursing,

setting an example to their siblings and lifting them and their families out of poverty for generations to come.

Our fundraising event could not be such a success without the very generous support of Washington Hospital, who provided Anderson auditorium for the event, our club members who contributed their time and support, and our very wonderful donors and all who contributed, very generously, to this wonderful cause. Mission San Jose Rotary continues to provide many great services to our community, such as feeding the

homeless on a regular basis at the Presbyterian Church, beautifying our community by planting trees and daffodils, and making contributions to worthy local causes - most recently, to the flood victims of Pojaro this time last year. We contribute to many different projects in poverty-stricken areas, locally and around the world. We are also a group of women and men who get together almost every Friday at 12 noon to plan our events and set up fun activities for our members and others.

We are inviting new members to join our club as we continue to improve the lives of others. You can contact us through our website at <https://missionsanjoserotary.org> or by mail at Mission San Jose Rotary, PO Box 3037, Fremont, CA 94539 or contact Robert Hennessy at (408) 515-4254. Mission San Jose Rotary is a registered 501(c)(3) nonprofit organization. All contributions are tax-deductible to the fullest extent of the law. EIN: 94-3201625

Mission San Jose Rotary
<https://missionsanjoserotary.org>



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**The Great Schoolyard
Bird Count Classroom
Participation Award**

SUBMITTED BY
OHLONE HUMANE SOCIETY

Ohlone Humane Society (OHS) enjoys bringing awareness to the international Great Backyard Bird Count held in February each year to support the week the world comes together for the love of birds. To make the count more meaningful for our students, we invite our local teachers and students to participate in The Great Schoolyard Bird Count. OHS asks teachers to encourage their students to count birds for 5-15 minutes, report their numbers, and then send in counts and pictures drawn by students of birds they saw and might be able to identify.

Classrooms are sent an award of participation for excellence in bird counting and drawing. Hope to see you in February!

**The Great Schoolyard
Bird Count**

1. Take students outside to the schoolyard. Ask them to count

birds they see for 5-15 minutes as appropriate for your grade level. If appropriate, students can predict how many and what types of birds they might see during the observation period.
2. Return to the classroom and have the students report their numbers to you.
3. Ask students to draw a picture of a bird they saw and might be able to identify, eg, Sea Gull, Robin, Crow, Sparrow, Hummingbird, unknown)
4. Send photos of drawings and results to us at humane_education@ohlonehumane-society.org and we will post on the website.

The Great Schoolyard Bird Count
Friday, Feb 16 – Monday, Feb 19
<https://ohlonehumane-society.org/humane-education/>

continued from page 1

February:
**A great time to visit
Old Mission San José**



placed them on display for the month of February. Bring your kids to be dazzled by these works of art surrounded by true historical artifacts and items from the 19th century.

Old Mission San José
Wed - Fri: 10 a.m. - 3 p.m.
Sat - Sun:
10:00 a.m. - 4:30 p.m.

Presidents Day Hours
Monday, Feb 19
10 a.m. - 3 p.m.

Corner of Washington Blvd. and Mission Blvd.
43300 Mission Blvd., Fremont
(510) 657-1797
www.missionsanjose.org



**Olive Hyde Art Guild
announces
2024 Art Scholarships**

SUBMITTED BY GAIL BLALOCK

Each year the Olive Hyde Art Guild provides over \$5,000 in scholarships to local students who are pursuing the visual arts in higher education. Fremont high school seniors and students enrolled in a visual arts or multi-media arts major at Ohlone College are eligible to apply.

In addition, the scholarships for 2024 will include a \$1,000 award from the Jan Schafir Memorial Art Scholarship and two \$500 scholarships from the proceeds of the "Project Mini-Art" program featured at the Guild's Holiday Show & Sale in October 2023. High school and college students will compete separately for the

awards. Finalists will have their work showcased at an in-person reception and awards presentation at the Olive Hyde Art Gallery later this spring.

The deadline for applications is Friday, April 19, 2024. Applicants are encouraged to apply online at: <https://bit.ly/2024OliveHydeArtScholarship> or visit <https://olivehydeartguild.org/scholarships> for paper applications.

Additional information is available on the Guild's website: <https://olivehydeartguild.org>.

Olive Hyde Art Guild Art Scholarships
Deadline to apply: April 19, 2024
<https://olivehydeartguild.org>



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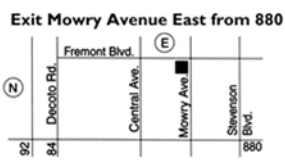
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Youth Competition Winners perform at Symphony 60th Anniversary

SUBMITTED BY
DENISE LEDDON

The Livermore-Amador Symphony, conducted by Lara Webber, will perform its “Vibrant Variations” concert at 7:30 p.m. Saturday evening February 10 at the Bankhead Theater in Livermore. The program includes performances by the two talented winners of the Symphony’s 51st annual Competition for Young Musicians. Both winners are San Francisco Conservatory of Music students. Connor Roham from San Ramon will perform Chopin’s Piano Concerto No.1, 3rd movement and Cara Wang from Fremont will perform Elgar’s Cello Concerto, 1st and 2nd movements.

In celebration of Chinese Lunar New Year, the orchestra will perform An-Lun Huang’s joyous Saibei Dance, described by Webber as “energized, vigorous music, a wonderful blend of traditional Chinese melody and western symphonic style.” The concert begins at 7:30 p.m., preceded by “Inside the Music” talk by Webber, 7 p.m. - 7:15 p.m. During intermission, teen jazz

Symphony competition winner, Cara Wang from Fremont

Symphony competition winner, Connor Roham from San Ramon

band Element 116, directed by Matt Finders, will perform in the lobby. A complimentary reception in the lobby follows the performance as the Symphony joyfully celebrates the 60th anniversary of its first concert in January 1964!

Youth (under age 22) are always FREE. Tickets at <https://livermoreamadorsymphony.org/tickets.html>; the Bankhead ticket office at 2400 First St., Livermore, <https://livermorearts.org/events/livermore-amador-symphony-vibrant-variations> or (925) 373-6800.

Vibrant Variations Concert
Saturday, Feb 10
7:00 p.m. - 7:15 p.m.: “Inside the Music” talk by conductor Lara Webber
7:30 p.m.: Concert
Intermission: Teen jazz band Element 116 performance
Bankhead Theater
2400 1st St., Livermore
(925) 373-6800
<https://livermoreamadorsymphony.org/tickets.html>
Adult Tickets: \$108, \$89, \$71.
youth (under age 22): Free

GILLIG Advances U.S. Manufacturing with Strong Union Partnerships

American built transit bus from GILLIG. Photo Courtesy of GILLIG

SUBMITTED BY MARZ EVANS

GILLIG, a leading manufacturer of heavy-duty transit buses in the U.S., announced that Teamsters Local 853 and District Council 16 Auto, Marine, and Specialty Painters Union Local 1176 voted this week strongly in favor of ratifying new collective bargaining agreements with the company.

The unions, with whom the company has had strong working relationships since 1976 and 1968, respectively, voted with a resounding 94% endorsement for the new five-year contract. This significant majority vote demonstrates the strength of the unions' confidence in GILLIG and the company's dedication to its workforce and to American manufacturing.

“We are thrilled by the overwhelming support for our new collective bargaining agreements,” remarked Derek Maunus, GILLIG’s Chief Executive Officer. “This vote reflects not only GILLIG’s strong partnership with our dedicated workforce but also reinforces our unwavering commitment to the men and women who have

contributed to making the company the success it is today.”

By negotiating a fair and balanced agreement with its union partners, GILLIG has reinforced its continued success and stability. The agreements will support the company’s production and warehouse workers and their families by continuing to provide competitive compensation well above the market rate as well as excellent benefits while further fortifying GILLIG’s position as a leader in the American transit bus manufacturing market.

About GILLIG

GILLIG is a leading manufacturer of heavy-duty transit buses in the United States and has been family-owned since 1890. In steadfast commitment to their mission of building buses that connect communities, eliminate congestion, and contribute to a greener environment, GILLIG offers a diverse range of clean energy transit solutions, including zero-emissions, electric, and low-emissions hybrid and CNG (Compressed Natural Gas) models, as well as clean Diesel solutions.

Known for safety, reliability, and unparalleled customer service, GILLIG is committed to providing high quality transit solutions that meet the unique needs of communities nationwide.

For more information about GILLIG and its commitment to quality manufacturing and workforce excellence, please visit www.GILLIG.com

Teen jazz band Element 116

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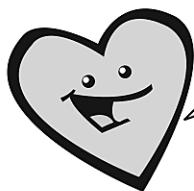
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February is the month to Love Your Body!

February is Heart Month and Dental Health Month. Use the tips on today's page to exercise your heart and be sweet to your teeth!



Your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy. Love your heart, and your heart will love you!

Do you feel with your heart?

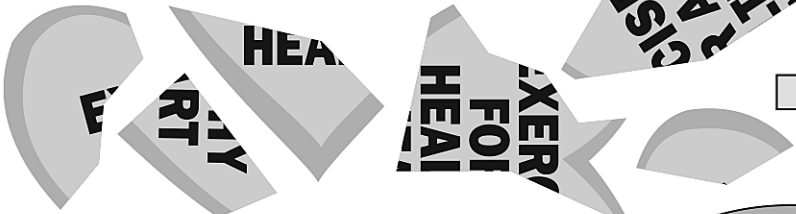
Are you making pictures of hearts and giving little heart-shaped candies to friends for Valentine's Day? When you make a promise you really, really mean, do you "cross your heart"? Or, do you listen to songs about broken hearts?

We see and hear about hearts everywhere. Long ago, people thought our feelings came from our hearts. Maybe because strong feelings can make our hearts beat faster. Now we know feelings come from the brain, not the heart.

Standards Link: History/Social Science: Understand the purposes of and events honored in holidays.

Broken Heart Puzzle

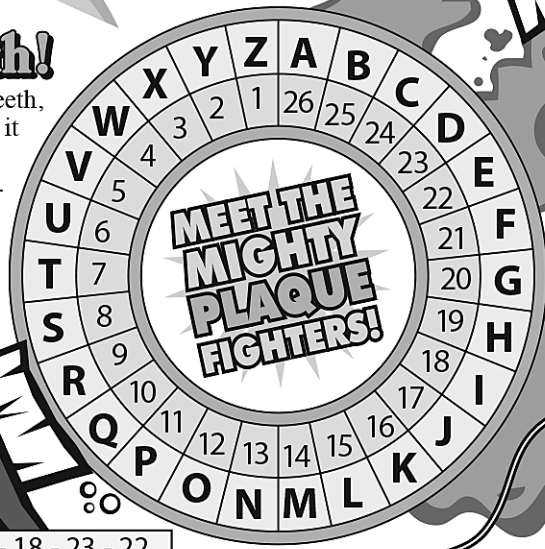
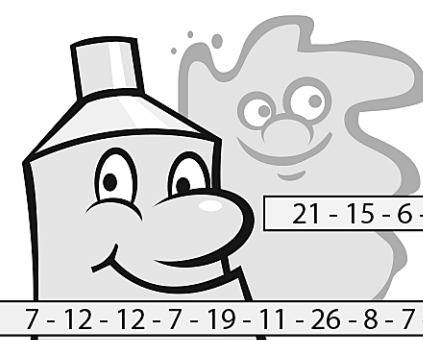
Cut out these shapes. Can you put them together to make a heart? What does the Valentine message say?



Be Sweet to Your Teeth!

Every day a terrible troublemaker hides in your teeth, waiting to carve holes in them—PLAQUE! (Say it like *plak*, rhymes with *tack*.) You must remove it everyday, or else it will cause your teeth to decay.

How do you get rid of it? Use the secret code to find the names of the Mighty Plaque Fighters and you will learn how to keep your smile dazzling!



Do this after every meal to keep germs off your teeth:

Standards Link: Health: Understand good personal hygiene practices that include caring for teeth.

Valentine Pals

Jill and Phil are pals. They like many of the same things. How many ways can you find that Jill and Phil are the same?



Standards Link: Recognizing similarities and patterns in objects.

Extra! Extra! Teeth in the News

Look through the newspaper for ads and/or articles that encourage you to eat or drink things that are bad for your teeth. Can you find anything in the newspaper that encourages eating and drinking things that are good for your teeth?

Standards Link: Health: Recognize foods that promote good health.

Double Double Word Search

SWEET
HEART
EXERCISE
VALENTINE
PLAQUE
CANDIES
PICTURES
SECRET
PAPER
DAZZLING
SNACKS
CARING
TEETH
SMILE
PALS

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

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

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

Kid Scoop Together: Jumping for Joy

Jumping rope is fun and it is good exercise. It is a workout for your legs, your arms and your cardiovascular system (your heart and lungs)! Jumping rope is a sport you can do almost anywhere! Try it—you'll LOVE it!



How fast can you find all of the letters of the alphabet in order?

Standards Link: Reading Comprehension: Follow simple written directions.

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kidscoop.com/activity-pages/

Kid Scoop VOCABULARY BUILDERS

This week's word: **RATE**

The noun **rate** means the amount of something measured in units.

Jane walked at a **rate** of three miles per hour on her way to school.

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

FROM THE Kid Scoop LESSON LIBRARY

Have a Heart!

Look through the newspaper for an example of someone who was "heartless" or totally lacking compassion or caring. Is there a way they can make up for their behavior?

Standards Link: Social Science: Recognize behaviors that demonstrate good character.



ANSWER: "I find you very attractive!"

Write On!

Move!

Name three ways kids could get exercise every day.

Trash Talk

By THE PICKUP ARTIST

This is the February 2024 edition of Trash Talk, a column devoted to cleaning up our neighborhoods, our environment, and our outlook on life. Trash Talk is now three years old! Thanks to my readers and the Tri-City Voice for your support.

Reminder: Free Disposal Days Program

The next free disposal day event for Hayward residents will be on February 10. Residents of incorporated Hayward may pre-register to dispose of up to five cubic yards of household items safely and legally, free of charge. Five cubic yards is about the equivalent of one full bed of an average-size pickup truck. Items should be taken to the city transfer station at 3455 Enterprise Ave.

Registration will open two weeks prior to the event. Proof of Hayward residency is required. Hayward holds these events on the second Saturday of even-numbered months. They will be held regardless of weather conditions at the time.



Disposal Days

Contact City Maintenance Services at (510) 881-7745 or disposal@hayward-ca.gov to learn more about disposal days.

Freeway Issues?

If you find trash along our freeways, or other problems like potholes, graffiti, etc., that can be reported to Caltrans. There is a customer service request form at <https://csr.dot.ca.gov>, which will send a tracking number to the submitter.

Recycle Water??

California has been battling with water shortage issues for decades. Our main water source

has depended on reservoirs. We have dismantled four dams and not built any to replace them since 1982. Dams are being dismantled nationwide. And if you remember the Oroville Dam problems from 2017, there was a lot of downstream flooding. Seventy-six percent of U.S. dams have high hazard potential. The destruction caused by the dam failure is another reason to find replacement sources for water. Restoring wetlands is one driving factor.

There have been many bond measures about digging trenches and/or tunnels to divert water to southern California. Reservoirs have been planned and voted on, yet we still don't have enough water, and construction hasn't even begun. The good news is that on December 19th, the State Water Board approved the DPR regulations. DPR stands for Direct Potable Reuse, recycling waste water into safe, clean drinking water.

Jennifer West, of WaterReuse California, reports that DPR can supply more than 1 million acre-feet per year (325,851 million gallons per year) of new water supply for California. One acre-foot is enough to cover a football field with a foot of water. Imagine that times one million! You can read more at

<https://www.cwea.org/news/dpr-a-resilient-water-supply-for-californias-future/>.

Are you concerned by the 'eww' factor? Disgusted by thoughts of drinking treated waste water? To put this in perspective, consider that we currently filter waste water and pump it into the bay/ocean, where it mixes with the salt water. We then wait for weather to evaporate it and rain it back into our reservoirs. So, in essence, we're already drinking that same recycled water! Since we have already purified it, why not use it directly?

How about the cost of using tap water versus bottled water? Bottled water (20 oz.) costs \$1.50 per gallon, on average, according to DrinkOptimum.Com. For a two-person household, that comes to \$449 per year. You could fill 4,487 bottles with tap

water for \$2.10. That means bottled water costs 2,279 times as much as tap water (using a conservative \$1/bottle). Is that enough reason to change to tap? How about if you consider the massive litter problem caused by empty plastic bottles? (Learn more here: <https://drinkoptimum.com/the-true-cost-of-bottled-water/>)

As a reminder, you have an emergency supply of water in your house. If a water supply line breaks, you can use the 40-50 gallons stored in your water heater as a local resource. And the tank over the toilet contains about five gallons of fresh water that comes from the same pipes that supply your faucets. It has NOT been subject to flushing, so is also safe, potable water. And if the eww factor is an issue for you, there are filter options from pitchers to under-sink models for additional peace of mind.

You can learn about waste water treatment at <https://headwatersscienceinstitute.org/lwas/amanda-cauble/> The first 12 minutes of the video explain the intricacies of current waste water treatment. Trash Talk wants to thank Amanda Cauble for sharing her time, knowledge, and expertise in preparation for this article. She is a civil engineer in the waste water industry.

Quotes for today:

"Time is a funny thing. We never seem to have enough of it, and yet it always seems to pass us by in abundance." - Ken Rawden

Contact Information

You can contact me at the email address below, or scan the QR code to generate an email. Your comments and suggestions could be used in future Trash Talk columns. What's on your mind?



Send comments to ThePickupArtist-KHCG@Outlook.com.

News and Notes FROM AROUND THE WORLD

SUBMITTED BY
THE ASSOCIATION OF
MATURE AMERICAN
CITIZENS

How 'cool' is this

Katarzyna Jakubowska suggests that it's in their genes for women to endure hardships. She should know, having earned a page in the Guinness Book of World Records when she withstood 3 hours, 6 minutes and 45 seconds in a box filled with ice up to her neck. As she put it, "I

believe that we have great strength as women" and "I wanted to show that if we want something, we can do it." Watch her chilling feat on YouTube: www.youtube.com/watch?v=a-t7N8jI5q8

The Association of Mature American Citizens is a nonprofit, nonpartisan advocacy organization representing membership in Washington, D.C. and in local congressional districts nationwide. More information is available on its website at www.amac.us.

CandleLighters awards, member election, and celebrate member birthday

SUBMITTED BY MARY LANG

Saturday, January 27 was the CandleLighter Presentation Luncheon and Installation of New Officers at Massimo's restaurant in Fremont. The hardworking volunteers pulled off another successful year of the Ghost House. Profits from the 2023 Ghost House, Voodoo on the Bayou, went to the following Tri-City non-profits:

- HERS Breast Cancer Foundation - \$2,456.00 to purchase two bariatric style chairs, one shelving display unit, one literature display unit
- Fremont Centerville Little League - \$8,943.46 to purchase two club cadet 54" HP Gas-Powered 725cc Zero Turn Mowers
- Ohlone Humane Society Wildlife Rehabilitation Center - \$8,361.50 to purchase five space heaters, one vet exam table, nine small incubator brooder units, one large rcom pet brooder
- New Haven Schools Foundation - \$10,000.00 to purchase Performance wardrobe of business attire for James Logan High school Forensics Team
- JFK/Fremont Warriors Wrestling Club - \$13,087.42 to purchase 42"x40"x1-5/8" FlexiRoll mat for purpose of practice (not competition)
- The Gardens of Palmdale - \$16,73.8.05 to purchase Six 4' Park benches with backs, two 4' park benches without backs, two bike racks
- Niles Essanay Silent Film Museum - \$9,815.48 to purchase archival motion picture canisters and cores for proper long-term storage

The CandleLighters were acknowledged by Fremont Education Foundation. They also celebrated founding member Sumi Lampert's birthday –



95 years young. She was presented with a floral bouquet and a basket of birthday cards.

The luncheon and presentation were followed by the election of the new CandleLighter Board for 2024-2025. Below are the newly-elected members. President: Annette Bergendahl 1st VP (Site): Caroline Siebert Asst 1st VP: Lisa Glover 2nd VP (Publicity): Mary Lang 3rd VP (Sponsors): Gloria Gutierrez Recording Secretary: Mary Ann Stoermer Corresponding Secretary: Tere Salinas Treasurer: Tammy Titus Asst. Treasurer: Irene Benavidez Communications: Desiree Pricer Membership: Deanna Loder Social: Karina Del Rio & Sharon Candelario Parliamentarian: Tricia Sparling

The CandleLighters have helped fund many local groups, and the Ghost House has brought joy to the Tri-City area for over 55 years.

<https://candlelighters.com/>

Hayward Area Recreation and Park District 2023 Awards



H.A.R.D. Board of Directors Awards 2023

SUBMITTED BY NICOLE ESPINOZA ROA

In a tradition that commenced in 1962, Hayward Area Recreation and Park District (H.A.R.D.) Board of Directors proudly continues to acknowledge and express gratitude to exceptional individuals and organizations for their unwavering support in advancing the district's mission to provide top-notch parks, recreation programs, and facilities. This year marks the 61st anniversary of this awards program. The 2023 Board of Directors' Awards were conferred upon outstanding recipients during a special ceremony held on Friday, January 26, 2024, at the Sorensdale Recreation Center in Hayward.

The distinguished recipients of the 2023 Board of Directors' Awards are as follows:

- Volunteer of the Year: Dr. Charlotte Leong
- Special Recognition: Student Conservation Association, Inc.

- Special Recognition: Dr. Chris Chamberlain, Cal State University, East Bay
- H.A.R.D. Foundation Organization of the Year: Fenwick & West LLP
- H.A.R.D. Foundation Individual of the Year: Rosa & Gustavo Gutierrez
- Organization of the Year: Trust for Public Land
- Individual of the Year: Diana Maravilla

The H.A.R.D. Board of Directors extends its heartfelt congratulations to each award winner, recognizing their outstanding contributions to the community. These esteemed individuals and organizations have demonstrated exemplary dedication to furthering the district's goals of providing quality parks, recreation programs, and facilities. Their commitment and efforts have significantly enhanced the well-being and recreational opportunities for residents in the Hayward area.

49th Annual Black History Month Program: 'African Americans and the Arts'

SUBMITTED BY AACHS

On Saturday, February 10, the Afro-American Cultural & Historical Society of the Tri-City and Hayward Area (supported by the City of Newark Cultural Arts Program) will host the 49th annual Black History Month program.

This year's theme is "African Americans and the Arts." The event will showcase artists across various media, including poets, drummers, quilters, basket weavers, wood carvers, photographers, painters,

jewelry designers, hair and nail artists, and doll makers.

The event will run from 12 noon to 5 p.m. Entertainment will be ongoing, with a keynote speaker at 3 p.m. Soul food will be available for attendees. This event is free and open to the public.

Black History Month Program
Saturday, Feb 10
12 noon – 5 p.m.
Silliman Activity and Family Aquatic Center
6800 Mowry Ave., Newark
aachstricity.org

LETTER TO THE EDITOR

A Tribute

Any pet owner knows the boundless joy that our fur babies bring to our lives. And the critters who are fortunate enough to be rescued and adopted into their forever home seem to be exceedingly grateful and loving. Pure bred or mutt, they all become a part of our family. Such was the case when we rescued a tiny toy poodle puppy that was rejected by her cruel breeder after an accident at birth resulted in the partial amputation of her left front leg. It took some time, but our little Mia grew and blossomed into a happy, precocious, and fearless tripod. When her fluffy ears and feather boa tail were eventually colored pink, Mia left an unforgettable impression on everyone she met.

Witnessing the love and courage that Mia inspired in others also inspired me. In 2020 I wrote a children's book about a little girl and her three-legged dog, and for the past three and a half years, Mia has been by my side at book events and readings all over the Bay Area. Mia happily showed children that any handicap, even one as significant as a missing limb, doesn't need to prevent you from pursuing your

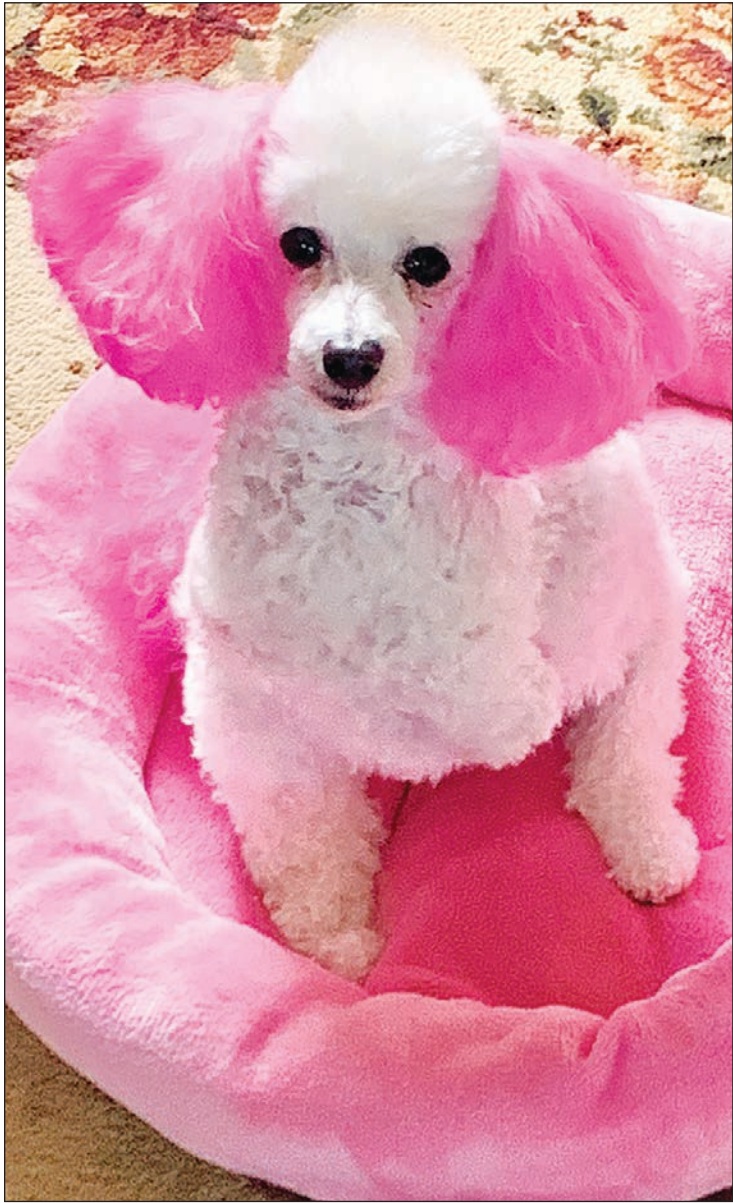


dreams and living a courageous, rewarding life.

So it is with tremendous sadness that our family wants to let you know about the passing of our beautiful Mia. We are devastated and heartbroken. But we find consolation in knowing Mia will live on in the life lessons she shared in her book and through the joy she brought to so many at her personal appearances.

Thank you to everyone for their kindness and support for Mia over the years. It's appreciated more than you know.

Pamela Adler
Fremont



ENDORSEMENTS
(Partial List)

Congressman Ro Khanna
Newark Mayor Mike Hannon
Newark Mayor Emeritus Alan Nagy
Newark Board of Education Nancy Thomas
Ohlone College Trustee Suzanne Chan
Ohlone College Trustee Lance Kwan
Union Sanitary Dist. Director Pat Kite
Sheila Jordan, Retired ACOE Superintendent
Former State Supt. of Education Delaine Eastin
Jean Ficklin
Shirley Sisk
John, Bernie and Cynthia Wilson Dutra
Brad Hatton, Ed.D
Kathy Kimberlin
County Supervisor District 2 Elisa Marquez
County Supervisor District 1 David Haubert
Fremont Unified Board of Education Dianne Jones
County Assessor Phong La
Fremont Community Leader John Schinkel-Kludjian
Fremont City Council Member Raj Salwan
Fremont City Council Member Theresa Cox
CTA (California Teachers Association)
Fremont Teachers Association

You can Count on me to continue working for you in the community

Re-Elect

Eileen McDonald
Alameda County Board of Education

Dedicated • Accessible • Innovative



January 2024

Dear Friends,

In 2004 Fremont and Newark voters chose me to represent them on the Alameda County Board of Education. For the past twenty years I have used my understanding and compassion for people from all backgrounds as I make vital decisions on expulsion, inter-district, and charter school appeals.

I have been fair and consistent, keeping in mind that all children are different. Some are motivated, others are not. Some do well in a traditional education setting, while others have unfortunately traveled a different path and become students in our Juvenile Justice Center schools.

I have always looked at each child as an individual capable of success given the opportunity to discover they can succeed—that people do care.

I have organized several programs that support the educational, physical, and emotional needs of the youth in Alameda County:

- ✓ Packed for Success—a backpack filled with school supplies for the incarcerated youth upon release.
- ✓ Nap Blankets for over 100 little all-day kindergarteners who treasure the colorful flannel blankets they receive on the first day of school in our most impoverished areas of the county.
- ✓ Coats for Kids—A Winter Coat Drive for Bernie Dutra's One Child Program.

I have made a difference and pledge to continue helping students succeed whether college or career bound. I am planning to launch a program for our youth at the Juvenile Justice Center and Camp Sweeney, "INCARCERATION TO VOCATION," offering training so everybody works! A win-win for everyone.

I am honored to represent Fremont and Newark. Thank you for your continued confidence in me.



Paid for by Eileen McDonald for ACBOE 2024, Brad Hatton, Treasurer, 35269 Cano Ct., Fremont CA 94536 FPPC# 1465630

Age Well Center at Lake Elizabeth's



17th Annual
Crab Feed
Fundraiser

Friday February 16, 2024

Buy Your Tickets Today!

ONLINE

<https://bit.ly/awclecf2024>

Click AWC Crab Feed Drive-Thru or AWC Crab Feed Dine-In (If you don't have an account, sign up is easy and can be done at above link or code below)



Scan QR code with your phone for quick access to tickets!

IN PERSON

At AWC at Lake Elizabeth Reception

Monday-Friday between 8am-4:30pm

BY PHONE

510.790.6600

(For further info email: agewellcenters@fremont.gov)

Benefiting the Age Well Center at Lake Elizabeth

Celebrating 42 years of service to adults 55+!



Fremont

Human Services Department



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Home & Garden

Gear Up for the 2024 Garden Season



BY MELINDA MYERS
PHOTOS COURTESY OF
CORONA TOOLS

It's never too early to prepare for the garden season ahead. Having the right tool for the job saves time, reduces the frustration of trying to make the wrong tool work, and allows you to garden longer with less muscle fatigue.

Take an inventory of all your tools. Be sure to check the shed, garage, or tool caddy. Make a list of those that need to be replaced or need an update. This is also a good time to clean and sharpen those tools you plan to use in the coming growing season.

As you update your tools, you may want to purchase a few hand tools with comfortable wooden handles and carbon steel heads. The wood adds a natural aesthetic that goes hand in hand with gardening.

Make sure you have the right shovels for those frequent digging tasks. Perhaps it



is time to invest in a long-handled shovel with a narrow head that allows you to dig in small spaces. Corona's DigMaster Nursery Shovel has a hardened steel blade and a handle for durability and long life. The ComfortGel grip allows you to keep working longer.

Like digging with the right-sized shovel, deadheading flowers with the right tool makes it easier and you're more likely to get the job done. For those that do a lot of deadheading, select one with an ergonomic design, a finger loop for better control, and an easy-release lock like Corona's Ergo Dead Header Snips.

Late winter and early spring are also the time to do a bit of trimming and pruning on indoor plants. Pruners and snips with specially shaped blades, like the Corona BP14623 Houseplant Pruner, make trimming individual leaves and stems easier, ensuring you make the cut where planned.

A scoop comes in handy when placing potting mix or fertilizer in containers. The more you use it, the more uses you will discover for scoops like Corona's

Multi-Scoop with a stainless-steel scoop and ComfortGel grip.

If you struggle to haul soil, mulch, and plants to the garden bed, it may be time to invest in a garden cart. Wheelbarrows are a traditional favorite but how about a 4-wheeled cart with pneumatic tires to make moving the load over rough ground easier? Consider one with sides that fold down for easier loading and unloading. Or perhaps one with a dumping mechanism, like Corona's CR1000 Poly Dump Cart, that makes it easy to empty loads of mulch and soil where it is needed.

And don't forget about the young gardeners in your life. Having their own set of properly sized hand tools, long-handled tools, and of course, a wheelbarrow will make working with you in the garden even more special. Kids, like adults, benefit from spending time in the garden. Give them their own garden patch or row to dig, plant, and tend. You'll all have more fun.

When upgrading your garden tools, consider donating those that are still in good working order to a nearby

community garden, school garden, or master gardener group. They can always use extra tools to help them grow gardeners of all ages. And those that have reached the end of life can be turned into garden art. It's a great way to save memories of gardens' past.

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

THE ACWD CONNECTION



Deadline Approaching: Tri-City Students Have Until March 1 to Win \$500 for Videos About Finding and Fixing Leaks

The Alameda County Water District's 5th annual WaterClips Student Video Contest invites students to make a 30-second video about finding and fixing leaks. Winners will be awarded scholarships up to \$500! This contest is open to students in grades 6-12 in Fremont, Newark, or Union City, but hurry as the deadline to submit entries is March 1.

Teachers who sponsor winning videos can also win!

For more information about the WaterClips Student Video Contest, visit acwd.org/waterclips or email waterclips@acwd.com.

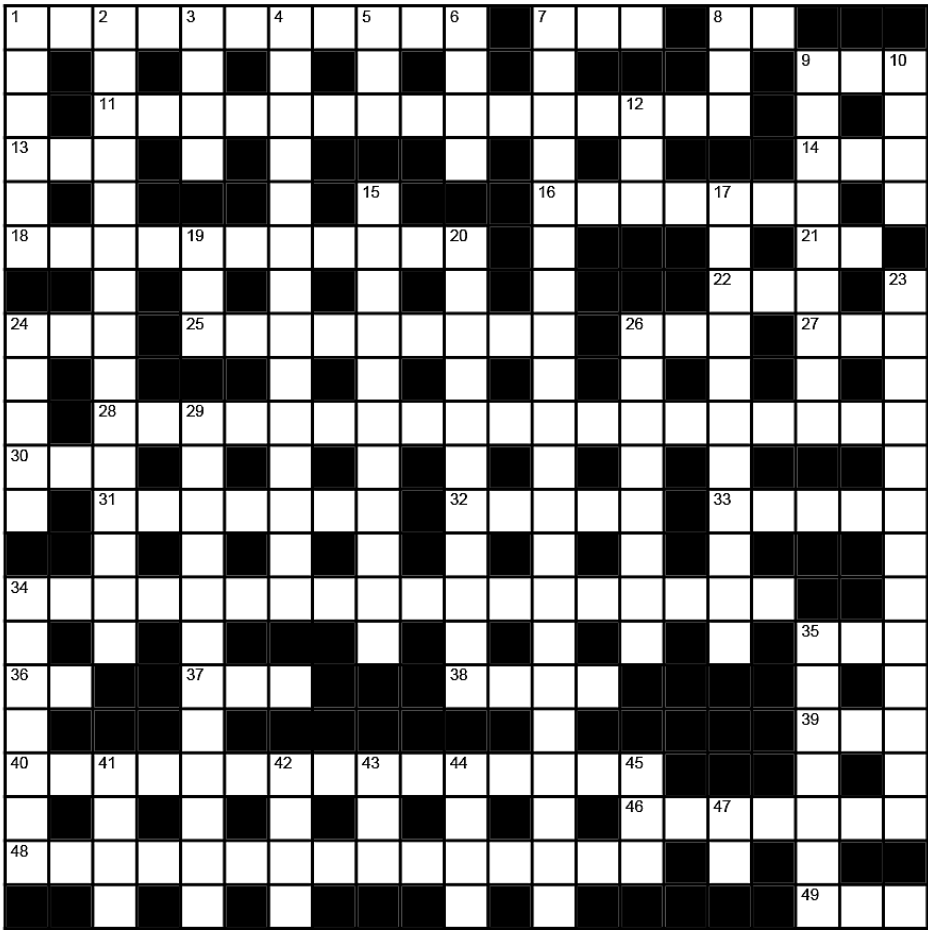


Photo of student and teacher winners at 2023 WaterClips Student Video Contest awards ceremony.
Proud to provide a reliable supply of high quality water at a reasonable price to Fremont, Newark and Union City



Mind Twisters

Crossword Puzzle



- Across

1

Chewing the scenery (7,2,2)

7

"Tsk!" (3)

8

Exists (2)

9

Crash site? (3)

11

Popular piano piece (6,2,3,4)

13

"The Waste Land" monogram (3)

14

Never, in Nuremberg (3)

16

Enraptured (7)

18

Colombian crop (6,5)

21

"Captain ____" (1986 Michael Jackson role) (2)

22

Gaelic "gold" (3)

24

Expire (3)

25

Big fans (9)

26

Sets (3)

27

"____ Buttermilk Sky" (3)

28

Start running seriously (3,3,8,5)

30

+: Abbr. (3)

31

Bone attached to the sternum (4,3)

32

Cereal killer (5)

33

Historic European waterway, to the Germans (5)

34

Overflowing, or what the words in the circles are? (8,2,3,5)

35

Suffix with president (3)

36

While (2)

37

Baby ____ (1984 baboon heart recipient) (3)

38

Barbecue entree (4)

39

"____ a chance" (3)

40

Covered wagon (7,8)

46

Roger of tennis (7)

48

Thoroughly (2,1,4-4-4)

49

CD follower (3)

10

Turned blue, maybe (4)

12

Alfonso XIII's queen (3)

15

Gymnastics apparatus (7,4)

17

Play appropriate for reading only (6,5)

19

Estonian river (3)

20

Eye (5,6)

23

Horse entered in a claiming race. (7,6)

24

Deadens (5)

26

End of the comment (8)

29

*Member of the dreaded 1%? (12)

34

Part of a zoo (4-3)

35

Heedless one (7)

41

"Take ____" (coach's order) (4)

42

A util. (4)

43

"____ or credit?" (4) (3)

44

"Remote Control" host Ken (4)

45

UK org. concerned with grubbers and scrums (3)

47

Execute (2)
- Down

1

At fever pitch (6)

2

Change careers, e.g. (4,1,5,5)

3

"What's gotten ____ you?" (4)

4

Wading bird. (5,4,5)

5

However, briefly (3)

6

____ bread (4)

7

This puzzle's theme, whose first notes are indicated by shaded squares (3,4-8,6)

8

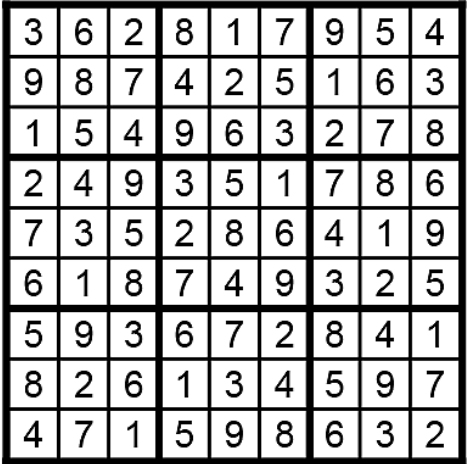
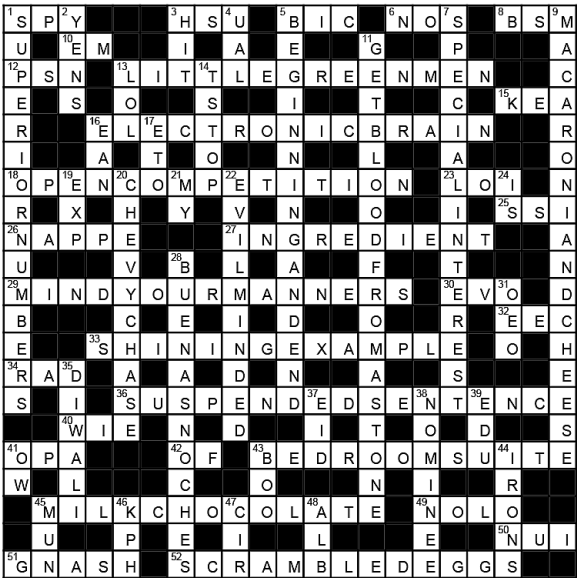
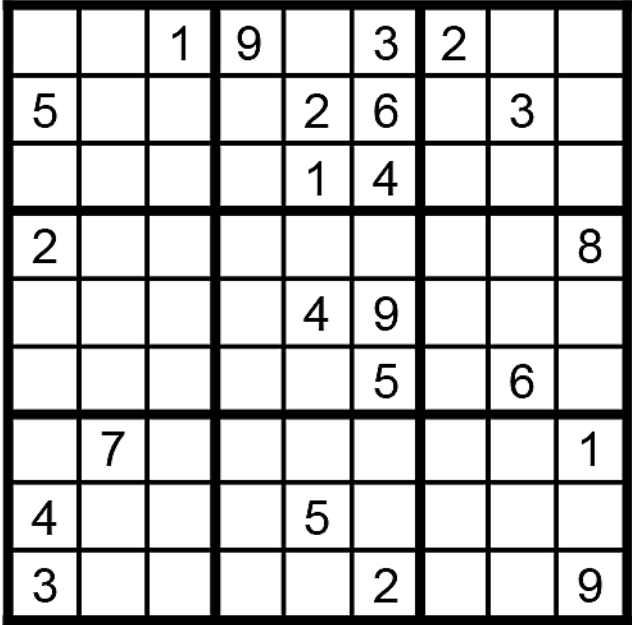
Field-of-study suffix (3)

9

"Bonanza" ranch (9)

Sudoku:

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



Tri-City Stargazer FOR WEEK: FEBRUARY 6, 2024

All Signs: This week offers infinite possibilities of change. You might change your daily routine, job, or residence. You might change a romantic partner, or attract a new romance, especially midweek! This is because our wishful thinking lines up with a vortex of energy that will make some dreams come true. This may require a new way of “seeing” things. Especially what you expect for yourself. When we change the way we see things, the things we see change. Even as lack of language can limit our choices, many unrealized dreams remain vague due to lack of imagination.

Aries the Ram (March 21-April 20):

This is a popular week for you! You might have a position of leadership. You will definitely have busy discussions with others, especially younger people. Be aware that this is the perfect week to share your hopes and dreams for the future with someone because their feedback will be critical to your success. This week, your plans to accomplish something now or in the future are predicated on whether or not you believe it's possible.

Taurus the Bull (April 21-May 20):

You have an advantage over all the other signs if you want to achieve your dreams right now. The Sun is at the top of your chart, which casts you in an imaginary spotlight! This means others are impressed with you even if you don't do anything different. Meanwhile, you might have longed-for ideas about travel plans, dealing with foreign countries, issues related to publishing, medicine and the law or anything to do with higher education and getting training or teaching. It's important for you to believe that your dreams are achievable.

Gemini the Twins (May 21-June 20):

Plans to travel or expand your world fill your thoughts. These plans might include publishing, the media or higher education. They might also relate to medical or legal matters. Whatever the case, if you need to attract the financial or practical support of a partner or third party in order to make your dreams come true – this is a strong possibility this week. After all,

lucky Jupiter enters your sign this year for the first time in 12 years, which means good fortune is coming your way!

Cancer the Crab (June 21-July 21):

It's not surprising that you're focused on financial matters related to taxes, debt and insurance. You might also be thinking a lot about inheritances, shared property or how to divide something. As you ponder these issues, it's important to know that this week, you can get practical or financial assistance and help from another source -- perhaps a close friend, partner or even a business. If you're turned down, you're no worse off than you are right now. But this week has magical possibilities for all of us! Reach out for assistance.

Leo the Lion (July 22-August 22):

Your focus on close friends and partners is strong. Fortunately, you have more objectivity to see these relationships, which in turn, gives you the insight about how to improve them. (Obviously, the improvements will be based on your own choices and behavior because you can't expect the other person to change.) Meanwhile, possibilities related to your job or health might offer radical changes this week. You might see that something is doable because you learned about it for the first time.

Virgo the Virgin (August 23-September 22):

You're still in work mode, which is why you're giving everything your best shot. It's also why you want to be efficient and effective in everything you do. You want your

actions to count. Nevertheless, it's important to know that romantic possibilities abound for your sign this week! Don't be afraid to dream the impossible. Make the first move. Existing romantic relationships can also feel recharged in an exciting way.

Libra the Scales (September 23-October 22):

This is a playful time for you, which is why many of you are socializing more than usual. You might also enjoy sports events and fun activities with kids. You will certainly enjoy a vacation! Be aware that exciting changes related to romance are possible this week. New romance, especially midweek, is a definite promise for many of you. Be receptive. Meanwhile, some of you will bring about changes within your family. These changes might be something you thought was impossible; but now it appears to be a reality.

Scorpio the Scorpion (October 23-November 21):

This is an interesting week for you. For starters, home, family and your private life are your primary focus. In fact, many of you might be dealing with a parent more than usual. Family discussions and home repairs will take up your time. However, perhaps more than any other sign, you have the ability now to make some wishes come true! If you believe in something you want to achieve, and make the effort to do so, your chances for success will be excellent.

Sagittarius the Archer (November 22-December 21):

You have a full schedule of errands, tasks, increased reading,

writing and studying as well as visits with friends, siblings, neighbors and relatives. Yes, you're busy! Some of you are also learning, studying, and teaching. Despite all that is going on, it's good for you to take a beat and think about your finances and cash flow. You might also consider your belongings. This is because it's possible for you to change your financial status by acting on a wish. You might have had this wish before but you doubted it would come true.

Capricorn the Goat (December 22-January 19):

Your focus on earnings and cash flow continues this week. In fact, some of you have excellent moneymaking ideas, or see ways to boost your income. However, an unusual influence is present in your chart this week that will make you more perceptive than usual, particularly to the needs of others. You will feel fulfilled if you can help friends or family who are in a pinch. Some of you might be more interested in psychic phenomena because you're in touch with your imagination. Don't hesitate to act on some of your wishes because they might materialize.

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

You are an idealistic sign, especially when it comes to helping friends or working to improve society. And you are particularly strong now because the Sun, Mercury and Pluto are in your sign. When you speak, you're convincing! Meanwhile, a particular astrological influence is present this week that means you might work behind the scenes to

benefit someone. There's no question that your idealism is aroused. This is also a strong time for a hidden romance, especially midweek. Anything could happen.

Pisces the Fish (February 19-March 20):

This week you prefer to play things low-key. Nevertheless, you might be pulled out of your personal space if you have an opportunity to help someone. Or you might work on behalf of a charitable organization. If you see an opportunity to do this, you will definitely act because you will have a genuine concern for the welfare of others. However, you might also use this same influence in a creative, artistic way. You might work with a theatrical group or by using your imagination.



By Georgia Nicols
www.georgianicols.com.

Constant Companions: Circumpolar Constellations, Part I

By KAT TROCHE

Winter in the northern hemisphere offers crisp, clear (and cold!) nights to stargazers, along with better views of several circumpolar constellations. What does circumpolar mean when referring to constellations? Constellations that circle the north and south celestial poles without ever falling below the horizon. Depending on your latitude, you will be able to see up to nine circumpolar constellations in the northern hemisphere. Today, we'll focus on three that have gems within: Auriga, Cassiopeia, and Ursa Minor. These objects

- can all be spotted with a pair of binoculars or a small- to medium-sized telescope.
- The Pinwheel Cluster: Located near the edge of Auriga, this open star cluster is easy to spot with a pair of binoculars or small telescope. At just 25 million years old, it contains no red giant stars and looks similar to the Pleiades. To find it, draw a line between the stars Elnath in Taurus and Menkalinan in Auriga. You will also find the Starfish Cluster nearby.
 - The Owl Cluster: Located in the “W” or “M” shaped constellation Cassiopeia is the open star cluster known as the Owl Cluster. Sometimes referred to as the E.T. Cluster or Dragonfly Cluster, this

group of stars never sets below the horizon and can be spotted with binoculars or a small telescope.

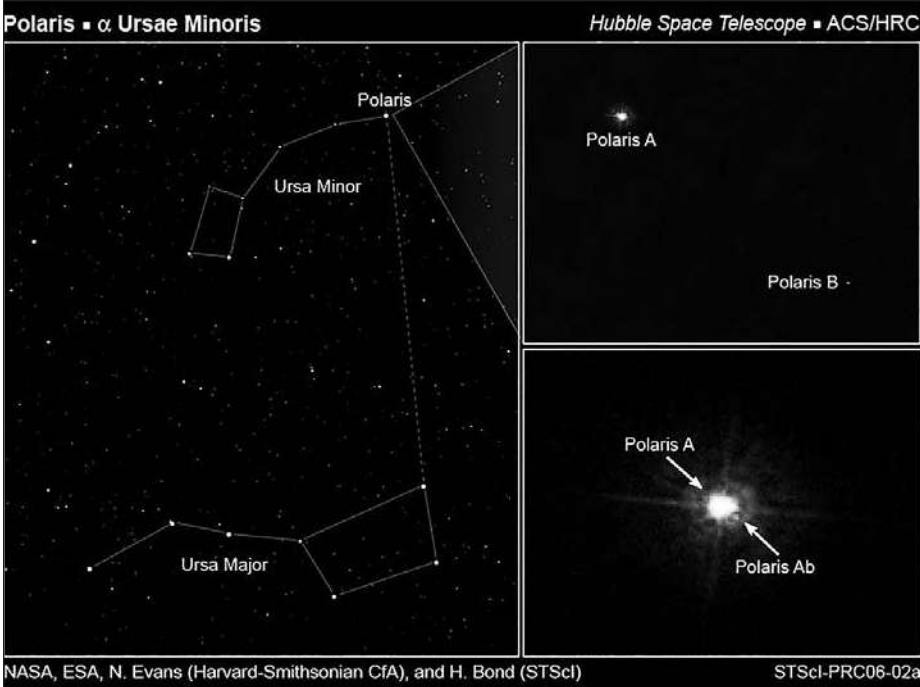
- Polaris: Did you know that Polaris is a triple star system? Look for the North Star on the edge of Ursa Minor, and with a medium-sized telescope, you should be able to separate two of the three stars. This star is also known as a Cepheid variable star, meaning that it varies in brightness, temperature and diameter. It's the closest one of its kind to Earth, making it a great target for study and art.

Up next, catch the King of the Planets before it's gone for the season with our upcoming mid-month article on the Night Sky Network page through NASA's website!

This article is distributed by NASA's Night Sky Network (NSN). The NSN program supports astronomy clubs across the USA dedicated to astronomy outreach. Visit nightsky.jpl.nasa.gov to find local clubs, events, and more!



Counterclockwise circumpolar constellations Auriga, Cassiopeia, and Ursa Minor, with objects circled in yellow: Pinwheel Cluster, Starfish Cluster, Owl Cluster, and Polaris. Credit: Stellarium Web



Black and white image from the Hubble Telescope of the Polaris star system, showing three stars: Polaris A, Ab, and Polaris B. Credit: NASA, ESA, N. Evans (Harvard-Smithsonian CfA), and H. Bond (STScI)

Blues Away - Poetry is here to stay!

By STEPHANIE GERTSCH

The last time Tri-City Voice talked with Fremont student Riya Toro, she had just self-published a book of her poetry on Amazon. Her first book, *Weaken Me*, dealt with her journey with depression. Now a freshman in at Washington High School, Toro has uploaded a second book of poems: *Blues Away*.

“It was really hard for me to think of [a title] for this book,” Toro shares. “Because I wasn’t 100% OK, and I was still going through some things that year.” The title is less about depression leaving for good and more about a range of feelings that come and go. She explains, “I think during teenage years it’s normal to have

complicated feelings...There will still be ups and downs...but if you can confront failure and learn from it, and you can choose the right people, you can do much, much better.”

High school is a time where many start to take more risks and learn from failure. Toro lists one experience: “I joined a speech club recently, and I’m doing impromptu. So you get very limited prep to create a five minute speech.” Toro likes to be prepared, so this was a challenge, especially when she received a weird topic. “I remember just standing there on stage not knowing what to say, and everyone was staring at me. I was really embarrassed that I couldn’t do anything compared to the others around me.” Since Toro’s a

freshman, many of the other students were more experienced. “I gave a really bad speech, and I didn’t meet the time limit. I was really discouraged. But then that night I did a lot of research on that type of speech. I made sure I was more prepared, and ever since then it’s been a much smoother process for me.”

She notes, “I think that since I failed I knew exactly what to do after that. And I feel like if I just kept doing good, I wouldn’t ever learn how to improve something.”

The majority of poems in *Blues Away* are based on Toro’s life, but she’s also branching out to new topics. A series of poems on losing a relationship do come from experience. “I met a certain person, and it was a pretty messy friendship where effort and care

wasn’t given in an equal way...I had never really gone through something like that before and it really impacted me...At that time I felt like I couldn’t open up about it to anyone. So I thought poetry was the best way.”

Even though relationships can be a source of stress, Toro still emphasizes the importance of finding true community. She notes, “Sometimes people care too much about popularity or the image society sees them in. But I personally think that at the end of the day, even if you have one or two people around you, you’re rich.” As before, her parents and older brother are among her strongest supporters.

Decreasing stigma is still a goal, as stigma can be a barrier to both recovery and connection. “Sometimes people prioritize one emotion over the other. Some may say, ‘Oh, you shouldn’t be feeling this. Try to think positive.’ But I think if you feel everything then you can get a much better sense of your own emotions as well as others’. And I think if anything I’ve gained a lot of empathy towards people, and I feel like I can understand them and communicate with them better.”

encouragement from her mom, and feedback from other dancers who had done the graduation, Toro decided to go for it.

Dance is a more structured art form; Toro shares that most of the pieces she performs are based around the Hindu gods. “I find it easier to [express emotion] through my writing,” she shares. “Because the type of [dance] I do, the stories are kind of old so I don’t truly understand some of it.” But there’s still a common thread. “It relates to poetry too because poetry is also all about expressions and emotions...Just like how when you’re feeling something and it comes out in dance, for me it comes out in poetry. Whenever I’m feeling something the most it can come out the rawest. And I always like to be as raw as possible. I don’t like to show any pretense.”

In one of her favorite poems in the new book, Toro writes:

*In the depths of the dark sea,
waves rage and sway,
awakening for sun’s rays.
in the heart, a wish needed
to be kept
so all her scars could be swept.*

*Along the winds, there’s a
faint whisper
as she asks her breaths
where she can meet herself
close to existence, far from death.*

For 2024, let’s make it our goal to move closer to an authentic and connected existence.



The Billie Holiday Project: Love Songs

**SUBMITTED BY
HAYWARD AREA RECREATION AND
PARK DISTRICT**

On February 14, Stella and her quintet present the music of Billie Holiday for this Valentine’s Day Special at the Douglas Morrisson Theatre in Hayward.

Shrouded in mystery, Billie was sensitive and could make her songs feel personal as if singing them softly in

your ear. Featuring some of the Bay Area’s finest Jazz musicians, Stella’s quintet brings back the electric and intimate feeling of seeing Lady Day live in a 1930’s Jazz Club. Drawing from some of Billie’s most recorded love tunes for Valentine’s Day, such as *All of Me*, *Night & Day*, and *My Man*, the band also revives some of the earlier and lesser-known tunes she interpreted. Stories of Billie’s life and music are interspersed with the music.

**The Billie Holiday Project: Love Songs
Wednesday, Feb 14
7:30 p.m.
Douglas Morrisson Theatre
22311 N 3rd St., Hayward,
<https://www.haywardrec.org/>
Tickets: \$20**

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EARTHTALK

Compostable Plastic: Too Good To Be True?



These 'bioplastic' cups can only be composted in an industrial composting facility; in most cases they just end up in the landfill because they can't be recycled.
Photo Credit: Unsplash

By TAYLOR CONNELLY

Dear EarthTalk: Is compostable plastic too good to be true?

—Peter C., Pittsburgh, PA

In recent years there has been a global movement to pressure corporations into becoming more eco-friendly. One of the most frequent measures taken by these companies is limiting the use of single-use plastics and replacing them with so-called compostable plastics. Compostable plastics are frequently confused with biodegradable plastics. Biodegradable plastics are defined by their ability to degrade completely into biomass within a given time frame; compostable plastics are designed to be processed in industrial composting facilities. Many of the alleged "100% compostable," plastic-like materials are made from polylactic acid (PLA), a polymer derived from the fermentation of various types of starch.

Of the 6.3 billion tons of plastic that have been discarded since the wonder material started being mass-produced in the 1950s, only around 600 million tons have been recycled. Almost five billion tons have been either sent to landfills or left in the natural environment. Plastic production also contributes immensely to greenhouse gas emissions. Aside from the disastrous effects plastic has on the environment, it can also be extremely dangerous to human health. Microplastics from air or water can cause significant damage to cells in the body, causing cancers, lung disease and birth defects. Residents of "Cancer Alley" in Louisiana face the highest rates of cancer in the U.S., largely as a result of the plastic production plants along the lower Mississippi River.

Compostable plastic—which would theoretically leave no trace on the environment—sounds like a great solution. However, it isn't as simple as it sounds. While plastic-like materials like PLA

will decompose in the right conditions, it's rare that PLA is disposed of correctly. Putting a cup made of PLA in your home compost won't break it down as it requires a specific set of microorganisms used in industrial composting that need temperatures well above what most home composts can reach. A UK-based science experiment from 2022, "The Big Compost Experiment," had citizens carry out home compost experiments to test the performance of compostable plastics. The public was generally very confused about what was compostable and what wasn't, and many of the objects labeled as "home compostable" did not fully disintegrate into their compost bins.

What needs to change to make compostable plastics a more viable option for the future? First off, there are very few facilities in the U.S. that are set up to handle the disposal of PLA products. Research by BioCycle magazine found that only 49 out of 4,700 composters nationwide accepted compostable plastic products. The good intentions of using compostable plastic don't make a difference if the waste system isn't set up to process it. Because so few facilities accept PLA, much of it ends up in landfills. It is also difficult to distinguish between regular and compostable plastic. When regular plastic gets into composts it can cause soil and waterway pollution. So, yes—compostable plastic is too good to be true. However, improvements in waste system infrastructure could enable them to play a more effective role in the future.

ONLINE CONTACTS

• Home Compostable Plastics Are Too Good to Be True

www.treehugger.com/home-compostable-plastics-too-good-true-7096891

• Your compostable cups and containers aren't reversing the plastic problem

www.popsci.com/environment/truth-about-compostable-cups/

• Why biodegradables won't solve the plastic crisis

www.bbc.com/future/article/20191030-why-biodegradables-wont-solve-the-plastic-crisis

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

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Citrus is a 1 year old chihuahua mix. Citrus is a sweet girl looking for a lap to sit on and a face to lick. Citrus is spontaneous and loves to play with toys. To meet or adopt Citrus contact the Hayward Animal Shelter at 510-293-7200



Branch is a 9 month old terrier mix. Branch has lots of energy, and needs someone to grow his confidence. Branch will go anywhere with you and enjoy every second with his new family. To meet or adopt Branch contact the Hayward Animal Shelter at 510-293-7200

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

CONTINUING
EVENTS

Tuesdays

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
sfdavidkaye@yahoo.com

Tuesdays, January 23 -
May 28

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
Drop-in. For everyone.

Tuesdays, January 23 -
March 26

Music and Storytime

11:30 am - 12:00 pm
Join us for stories, music, and movement.
Cherryland Community Center
278 Hampton Road, Hayward
(510) 626-8522
For babies, toddlers, kids, and preschoolers.

Tuesdays, January 23 -
March 26

Comfort & Joy Ukulele R

1:30 pm - 3:00 pm
A group of ukulele players practice familiar songs as well as learning new.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Tuesdays, January 23 -
March 26

East Indian Seniors R

2:00 pm - 4:00 pm
Anyone who is retired and of Indian origin or interested in Indian culture is welcome to join us.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
Second and Fourth Tuesdays of the month

Wednesdays, January 10 -
March 27

Folk Dancing Social R

9:00 am - 10:30 am
Join together in the wonderful spirit of dancing and savor the beautiful music from all over the world.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Wednesdays, January 10 -
March 13

Book Club AWC R

10:00 am - 12:00 pm
The book club meets for stimulating discussions.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
Second and fourth Wednesdays of the month

Thursday, February 1-
February 29

We Are Unstoppable

Black History Month
12 noon - 6:00 pm
Showcase the great achievements of African-Americans, past and present.
Domini Hoskins
Black History Museum & Learning Center
890 Jefferson Ave., Redwood City
(650) 921-4191
www.hoskinsblackhistorymuseum.org

Thursdays, January 4 -
March 28

International Folk Dancing R\$

11:15 pm - 1:00 pm
Celebrate the cultural roots and traditional life of various countries.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
In English and Chinese.

Arts & Entertainment

Thursdays, January 4 -
March 28

Bocce Ball Class R

11:00 am - 12:00 pm
Learn how to play Bocce Ball.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
Rain will cancel class.

Thursdays, January 11 -
March 28

Chinese Calligraphy Social R

2:00 pm - 4:00 pm
Bring your own supplies and socialize and have fun while doing calligraphy.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606
There is no teaching on site.

Thursdays, January 11 -
March 28

Chinese Music Ensemble R

1:00 pm - 3:30 pm
Open to all who are interested in performing traditional Chinese music.
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Thursdays, January 18 -
February 22

Family Board Game Night

3:30 pm - 5:30 pm
Play together with family and friends, or make some new friends at the library.
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
Board games will be provided.

Thursdays and Saturdays

Story Time

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

Fridays, December 29 -
May 10

Go: The Game R

3:30 pm - 5:30 pm
Go is an ancient game of strategy. To learn the game or to play it.
Union City Library
34007 Alvarado-Niles Rd., Union City
(510) 745-1464
All ages and levels

Friday – Saturday, through
April 27

‘Birds! Birds! Birds!’ exhibition

11 a.m. - 3 p.m.
Exhibit celebrates beauty and diversity of birdlife
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
haywardrec.org

Fridays, December 29 -
November 29

Qi Gong Meditation & Exercise
Class

1:00 pm - 3:00 pm
Falun Dafa classes provided by the Classical Arts Foundation.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
Language: English, Mandarin, Vietnamese.

Fridays, January 12 -
March 29

African Dance and Culture R\$

11:00 am - 12:00 pm
Experience the joy and vitality of African Dance!
Age Well Center at Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 790-6606

Fridays, January 12 -
March 29

Aloha Vibes R

10:30 am - 12:30 pm
A group of musicians (all instruments welcome) who wish to share multi-cultural and familiar music with others.
Age Well Center at South Fremont
47111 Mission Falls Ct., Fremont
(510) 742-7529
Second and fourth Fridays of the month

Fridays and Saturdays
Free Telescope Viewings

7:30 pm - 10:30 pm
Join Chabot astronomers on the Observatory Deck for a free telescope viewing!
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
chabotspace.org/calendar
Weather permitting.

Saturdays

Laugh Track City R\$

8:00 pm
Series of improvised games and scenes
Made Up Theatre
4000 Bay St. suite B., Fremont
(510) 573-3633
madeuptheatre.com

Saturdays

Free Beginner Pickleball Lesson

12:00 pm - 2:00 pm
Free pickleball lesson taught by a USPA professional.
Hall Memorial Park
304 La Honda Dr, Milpitas
(408) 586-3210
Drop-in. Weather permitting.

Thursday – Sunday,
January 25 – March 16

Children’s Book Illustrator
show & API Exhibition

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

Saturdays, January 13 -
March 30

History Museum Visit \$

1:00 pm - 4:00 pm
Visit the various halls that highlight the fossils of the San Francisco Bay area.
Children’s Natural History Museum
4074 Eggers Dr., Fremont
(510) 790-6284
Self-guided tour

Saturdays

Teen Cohort for Outdoor
Education R\$

10 am - 4pm
Meet new friends, build outdoor skills, and get to know your community
Ashland Community Center
1530 167th Ave., San Leandro
Noel Munivez: (510) 317-2303
munnn@HaywardRec.org

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

Sundays, January 7 -
February 25

ICC Chess Classes R\$

12:00 pm - 2:00 pm
Kids will learn the fundamentals of chess.
The India Community Center -
Table Tennis Center
1507 N. Milpitas Blvd., Milpitas
(408) 945-9556
Age 5+.

Sundays - Saturdays
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

Sundays
Larry "O" Teen Workshop
10:00 am - 12:00 pm
Used bikes, bike parts for sale and bike repair.
Larry Orozco Teen Workshop
33623 Mission Blvd., Union City
(510) 675-5487
www.unioncity.org/723/Larry-O-Teen-Workshop
RobertS@unioncity.org
Donation accepted.
Second and fourth Sundays of the month

Mondays - Fridays, January 16 - March 7
"Something Minimal" Art Exhibition
9:00 am - 5:00 pm
HAC member exhibition.
John O' Lague Galleria
777 B Street, Hayward
Located within Hayward City Hall.

Mondays and Thursdays
Food Garden Volunteer
9:00 am - 12:00 pm
Learning from experienced gardeners.
LEAF CR Stone Garden
55 Mowry Ave., Fremont
volunteer@fremontleaf.org
Volunteer agreement form is required.

UPCOMING EVENTS

Monday, February 5 – February 26
Movies at the Morrisson
7 p.m.
Douglas Morrison Theatre
22311 North 3rd St., Hayward
(510) 881-6700
https://douglassmorrissontheatre.thundertix.com/
Cost: \$10

Wednesday, February 7
Free Open House Nature Learning Center & Pollinator Garden
1:00 pm - 4:00 pm
See native mammals and birds that live in Fremont. Examine creek critters under microscopes.
Nature Learning Center at Central Park
40204 Paseo Padre Pkwy., Fremont
Free

Wednesday, February 7
Mudpuddle song and swap and jam
7:00 pm - 9:00 pm
Wednesday night Niles music crawl
The Mudpuddle Shop
37433 Niles Blvd., Fremont
(510) 794-9935

Thursday, February 8
Intro to Crochet
4:30 pm - 5:30 pm
Come try your hand at a few crocheting basics! All supplies will be provided.
Irvington Library
41825 Greenpark Dr., Fremont
(510) 795-2631

Friday, February 9
Adult Valentine's Slumber with the Stars
6:00 pm - 9:00 pm
Dinner, breakfast, a selection of limited drinks, engaging activities, captivating planetarium shows, and mesmerizing laser shows.
Chabot Space and Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
chabotspace.org/calendar
Advance purchase only. Adults aged 21 and over

Friday, February 9
The 20th Annual MUSD Crab Feed and Auction \$R
5:00 pm - 9:00 pm
Presented by Milpitas Kiwanis - a night of delicious crab, and exciting auctions.
The Milpitas Community Center
457 Calaveras Blvd., Milpitas
http://tinyurl.com/4mwe6cus
Contact: Dennis @ (408) 205-7103

Friday, February 9
California International Antiquarian Book Fair
Fri: 5 p.m. – 8 p.m.
Sat: 12 noon – 7 p.m.
Sun: 12 noon – 5 p.m.
Pier 27 (cruise ship terminal)
The Embarcadero, San Francisco
https://www.abaa.org/cabookfair
Tickets: \$10 - \$25

Saturday, February 10
King Tide Bike Ride
9:30 am – 1:00 pm
Explore nature and history on the Alviso/King Tide Ride
Riverview Park
River Oaks Pl., San Jose
https://bikesiliconvalley.org/
Register: www.eventbrite.com/o/silicon-valley-bicycle-coalition-21763925459
Free to attend

Saturday, February 10
Vibrant Variations Concert
7 pm
7 p.m. - 7:15 p.m.: “Inside the Music” talk by conductor Lara Webber
7:30 p.m.: Concert
Intermission: Teen jazz band Element
116 performance
Bankhead Theater
2400 1st St., Livermore
(92) 373-6800
https://livermoreamadorsymphony.org/tickets.html
Adult Tickets: \$108, \$89, \$71
Youth (under age 22): Free

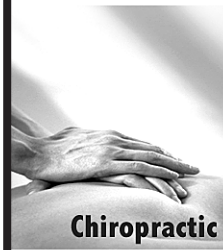
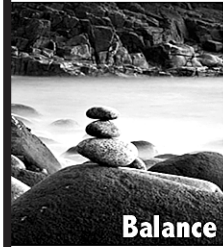
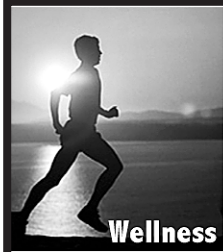
Saturday, February 10
Lunar New Year Scavenger Hunt
All Day
Find the animals from the Chinese Zodiac and win prizes
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Saturday, February 10
Mobile Recreation pop-up
11 a.m. - 3 p.m.
Try our new rock wall or play spikeball, cornhole, etc.
Twin Bridges Park
301 Arrowhead Way, Hayward
HaywardRec.org/377/Mobile-Recreation
bit.ly/HARDMobileRecreation, use code 29882 to register
Free

Saturday, February 10
Hayward Disposal Day
7 a.m. – 12 noon
A change for Hayward residents to dispose household items
Hayward Transfer Station
3455 Enterprise Ave., Hayward
(510) 881-7745
www.hayward-ca.gov/services/city-services/
disposal.days@hayward-ca.gov

Saturday, February 10
Lunar New Year – Taiko Drumming
12:30pm – 1:00pm
Celebrate Lunar New Year with traditional Taiko drumming
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Saturday, February 10
Dragon Dance \$
1:00 pm - 2:00 pm
Dragon dances and popular attractions at Chinese festival. Join in and try a few dance moves of your own.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797



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Saturday, February 10
Year of the Dragon Celebration
1:00 pm - 4:15 pm
Celebrate the Year of the Dragon.
Enjoy a Dragon Dance.
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Saturday, February 10
Lunar New Year Parade
11:00 am - 12:00 pm
Join us for a parade to celebrate Lunar New Year. All ages invited to march with us around the library while holding banners
Newark Library
7055 Newark Blvd., Newark
(510) 284-0675

Saturday, February 10
Marimba Concert
3:00 pm - 4:00 pm
Concert with international marimba performer, Joy Liu
Newark Library
7055 Newark Blvd., Newark
(510) 284-0675

Saturday, February 10
African Americans and the Arts
12:00 noon – 5:00 pm
Poets, drummers, quilters, basket weavers, wood carvers and ongoing entertainment
Keynote Speaker: Soul Food Kitchen featuring Culinary Delights
Silliman Activity and Family Aquatic Center
6800 Mowry Ave., Newark
www.aachstricity.org
Free admission

Saturday, February 10
Music Hour at the Library
2:30 pm - 3:00 pm
One hour of music performed by local musicians.
Relax and enjoy the music while reading your favorite book.
All ages are welcome
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Sunday, February 11
Adult Tabletop Gamers R
1:00 pm - 4:00 pm
Adults come to play various card games and board games. You can bring your own game or try one of ours.
Drop ins welcome
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, February 14
An Evening of Romance: The Billie Holiday Project
7:30 pm
A night to remember for all who cherish jazz and Billie Holiday's enduring legacy.
Douglas Morrisson Theatre
22311 N. Third St., Hayward
(510) 881-6700

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

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

Castro Valley Unified School District

January 31, 2024
6:00 p.m.

Presentations

- Jensen Ranch Elementary School makes a presentation on the student newspaper, the Gazette. The Gazette was created in 2021 when a student had the idea to have a student-run newspaper. There are currently 12-15 students involved in the Gazette. Students came out to speak on why they value the school newspaper.

Consent Agenda

- Approve new and closed positions on the Request for Personnel Action Board Report as of January 19, 2024
- Approve Purchase Order Report for December 22, 2023 through January 19, 2024
- Approve budget adjustments for November 2023
- Accept donations to the district
- Adopt resolution 28 - 23/24, disposal of obsolete and/or surplus property
- Approve Facility Use Agreement - Alcohol Use Request for the Adobe Art Center Gallery

by Castro Valley Education Foundation

- Solicit Request for Proposal (RFPs) for Construction Services for Lease-Leaseback Project Delivery on the Canyon Middle School Portable Relocation & EV Charging Station Project

- Solicit Request for Proposal (RFPs) for Construction Services for Lease-Leaseback Project Delivery on the Castro Valley High School 600, 700, Library, Administration, Culinary Arts & Gym Building Modernization Project

- Solicit Request for Proposal (RFPs) for Construction Services for Lease-Leaseback Project Delivery on the Castro Valley High School Playfields Project

- Approve upcoming district-sponsored overnight field trip

- Approve Out-of-State Conference Request

Lavander Whitaker	Absent
Michael Kusiak	Aye
Dolly Adams	Aye
Sara Raymond	Aye
Gary Howard	Aye

Hayward Special City Council Meeting

January 30, 2024

Consent Agenda

- Amend Chapter 10, Article 1 (Zoning Ordinance) of the Hayward Municipal Code rezoning certain properties to a planned development district in connection with zone change and vesting tentative map application No. MTA-23-0001 for the Eden Village III Development

- Accept the resignation of Commissioner Aidan Ali-Sullivan from the Planning Commission, effective immediately

- Accept and appropriate up to \$200,000 in donations and fee revenue for the Animal Shelter for Fiscal Year 2024

- (1) Extend and amend the agreement with Advocates for Human Potential, Inc. for the California Department of Healthcare Services, Behavioral Health Justice Intervention Services Project; and (2) Accept and appropriate additional funding in the amount of \$876,546

- Accept and appropriate \$709,000 in grant funding from

the Office of Justice Programs - Byrne Discretionary Community Project Funding Program for the Hayward Evaluation and Response Teams (HEART) Program Operations

- Negotiate and execute a professional services agreement with NHA Advisors, LLC for Water Infrastructure Finance and Innovation Act (WIFIA) Loan Application and Funding Consulting Services in an amount not-to-exceed \$85,000 for the Water Pollution Control Facility (WPCF) Improvements - Phase II Project

- Approve and appropriate \$60,000 to Implement A Bench for Every Bus Stop Pilot Program Project No. 05343

- Approve garbage and recycling rate adjustment for 2024-2025

- Negotiate an agreement with Stryker Corporation for the purchase of Lucas Chest Compression Devices for the Hayward Fire Department in an amount not-to-exceed \$384,836

- Adopt a resolution ratifying updates to the council appointments list



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continued from page 1

Spotlight on High School Journalism

The Courier: James Logan High School

BY DAVID R. NEWMAN

The newspaper industry is in trouble. According to the Pew Research Center, U.S. daily circulation is at an all-time low. Readers and advertisers have been migrating to digital news sources en masse, which has everyone wondering about the future of traditional print media.

We here at the Tri-City Voice see another picture. Seldom included in these reports is the high school newspaper scene, where journalism students are working hard on important stories that shape the way they view the world. Climate change, artificial intelligence, gender fluidity, systemic racism...these are issues that affect us all.

In this series, we take a peek at this new generation of journalists. Each month we will focus on an East Bay high school to see what goes on in their newsroom. How do they operate? What stories are they working on? What skills are they learning?

It's a story of hope and resilience. And an eternal truth...that good journalism matters, now more than ever.

James Logan High School (JLHS) in Union City boasts one of the largest campuses in California, a sprawling,

64-acre site home to a diverse student population of approximately 3,500. Part of the New Haven Unified School District, JLHS is known for its programs and clubs, including competitive sports teams and overachieving, award-winning music groups.

In the heart of it sits an unassuming classroom filled with budding reporters. Lead by Adviser Jimmy Myatt, this “small but mighty” band of journalism students (18, to be precise) churns out digital stories that reflect the school culture and inform their peers of important events. How do they cover everything with such low numbers? The answer: They don't.

“You have to make choices about what you're going to focus on,” explains Myatt. “I'm not going to make someone cover a topic that they're not comfortable with. It's a student run newspaper so I let them do what they want, and that varies with each group.” Last year nobody wanted to take on the role of sports editor, so no sports articles were written. The year before that, a student wanted to produce a podcast. Another year they published a literary magazine.

Adapting the journalism program to fit the strengths of his student staff is something that Myatt excels at. He's had to do it since day one. Soon after he took over the program in 2018, a 2019 teacher's strike had him out of the classroom for three weeks. He let his editor-in-chief run the class. Then the pandemic hit in 2020, and everything went virtual. “It's been

challenging to say the least,” admits Myatt. “Enrollment is way down. It's been a struggle to get back to where we were before all of this happened.”

JLHS offers two journalism classes, beginning and advanced. Anyone can sign up. The course fulfills an English requirement for those who need to do makeup work, and transfer students often end up taking the class as an easy way to transition into the English track. Myatt, who has a journalism degree from the University of Houston and a California State English Credential, tries to stay flexible while instilling in his students the fundamentals of good storytelling. “I'm trying to show them that they all have the ability to write interesting, compelling, clear stories,” says Myatt.

Students appreciate the freedom they are given and the opportunities that arise from conducting interviews. Says Junior Sofia Ferry, “I'm new to this school and it's easy to feel isolated. There are all these cliques already established...Working on stories and interviewing people has helped me make new connections.” Ferry has been grouped with classmate Yasmin Moorjaney and Senior Editor Alexa Pangan. They are working on a story about how a classroom environment can affect learning. There are three other groups working on stories. Pangan and the other Senior Editor Jacob Nguyen do most of the editing, and stories eventually go through Myatt for final publication.

Due to cost issues, The Courier is currently only published online. Content is updated once or twice a month. And while there has been a print edition in the past, they are known as pioneers in the world of digital content, having first produced a daily news blog back in 2005 under then-Journalism Adviser Patrick Hannigan. In 2007, The Courier was named best education blog at the Weblog Awards, which was, at the time, the world's largest blog competition.

Myatt isn't too hung up on their technical savvy, however. With media outlets popping up daily, and fake news running rampant, he stresses the importance of ethics to his students. “I don't know how my students will deliver content in 10 years. I can't possibly prepare them for every technological change. But what I can teach them is the process of doing it correctly. That it's important that the public trusts us, that they believe in us, that we tell the truth and are always factual. Whatever you do, do it ethically.”

Affecting change in a positive way is what drew Myatt to teaching in the first place. Tired of all the negative press in the world, he hopes to instill in his students a sense of hope that there are things in this world worth fighting for. There's no better place to be than JLHS, which is also home to a specially-designed curriculum called the Ethnic Studies & Social Justice Academy.

It's a brave new world. It's good to know that The Courier is there leading the way.

The Courier
James Logan High School
jameslogancourier.us



Community Bulletin Board

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

SIMINOFF DAYLIGHT MASONIC LODGE No. 850 Meets on 2nd Monday Of Every Month, At 1:30 PM In Siminoff Masonic Center on campus of Masonic Homes of California 34400 Mission Blvd. Union City CA 94587 Secretary, James Leggate 510-493-1296		FREMONT COIN CLUB Established 1971 Meets 2nd Tues in person 7pm Meets 4nd Tues with Zoom 7pm Holy Trinity Lutheran Church 38801 Blacow Rd, Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365		510-494-1999 tricityvoice@aol.com		
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Smart Social Security Planning for a Secure Financial Future Optimizing your Social Security benefits with Thien Khuu, a seasoned Registered Social Security Analyst. Comprehend, navigate, and strategically plan for a confident and secure retirement. Tuesday, February 20, 2024 6:00 PM to 7:00 PM Fremont Main Library 2400 Stevenson Blvd, Fremont, CA 94538 Fukaya Room A Registration Link: tiny.cc/RSSA-registration022024 Or call/text 510-936-1318		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				
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		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.				
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 Canada in 2024 We visit Japan Enjoy our many Bay Area events www.ffsfba.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 profricka@gmail.com www.1118.toastmastersclubs.org		
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		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 scotttfrombayside@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		
		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		SPRING FLING Craft Fair and Flea Market Saturday, March 16th 9am-3pm American High School Fremont Over 50 vendors! For details go to: ahsboutique.weebly.com		
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		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				
ROTARY CLUB OF NEWARK CA Meets on Tuesdays from 12:15 PM to 1:30 PM at Doubletree Hotel, 39900 Balentine Dr., Newark, CA 94560 Conference Room 3 The Newark Rotary Club was founded on May 8, 1961 and continues its community and international service work. Members share camaraderie, fun and self-service in helping others throughout the Tri-City area and beyond. We welcome you to join us for a free lunch on us! For more information, email rotarynewarkca@gmail.com		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				Rewarding volunteer opportunity! Deliver meals to seniors SOS Meals on Wheels Fremont, Newark, Union City M-F, 10:30am - 12:30 pm 10-15 clients per route Contact John, 510-244-0165 John@sosmow.org www.sosmow.org

OPINION



WILLIAM MARSHAK

In the 19th century, the work of Johann Gregor Mendel, a German-Czech monk in his abbey's garden and British biologist Charles Darwin's observations, the notion of genetic transmission and value of breeding outside a closed group emerged. Introduction of a wide range of genetic variables favors adaptation to environmental challenges.

Termed "hybrid vigor", the same theory can be applied in other situations. Introduction of new ideas and perspectives can stimulate discussion and energize thought processes mired in circular logic that resists original or novel ideas.

Hybrid Vigor

New and innovative businesses often are the result of entrepreneurs thinking "outside the box". Although not always financially successful, these methods stimulate additional efforts that lead to significant advances in science, medicine and many other disciplines including music and artistic expression.

The political arena is no different, facing the same obstacles of resistance by those benefitting from the status quo. Institutional memory is important to acknowledge and respect the past, but should not be a mandate for all future actions.

Term limits are designed to resist the lure of complacency of both elected and electorate. If, however, such limits do not apply or dominance of a particular political party or structure impedes the introduction of new ideas and progress, our government at all levels, will be in danger of failure.

As we move into this election year, hopefully candidates at least at the local level will include new faces and ideas that will challenge each other and

incumbents to clearly articulate their accomplishments and a dynamic vision for the future.

Elections for city councils, school boards and special districts are critical to the health and well-being of our communities. Residents with strong commitment to a dynamic, balanced society should be encouraged to join the candidate pool. They may need some reassurance to enter the political arena. In a free and open society, our collective answer should be a resounded "Yes, go for it!" Reliance on familiar faces, ideas and methods may be comfortable but introduction of novel and contrasting concepts may have merit as well, injecting hybrid vigor into our system.

William Marshak
PUBLISHER

EARTHTALK

EV Dismay: Is The Bloom Off The Rose For Electric Vehicles?

BY RODDY SCHEER AND DOUG MOSS

Dear EarthTalk: I've been hearing a lot of negative things about electric vehicles lately. Is the bloom off the rose?

—H.J. Columbia, MD

It has been a tough run for electric vehicles (EVs) in recent months, with lots of bad press about everything from shorter ranges in cold weather to consumer frustration with getting stranded to the huge carbon footprint of the newfangled cars when factoring in life cycle assessments that include manufacturing. Whether or not these problems are enough to reduce sales in 2024 for the first time in the modern history of EVs is anybody's guess.

Perhaps EV's biggest Achilles heel is the precious metal mining involved. According to Hesham Bakhbakhi, an expert in the central heating and renewable energy industry, the manufacture of a single Tesla Model Y battery requires moving some 250 tons of soil to obtain the needed metals (lithium, nickel, manganese and cobalt), not counting hundreds more pounds of aluminum, steel, graphite and plastic that are needed. "The Caterpillar 994A is used for earthmoving to obtain the essential minerals. It consumes 264 gallons of diesel in 12 hours," says Bakhbakhi. "Finally, you get a 'zero emissions' car."

According to the International Energy Agency, manufacturing EVs requires six times

the minerals and metals as an internal combustion engine vehicle. To add insult to injury, most of the minerals Tesla uses to manufacture these batteries come from China or Africa. "Much of the labor for extracting the minerals in Africa is done by children," adds Bakhbakhi. "If we buy electric cars, it's China who profits most."

A 2019 study by Ernst & Young found that it takes 65,000-80,000 miles of driving (5-7 years) to offset the carbon footprint of purchasing a new EV. But according to Carl Medlock of Seattle's Medlock and Sons, one of the few independent Tesla repair shops in the country, you'll have to replace that EV battery every eight years or so—at a cost of \$15,000-\$25,000! And you would be starting the whole carbon footprint cycle all over again. Indeed, many EVs that aren't even that old are heading for the scrapyard instead of onto a second life on the road. None of this is good news for consumers or the environment.

Perhaps this is why you can score a used EV surprisingly cheap. Rental car company Hertz announced recently that it is selling off some 20,000 EVs from its rental fleet with prices starting at only \$20,000 for a high-mileage but well-maintained Tesla Model 3. Hertz is also unloading Chevy Bolt EUVs starting at around \$22,500 and Tesla Model Ys for \$33,000. Hertz says it's time to sell these cars to better balance its supply and expected demand for EVs, but analysts point to the company needing to scrap lower-margin rentals and reduce damage expenses associated with EVs, which are much more expensive to fix after an accident

or breakdown than their internal combustion counterparts. But one can't also wonder whether the battery replacement cost of high-mileage EVs has a bit to do with Hertz's big sell-off now.

Nevertheless, most environmentalists remain bullish on the transition to EVs and view these bumps in the road as opportunities to learn and improve so that someday in the not-to-distant future, we can get most of the gas-guzzling cars and trucks off the American road and power our EVs with clean, renewable energy.

ONLINE CONTACTS

- Minerals used in electric cars compared to conventional cars
www.iea.org/data-and-statistics/charts/minerals-used-in-electric-cars-compared-to-conventional-cars
- Why Tesla's woes signal trouble for the electric car industry
www.kuow.org/stories/why-tesla-s-woes-signal-trouble-for-the-electric-car-industry

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Call 510-494-1999

510-494-1999
fax 510-796-2462
39737 Paseo Padre Parkway,
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Hayward Unified School District Board of Education Meeting

January 24, 2024
6:30 p.m.

Consent Items

- Appointments, Changes of Status, Waivers, Retirements, Leaves of Absence, and Terminations
- Overnight Study Trips
- Staff Out of State Travel Approval
- Expulsion Report Qtr. 1
- Title IX and Uniform Complaint Report Qtr. 1
- Williams Quarterly Report
- Non-Public Agency Placement NPA
- Authorization of Records Reclassification and Destruction
- Single Plan for Student Achievement
- Board of Education Schedule of Meetings
- Approve Memorandums of Understanding
- A) County of Alameda, Health Care Services Agency
- B) East Bay Agency for Children EBAC
- Approve Contracts
- A) The Write Keys 2 Consulting, LLC
- B) Children's Resources, Inc.
- C) Niroga Institute / Passed 4-0-1 (Ramos, Abstain)
- E) Youth Leadership Institute
- F) Ovi Inspires Consulting, LLC Amendment Passed 4- 1 (Ramos, Nay)

- G) School Yard Rap / Passed 4- 1 (Ramos, Nay)
- H) Sylvan Learning
- I) Marin County Office of Education - Walker Creek Ranch
- Measure H Contracts
- A) Man Wah Cheng and Associates
- B) YCG Civil Engineering
- C) Overaa & Co.
- D) One Workplace L. Ferrari
- Measure H Final Change Orders
- A) Bockmon & Woody Electric Co., Inc.
- B) Community Playgrounds, Inc.
- C) JL Construction, Inc.
- Measure H Notices of Completion
- A) Bockmon & Woody Electric Co., Inc.
- B) Community Playgrounds, Inc.
- C) JL Construction, Inc.
- Adopt Board of Education Resolutions
- A)HUSD Staff Signature Card
- B) Signature for Payroll Warrants & Distribution

President Peter Bufete	Aye
Vice President Sara Prada	Aye
April Oquenda	Aye
Joe Ramos	Aye; 1 Abstain; 2 Nay
Ken Rawdon	Aye

Robbery series at Fremont convenience stores

SUBMITTED BY FREMONT POLICE DEPARTMENT

On January 22, 2024, at approximately 10:43 p.m., Fremont Police Officers responded to a robbery at a local convenience store on Central Ave. The store clerk advised that two masked suspects went inside the store and began to take cigarettes from behind the sales counter. The suspects made threats to the clerks and made gestures that caused the clerks to believe that they were armed. The suspect fled in a vehicle.

Additional officers responded to the store and located the suspect vehicle nearby. A short vehicle pursuit ensued, and the suspect vehicle lost control and collided with the curb near the intersection of Central Ave. and Cedar Blvd. in Newark. The driver (later identified as Zocari Randy Hicks) and front passenger (later identified as Warren Christopher Rodgers Jr.) of the suspect vehicle immediately fled on foot. The

suspect vehicle's rear passenger (later identified as Keotis King Patterson) was compliant with officers' commands and was taken into custody.

Newark Police arrived on the scene as the two suspects fled on foot. A Newark Police Officer took custody of the front passenger a short distance away. As a perimeter was being established, Fremont Officers saw the suspect vehicle's driver, and a foot pursuit ensued. The suspect was taken into custody.

Officers searched the vehicle and recovered the loss from the convenience store. The trunk of the vehicle contained a bag filled with numerous cartons of cigarettes that were suspected to have been stolen from other convenience stores in the area. A check of the suspect vehicle revealed that it was reported stolen out of a nearby city. The total recovered loss was estimated to be \$10,000.

All three suspects were taken into custody and booked into Santa Rita Jail for various charges.

CHP Log

SUBMITTED BY CALIFORNIA HIGHWAY PATROL HAYWARD AREA OFFICE

Thursday, January 25

- Our dispatchers received a 911 call from a male caller who reported that another motorist pointed a gun at him while driving on SR-84. Officer Sidhu responded to the area and contacted the victim who was able to provide a description of the suspect, suspect vehicle and firearm.
- After investigating the crime, Officer Sidhu contacted the suspect and located the firearm used to commit the crime. The firearm was taken as evidence and the suspect was arrested for brandishing a deadly weapon.

Fremont Police Log

SUBMITTED BY FREMONT PD

Tuesday, January 16

- Officers responded to an explosion at an apartment on Waverly Ter. Officers found the apartment abandoned, but detected an unknown chemical odor. There was extensive damage to the apartment; the location was a clandestine lab and had been used to manufacture illegal drugs. Some surrounding residences were evacuated, and a contractor completed the cleanup effort.
- A group of teenagers were confronted by a subject inside a store on Stevenson Blvd. The subject battered and choked the two victims, then fled before officers arrived. The victims were medically cleared and went home with their parents. This case remains under investigation.
- Officers responded to a grand theft on the 35000 block of Terrace Dr. Multiple subjects stole several tools from the victim's work truck. When confronted, the subjects fled in a vehicle and struck the victim during the escape. The vehicle was identified as a stolen vehicle. It was later stopped by the Alameda County Sheriff's Office in Oakland, and two subjects were arrested. Both subjects were juveniles, and after being booked at Fremont Jail, the two were released to family members.

Friday, January 19

- A tenant (subject) at an apartment on Irvington Ave. threw tools at his downstairs neighbor. He chased the neighbor and the neighbor's toddler with a wooden stick, then confronted another neighbor and punched him. The subject made threats against the apartment manager, if she contacted the police. The apartment manager reported the subject a few days afterward, and officers arrested the subject.

Newark Police Log

SUBMITTED BY NEWARK PD

Monday, January 22

- 10:45 p.m.: Officers received broadcasts regarding a vehicle evading police and entering into Newark. Officer Swadener observed the vehicle collide in a hit-and-run in the area of Cedar Boulevard and Robertson Avenue. He then observed one occupant from the vehicle, a 21-year-old male flee on foot. Officer Swadener detained the male and he was turned over to Fremont Police.

Tuesday, January 23

- 8:35 a.m.: Officers were alerted to a stolen vehicle parked at the area of Balentine Drive and Stevenson Boulevard. A 33-year-old male from Pleasanton was arrested for possession of the vehicle.
- 4:03 p.m.: Officers were dispatched to an altercation at the 39800 block of Cedar Boulevard. Officers learned a fight occurred at

the location and the involved parties fled. A 24-year-old unsheltered male and a 36-year-old male, both out of Newark, were detained for the incident and fought with officers. The 24-year-old male was arrested for battery, assault, resisting arrest and outstanding warrants. The male was booked into Santa Rita Jail.

Wednesday, January 24

- 7:29 a.m.: Officer Quinonez investigated a vehicle burglary near Lafayette Avenue and McLaughlin Avenue. Entry occurred by prying the door and the reported loss are tools.
- 8:25 a.m.: Officer Townsend was dispatched to the 35900 block of Cherry Street regarding a disturbance. A 28-year-old male out of Newark was arrested for attempted burglary and vandalism and booked at Santa Rita Jail.

Friday, January 26

- 2:58 a.m.: Officer Riddles performed a traffic stop on a vehicle without license plates

Saturday, January 20

- An officer conducted a traffic stop on a vehicle driving recklessly near Deep Creek Rd. and Ariel Rd. The driver exited the vehicle and challenged the officer to arrest him. He then told the officer to shoot him and expressed suicidal thoughts. More officers arrived and detained the subject. He was placed on a mental health hold.

Sunday January 21

- An officer responded to an assault at a hospital on Paseo Padre Pkwy. The victim was walking to his car with a friend when three subjects struck the victim with a bottle and beat him. This case remains under investigation.
- Officers located a vehicle that had been carjacked the day before at a motel on Fremont Blvd. Two subjects had taken the vehicle at knife point. Three subjects were loitering around the vehicle, two of whom matched the description of the carjacking suspects. Officers conducted a car stop and arrested the three subjects.

Monday, January 22

- Officers responded to an in-progress robbery at a grocery store on Walnut Ave. Six subjects were stealing items, and when confronted, one brandished a bat and threatened employees. The subjects fled before officers arrived, but officers located one subject and arrested him.
- Officers responded to a robbery at a convenience store on Central Ave. Three subjects were arrested.
- Officers responded to a report of vandalism at a fast-food restaurant on Ardenwood Blvd. A subject was yelling and cursing at the cashier. He left the restaurant but returned with a hammer and smashed the store's two registers. He was detained and arrested by a neighboring police department.

near Mowry Ave and Newpark Mall Road. A 65-year-old male from Fremont was arrested for illegal possession of a firearm and narcotics.

Saturday, January 27

- 7:45 p.m.: Officer Swadener conducted a traffic stop on a vehicle with broken taillights and expired registration. The driver of the vehicle, a 35-year-old female out of Fremont, was arrested and released from the scene with a citation for not having a vehicle interlocking device and narcotics paraphernalia.
- 11:47 p.m.: Officer Orozco responded to a disturbance on the 37000 block of Walnut St. Upon arriving, a 29-year-old male fled on foot until apprehended on Thornton Ave. He was booked into Santa Rita Jail for possession of narcotics and delaying arrest.

Sunday, January 28

- 2:16 p.m.: Officer Lara was dispatched 36000 block of Ruschin Drive regarding a disturbance. A 44-year-old male was arrested for outstanding warrants.

Fremont Fire Log

SUBMITTED BY FREMONT FIRE DEPARTMENT

Thursday, January 25

- At 9:53 a.m. Fremont firefighters responded to a working fire at a vacant building at 40950 Chapel Way. Crews arrived to find heavy smoke showing from the building and quickly forced entry into the abandoned property.
- The one-alarm fire was confined to the area of origin near the front of the property and

extinguished within 20 minutes of crews arriving at the scene.

The building was previously red-tagged and boarded up as a result of a fire last year. A new red-tag, restricting all entry into the building, was placed on the front door. The cause of the fire is under investigation. There were no reports of injuries to firefighters or community members.

Tuesday, January 30

- The cause of a one-alarm fire on the 300 block of Walnut Ave. is under investigation. The fire was contained to an out-of-service tankless water tower being used as storage. Crews extinguished the fire within 20 minutes of arriving at the scene. There are no reports of injuries to firefighters or community members.

Milpitas Police Log

SUBMITTED BY MILPITAS PD

Thursday, February 1

- In December 2023, Milpitas Police Department Criminal Investigations Bureau Detectives began investigating a series of residential

burglaries in the City of Milpitas. Detectives collaborated with multiple Bay Area police agencies and learned the suspects were associated with other burglaries and home invasions in the Bay Area.

On January 23, 2024, Fremont Police Detectives, with the assistance of the San Jose Police Department's Air Support Unit, apprehended four suspects in Union City during an in-progress residential burglary. Milpitas Police Department Detectives assisted multiple other agencies with the execution of search warrants related to the burglaries and stolen property was recovered. The suspects were booked into Alameda County Jail and will be transferred to the Santa Clara County Main Jail on charges related to the burglaries committed in Milpitas.

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THE ROBOT REPORT

5 robotics startups
Bill Gates is
excited about

By BRIANNA WESSLING

There has been \$90 billion invested in robotics companies in the last five years, according to F-Prime Capital's 2023 State of Robotics Report. With more than 1,250 companies currently within the industry, it can be hard to sift through them all to pinpoint the most exciting startups.

However, Microsoft co-founder Bill Gates just shared five startups he thinks are making robots a reality. Gates noted that he has been more interested in companies that are working to solve dexterity and mobility issues with robots. With recent advances in generative AI, robots are further behind on those kinds of issues than they are on their ability to think, Gates says.

1. Agility Robotics

It's no surprise Agility Robotics was first on Gates' list. The Corvallis, Ore.-based company's Digit humanoid is being tested by GXO Logistics and Amazon. This sets it ahead of its humanoid competition, a field that has seen a lot of growth in the past year. The company is gearing up for a lot of growth. Last year, Agility opened RoboFab, a robot manufacturing facility in Salem, Oregon with the capability to produce more than 10,000 robots per year.

Gates noted that Digit can go anywhere a human can go, making it more flexible than other wheeled robots typically used in logistics operations. Digit has all of the flexibility of a human worker and more, as it can lift heavier loads than a human worker and extend its arms to reach higher shelves.

Agility Robotics co-founder and chief robot officer Jonathan Hurst will deliver the opening keynote at our Robotics Summit & Expo, which takes place May 1-2 in Boston. Hurst's keynote "Humanoid Robots Get to Work" will explore the technological breakthroughs propelling humanoids like Digit into the real world. It will also discuss the ongoing challenges and opportunities and go inside Digit's pilots with Amazon, GXO Logistics and more.

2. Tevel

Tevel was one of our top robots from the World Ag Expo in 2023 and a 2021 recipient of an RBR50 Robotics innovation Award for its fruit-picking drones. The Tel Aviv, Israel-based company has drones working in Italy, the United States, Chile, Israel, and more. Fruit picking isn't an easy challenge for robots, as it's difficult to create a system gentle enough to handle delicate fruits. Tevel offers precision and minimum bruising with its unique system.

The American Farm Bureau Federation estimates there are

around 2.4 million farm jobs that need to be filled annually. Gates says that this labor shortage found in agriculture can often lead to farmers tossing fruit that isn't harvested in time. Companies like Tevel can alleviate that gap and ensure every fruit is harvested.

3. Apptronik

Unveiled in August 2023, Apptronik's Apollo is the company's first humanoid robot. While it had worked on exoskeletons and bipedal locomotion in research and development projects, Apptronik mostly maintained a low profile since its start in 2016. The Austin-based company plans to release the robot in 2024, and aims for it to cost around the price of a new car.

Gates was impressed with Apollo's promised flexibility. The general-purpose robots can be programmed to do a variety of tasks, from working in traditional robot roles like manufacturing and logistics to helping with household tasks. Apollo can also run software from third parties, making it easier to add new functionalities once it's released.

4. RoMeLa

UCLA's Robotics and Mechanisms Lab, or RoMeLa, isn't technically a startup, but it's working on some impressive technology. The group's Advanced Robotic Technology for Enhanced Mobility and Improved Stability (ARTEMIS) robot can walk at 2.1 meters per second, an impressive speed for any humanoid robot. Gates was impressed with the robots speed and stability, as the robot is resistant to being tipped over. ARTEMIS competed at RoboCup 2023, an international soccer competition held in France, with impressive skills.

5. Field AI

Field AI isn't building physical robots like all of the other companies on this list. The company creates autonomy systems for any machine, making them ready to be deployed in the field. According to Field AI, it can make systems for legged, wheeled, flying, and tracked vehicles. They can also handle any environment, even unknown, dynamic, and unpredictable conditions.

For the online version of this article with impressive video shorts from the spotlighted companies, visit www.therobotreport.com/5-robotics-startups-bill-gates-is-excited-about/

Brianna Wessling is an Associate Editor, Robotics, WTWH Media. She joined WTWH Media in November 2021, and is a recent graduate from the University of Kansas. She can be reached at bwessling@wtwhmedia.com



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

Margaret Carmen Quinones
Resident of Union City
October 18, 1943 – January 29, 2024
Fremont Chapel of the Roses

Melvin A. Mello
Resident of Fremont
December 2, 1926 – January 25, 2024
Fremont Chapel of the Roses

Benjamin C. Nwangwu
Resident of Union City
September 15, 1956 – January 25, 2024
Fremont Chapel of the Roses

Lorin Medeiros
Resident of Reno, NV
March 12, 1953 – January 17, 2024
Fremont Chapel of the Roses

Lisette McBride
Resident of Fremont
August 28, 1950 – January 22, 2024
Fremont Memorial Chapel

Steven C. Foster
Resident of Fremont
July 7, 1942 – January 11, 2024
Fremont Chapel of the Roses

Raymond T. Schwarz
Resident of Fremont
November 21, 1940 – January 20, 2024
Fremont Chapel of the Roses

Bernardo Ornelas
Resident of Maricopa, AZ
April 8, 1945 – January 6, 2024
Fremont Chapel of the Roses

Gloria Sanchez-Alvarado
Resident of Union City
September 3, 1971 – January 10, 2024
Fremont Memorial Chapel

Anna Romero
Resident of Fremont
April 20, 1931 – January 10, 2024
Fremont Chapel of the Roses

John R. Herndon
Resident of Fremont
July 15, 1949 – January 10, 2024
Fremont Memorial Chapel

Robert G. Olson
Resident of Fremont
April 25, 1931 – January 6, 2024
Fremont Chapel of the Roses



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Michael Cochran
Resident of Fremont
April 5, 1964 – February 2, 2024

Ravindra Shetti
Resident of India
August 16, 1946 – January 31, 2024

Marek Kozak
Resident of Newark
June 16, 1953 – January 30, 2024

Geetha Iyengar
Resident of India
April 5, 1960 – January 29, 2024

Elizabeth Carnegie
Resident of Fremont
January 27, 1954 – January 28, 2024

Harriet Evans
Resident of Fremont
November 11, 1956 – January 28, 2024

Helen Bui
Resident of Sunnyvale
October 4, 1946 – January 27, 2024

Girish Keshavamurthy
Resident of Pleasanton
April 5, 1970 – January 26, 2024

Dennis Phillips
Resident of Fremont
June 9, 1940 – January 25, 2024

Rathna Kalale
Resident of San Jose
May 20, 1942 – January 25, 2024

Srinivasan Komandur
Resident of Berkeley
February 15, 1946 – January 25, 2024

Elmer Joe Taga
Resident of Newark
February 23, 1985 – January 24, 2024

Lutgardo San Valentin
Resident of Hayward
December 13, 1939 – January 23, 2024

Bernel Hallera
Resident of Milpitas
July 11, 1970 – January 22, 2024

Balraj Singh
Resident of Redwood City
November 15, 1996 – January 21, 2024

Roger Ripp
Resident of Union City
March 8, 1933 – January 20, 2024

Betty Sabraw Whitcomb
Resident of Fremont
March 5, 1928 – January 20, 2024

Emogene Bonior
Resident of San Jose
February 26, 1932 – January 18, 2024

Nu Loi
Resident of Fremont
September 24, 1950 – January 16, 2024

Christopher Tuvell
Resident of Walnut Creek
July 27, 1961 – January 16, 2024

Jayeshkumar Parikh
Resident of Fremont
October 5, 1946 – January 16, 2024

Nikhil Mazumder
Resident of San Jose
May 30, 1940 – January 16, 2024

Donald Hohl
Resident of Fremont
March 11, 1933 – January 16, 2024

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.
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SOCIAL SECURITY MATTERS

Ask Rusty – Will Withdrawing from 401(k) Affect My Social Security?

BY RUSSELL GLOOR,
NATIONAL
SOCIAL SECURITY ADVISOR,
AMAC FOUNDATION

Dear Rusty: My full retirement age (FRA) is 66 and 8 months, which I'll reach in September 2024. I'm still working three days a week. I want to cash in my 401K and want to know if I have to wait until my FRA for IRS purposes or can cash it in anytime in 2024. I don't want to affect my Social Security or end up paying taxes on my benefits.

Signed: Seeking to Avoid Taxes

Dear Seeking: We're not experts on IRS matters here at the AMAC Foundation so I can't address 401(k) questions, but we can provide information on your Social Security circumstances and how 401(k) withdrawals may affect your SS. I assume from your question that you are now receiving early Social Security and wish to avoid any tax consequences thereto by cashing in your 401(k), as well as from working. Here's what you need to know:

• Since you will reach your full retirement age (FRA) in 2024, your 2024 work earnings limit will be \$59,520 up to the month you reach FRA. If you were born in January 1958, you'll attain FRA in September 2024. After you have reached your FRA there is no longer a Social Security limit to how much you can earn from working, so your work earnings thereafter will not affect your monthly Social Security benefit regardless of how much you earn. If your part time work between January and August 2024 won't put you over the \$59,520 limit, your work earnings will not negatively affect your gross monthly Social Security benefit.

• Assuming you are on Medicare, the premium for which is deducted from your Social Security payment, withdrawals from your 401(k) might affect your net monthly Social Security payment in two years hence. Medicare premiums are based upon your combined income from all sources, including 50% of the SS benefits you received during the tax year. If your 401(k) withdrawal(s) put you over an income threshold for your tax filing status, you may be required to pay an "IRMAA" (Income Related Monthly

Adjustment Amount) on top of the standard Medicare premium. That IRMAA supplement would be deducted from your Social Security, which would affect the net amount of your Social Security payment. Your Medicare premium for each coming year is determined by your combined income from two years prior, so if you "cash in" your 401(K) in 2024, it would affect your net Social Security payments in 2026.

• Whether you will pay income tax on your Social Security benefits is determined by your combined income from everywhere, which the IRS calls your "Modified Adjusted Gross Income" or "MAGI." MAGI is your income from all sources (except ROTH IRA withdrawals) and includes half of the SS benefits you received during the tax year. If you file your taxes as a single, and your MAGI is over \$25,000 – or if you file your taxes as "married-jointly" and your MAGI is over \$32,000 – then 50% of the Social Security benefits received during the tax year becomes part of your overall income taxed by the IRS (at your normal IRS tax rate). But if your MAGI as a single filer is more than \$34,000 – or as a married/jointly filer over \$44,000 – then up to 85% of the SS benefits received during the tax year becomes part of your overall income taxed by the IRS.

So, to recap:

1. Your part time work earnings in 2024 won't affect your monthly Social Security benefit, unless your 2024 work earnings prior to September 2024 exceed \$59,520.
2. Depending on the amount of your 401(k) withdrawals, your 2026 net Social Security payments may be impacted by Medicare's IRMAA provision. But your 401(k) withdrawals will not affect your gross Social Security payments.
3. Depending on the amount of your 401(k) withdrawals, some of the Social Security benefits received during the 2024 tax year will likely be subject to income tax. That is, if your annual total income, including your 401(k) withdrawals, exceeds the MAGI thresholds described above.

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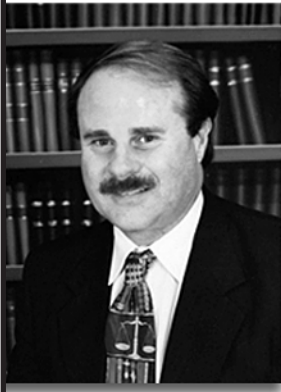
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R. L. JOHNSON ATTORNEY AT LAW

38750 Paseo Padre Parkway Suite C-1, Fremont

Please call for day, evening, or weekend, appointment

THE ROBOT REPORT

Next 12 months in the robotics industry

2023 was a year of great change within the robotics industry. We'll see ripple effects from the latest booms in artificial intelligence and humanoid robots for years to come. Entering into 2024, a number of promising technologies and use cases are primed for growth.

With 2023 in the rearview mirror, it's time to look ahead to what the next 12 months have in store for the robotics industry. Here are five robotics trends that we think will take center stage in 2024.

Generative AI will make robots smarter, more social

It would be impossible to talk about 2024 without theorizing how generative AI will continue to affect robotics. It was one of the biggest trends in robotics in 2023, and, if anything, it'll be even more present in 2024.

"Language models aren't just for IoT anymore. Given the ease with which interfaces like ChatGPT can interpret prompts into commands, there will be a new class of tools emerging that seeks to combine the best of natural language processing and perception hardware," said Brandon Minor, co-founder and CEO of Tangram Vision. "This feels like a natural extension from an engineer's point of view, and success would add a layer of 'magic' to any tech demo."

Researchers and developers are already using GenAI to make robots faster learners for difficult manipulation tasks. This research will likely continue this year, and some applications may even make their way into commercial robotics.

In addition, generative AI can make robots more personable, as it makes it possible for robots to understand natural language instructions. In 2023, Boston Dynamics used ChatGPT to turn one of its Spot quadrupeds into a tour guide, and we'll see more projects like this in the year to come.

"While the robotics industry is historically slow-moving to adapt to new technologies due to its complexity, I believe GenAI will be felt industry-wide within the next five years," observed Amir Bousani, co-founder and CEO of RGo Robotics. "When it

does reach critical mass, applications for mobile robots could include more sophisticated navigation behaviors based on interactions with their environment."

Robots get out of the warehouse and into new roles

Robots have come a long way from being used almost exclusively for automotive manufacturing. Now they're working in warehouses, grocery stores, fast food restaurants, and more. Enabled by generative AI, robots could interact with people more naturally in the next year, making them better for public-facing roles.

"In 2024, we'll see an acceleration of robots in public settings: sidewalk delivery, restaurants (both front of house and back of house), hotels, hospitals, parking lots, and more," said Adam Rodnitzky, co-founder and chief operating officer of Tangram Vision.

Mobile robot use cases will expand in 2024

Just a few years ago, autonomous mobile robots (AMRs) were a nascent technology that many industries were hesitant to use. Today, they're a \$20.3 billion industry, according to Markets & Markets. The firm predicted it will grow to \$40.6 billion by 2028.

"AMRs have been on the market for around 10 years," said Rasmus Smet Jensen, vice president of marketing and strategy at Mobile Industrial Robots (MiR). "The first few years saw robot enthusiasts and others testing single robots, but now companies from myriad industries deploy large fleets of robots into core production."

In 2024, we'll likely see mobile robots step out of the warehouse and into more unstructured environments. They're making headway in places like airports, where they can deliver goods to people waiting at their terminals.

"In 2024, we will see more robotics companies further integrate AI to not only help robots learn faster, but, almost more importantly, to better process the large amounts of data mobile robots can gather," said Tom Ryden, executive director of MassRobotics. "This will allow these robotic systems to better prove their ROI, leading to an increase in the rates of deployments."

Humanoids to keep making headlines, but deployments will still be rare

We're only a few days into 2024, and we've already seen companies teasing new humanoid robots. Just like 2023, humanoids will take center stage in 2024.

2024 could be a year of building robotics momentum.
Photo Source: Adobe Stock

Companies will continue to innovate and release new models or updated versions of existing legged robots.

However, it's unlikely that these robots will make their way into the world at scale – yet. While Agility Robotics is testing its Digit in Amazon warehouses and with GXO Logistics, it seems to be the exception.

Developers face a few more years of development before humanoids will enter the workforce in large numbers.

"Across the industry, there needs to be more education to customers — and the end users — around the different advantages of robotics," said RGo's Bousani. "Right now, there is a common perception that humanoids will displace traditional human jobs and reshape the future workforce. While humanoids will not take over the workforce any time soon, advancements in human-level perception and computer vision technologies will unlock entirely new applications and uses for mobile robots over time."

"Investments in humanoids like the Digit robot will gain traction for specific applications but not become mainstream anytime soon," he said.

Robotics developers will go all in on Rust in 2024

In September 2022, Linux's "benevolent dictator for life," Linus Torvalds, mentioned that the Rust programming language would be used in the upcoming Linux 6.1 kernel. This opened doors for robotics developers to rely less on C as a programming protocol.

In addition, developers have added several new features to Rust to make it more secure and functional. Heading into 2023, it could make some serious inroads into robotics.

"While many roboticists have casually dabbled with Rust, there is a growing contingent that are pushing ever more aggressively for broader adoption within the robotics community," said Tangram Vision's Rodnitzky.

Brianna Wessling is an Associate Editor, Robotics, WTW Media. She joined WTW Media in November 2021, and is a recent graduate from the University of Kansas. She can be reached at bwessling@wtwhmedia.com

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PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
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NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARINGS ON THE FOLLOWING PROPOSALS. SAID PUBLIC HEARINGS WILL BE HELD AT 7:00 P.M., ON THURSDAY, FEBRUARY 22, 2024, AT THE COUNCIL CHAMBERS, CITY HALL, 3300 CAPITOL AVENUE, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

WITHERLY LANE HOMES – 830 Witherly Lane - PLN2023-00143 – To consider a Design Review Permit, Vesting Tentative Tract Map No. 8546, and a Private Street in conjunction with a proposal to subdivide the three-lot, 4.15-net-acre site into 10 single-family lots at 830 Witherly Lane in the Mission San Jose Community Plan Area and to consider a finding that no further environmental review is required pursuant to an exemption from the requirements of the California Environmental Quality Act (CEQA) per CEQA Guidelines Section 15183, as the project is consistent with the land use envisioned for the site as established by the General Plan for which an Environmental Impact Report (SCH#2010082060) was previously prepared and certified.

Project Planner – Marc Cleveland, (510) 494-4543, mcleveland@fremont.gov

APPEAL OF FREMONT HUB MIXED-USE – 39150 Argonaut Way - PLN2024-00090 – To consider a third party appeal of the Zoning Administrator's decision to approve: 1) the Discretionary Design Review Permit (under PLN2022-00487) to allow a proposed mixed-use development consisting of a freestanding 13,000-square-foot retail-pharmacy building with a drive-through lane and a six-story mixed-use building containing 314 apartment units and 14,157 square feet of retail-commercial space at 39150 Argonaut Way in the Central Community Plan Area; and, 2) an exemption from the requirements of the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15183, as the project is consistent with the density established by the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified, and CEQA Guidelines Sections 15162 and 15164, as none of the circumstances requiring preparation of a subsequent or supplemental EIR have occurred.

Project Planner – Mark Hungerford, (510) 494-4541, mhungerford@fremont.gov

APPEAL OF GATEWAY PLAZA APARTMENTS, 36190 Paseo Padre Parkway – PLN2024-00091 – To consider a third party appeal of the Zoning Administrator's decision to approve: 1) the Discretionary Design Review Permit (under PLN2023-00198) to allow a proposed five-story, 206-unit apartment building within the Gateway Plaza Shopping Center at 36190 Paseo Padre Parkway in the Central Community Plan Area; and, 2) an exemption from the requirements of the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15332, Infill Development Projects, and a finding that no further environmental review is required pursuant to CEQA Guidelines Section 15183, as the project is consistent with the density established by the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified, and CEQA Guidelines Sections 15162 and 15164, as none of the circumstances requiring preparation of a subsequent or supplemental EIR have occurred.

Project Planner – Mark Hungerford, (510) 494-4541, mhungerford@fremont.gov

2023 HOUSING ELEMENT ANNUAL PROGRESS REPORT – 39550 Liberty Street - PLN2024-00067 – To consider an annual report on the status of implementation of the General Plan and 2023-2031 Housing Element, and to consider a finding that the annual report is exempt from the requirements of the California Environmental Quality Act (CEQA) pursuant to CEQA Guidelines Section 15378 in that the activity does not meet CEQA's definition of a "Project."

Project Planner – Mayank Patel, (510) 494-4450, mpatel@fremot.gov

* NOTICE *

If you challenge the decision of the Planning Commission in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Planning Commission at, or prior to, the public hearing.

JOEL PULLEN, AICP, SECRETARY
FREEMONT PLANNING COMMISSION



CNSB # 3780095

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS NAME STATEMENT

File No. 603382
Fictitious Business Name(s):
FREEMONT DENTAL CARE, 3906 DECATO ROAD, FREMONT, CA 94536 County of ALAMEDA
Registrant(s):
YAMROT ALEMU, DDS, INC, 1279 4TH AVE, SAN FRANCISCO, CA 94122
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/ YAMROT ALEMU, DDS, INC
S/ YAMROT ALEMU

This statement was filed with the County Clerk of Alameda County on 01/16/2024.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20, 2/27/24

CNS-3780314#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 603259
Fictitious Business Name(s):
SOO JA FUSION BISTRO, 6038 STEVENSON BLVD, FREMONT, CA 94538 County of ALAMEDA
Registrant(s):
SOO JA INC, 6038 STEVENSON BLVD, FREMONT, CA 94538
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on

NOTICE OF PUBLIC HEARING
CITY OF FREMONT
ZONING ADMINISTRATOR

NOTICE IS HEREBY GIVEN THAT THE ZONING ADMINISTRATOR OF THE CITY OF FREMONT WILL HOLD PUBLIC HEARING ON THE FOLLOWING PROPOSAL. SAID PUBLIC HEARING WILL BE HELD AT 3:00 P.M., ON TUESDAY, FEBRUARY 20, 2024, AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIBERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD.

SKAF AUTOMOTIVE SALES – 4432 Enterprise Street Suite R - PLN2024-00038 – To consider a Zoning Administrator Permit for indoor automotive sales by appointment only for Skaf Commercial Fleets Inc., located at 4432 Enterprise Street Suite R in the South Fremont Community Plan Area; and to consider a finding that no further environmental review is required pursuant to the California Environmental Quality Act (CEQA) per, without limitation, CEQA Guidelines Section 15301, Existing Facilities, and CEQA Guidelines Section 15183, as the project is consistent with the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified. Each of the foregoing provides a separate and independent basis for CEQA compliance.

Project Planner – Spencer Shafsky, (510) 494-4452, sshafsky@fremont.gov

* NOTICE *

If you challenge the decision of the Zoning Administrator in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the Zoning Administrator at, or prior to, the public hearing.

CLIFFORD NGUYEN
ZONING ADMINISTRATOR



CNSB # 3780099

12/27/2016.

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/OO JA INC
S/ JIN SOOK PARK

This statement was filed with the County Clerk of Alameda County on 01/09/2024.

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). 2/6, 2/13, 2/20, 2/27/24

CNS-3779366#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603437
Fictitious Business Name(s):
REOISS, 7788 LAGUNA HEIGHTS COURT, SUNOL, CA 94586, County of ALAMEDA
MAILING ADDRESS: 7788 LAGUNA HEIGHTS COURT #444, SUNOL, CA 94586, County of ALAMEDA
Registrant(s):
ARJAN BAINS, 7788 LAGUNA HEIGHTS COURT #444, SUNOL, CA 94586, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

/s/ ARJAN SINGH BAINS
This statement was filed with the County Clerk of Alameda County on 01/18/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20/24

CNS-3776993#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603418
Fictitious Business Name(s):
PERSONAL TOUCH, 813 KAIBAB CT., FREMONT, CA 94536, County of ALAMEDA
Registrant(s):
VICTOR NOLASCO, 813 KAIBAB CT., FREMONT, CA 94536, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 12/01/2023

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

/s/ VICTOR NOLASCO
This statement was filed with the County Clerk of Alameda County on 01/17/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20/24

CNS-3776552#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603359
Fictitious Business Name(s):
KRIYAA, 608 FESTIVO COURT, FREMONT, CA 94539, County of ALAMEDA
Registrant(s):
SOWMIYA NARASIMHAN, 608 FESTIVO COURT, FREMONT, CA 94539, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 04/05/2023

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/ SOWMIYA NARASIMHAN
This statement was filed with the County Clerk of Alameda County on 01/16/2023

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). 1/23, 1/30, 2/6, 2/13/24

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603358
Fictitious Business Name(s):
LABEL KRIYAA, 608 FESTIVO COURT, FREMONT, CA 94539, County of ALAMEDA
Registrant(s):
SOWMIYA NARASIMHAN, 608 FESTIVO COURT, FREMONT, CA 94539, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 04/05/2023

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/ SOWMIYA NARASIMHAN
This statement was filed with the County Clerk of Alameda County on 01/16/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20/24

CNS-3776153#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603395
Fictitious Business Name(s):
FOAMWAVE DESIGNS, 3478 BAUMBERG AVE, HAYWARD, CA 94545, County of ALAMEDA
Registrant(s):
MOISES ALEJANDRO TORRES HERNANDEZ, 3478 BAUMBERG AVE, HAYWARD, CA 94545, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 01/16/2024

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/ MOISES ALEJANDRO TORRES HERNANDEZ
This statement was filed with the County Clerk of Alameda County on 01/16/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20/24

CNS-3776152#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 557259
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
The Fictitious Business Name Statement filed on 04/02/2019 in the County of Alameda.
RETAIL TENANT SOURCE, 4104 TAWN TERRACE, FREMONT, CA 94536, County of ALAMEDA.
Registered Owner(s):
SCOTT M. CAPEN, 4104 TAWN TERRACE, FREMONT, CA 94536, County of ALAMEDA
This business is conducted by: AN INDIVIDUAL
I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/ SCOTT M. CAPEN
This statement was filed with the County Clerk-Recorder of Alameda County on 01/16/2024.

1/23, 1/30, 2/6, 2/13/24

CNS-3776144#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603277
Fictitious Business Name(s):
SUNNYSIDE UP DAYCARE, 39159 SUNDAL DR., FREMONT, CA 94538, County of ALAMEDA
MAILING ADDRESS: 39159 SUNDAL DR, FREMONT, CA 94538
Registrant(s):
DGGC LLC, 39159 SUNDAL DR, FREMONT, CA 94538
Business conducted by: A LIMITED LIABILITY COMPANY
The registrant began to transact business using the fictitious business name(s) listed above on 01/04/2024

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/ DAISY CANO GUZMAN
This statement was filed with the County Clerk of Alameda County on 01/09/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/30, 2/6, 2/13, 2/20/24

CNS-3776136#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603316
Fictitious Business Name(s):
EVERGREEN AUTO SALE, 37525 GLENMOOR DRIVE #6, FREMONT, CA 94536, County of ALAMEDA
Registrant(s):
EVERGREEN TRANSPORTATION LLC, 4425 BIDWELL DRIVE #2103, FREMONT, CA 94538 (CALIFORNIA)
Business conducted by: A LIMITED LIABILITY COMPANY
The registrant began to transact business using the fictitious business name(s) listed above on 1/10/2024

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/ HUMAYUN SHAGHASI
This statement was filed with the County Clerk of Alameda County on JANUARY 11, 2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/23, 1/30, 2/6, 2/13/24

CNS-3774570#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603170
Fictitious Business Name(s):
WALIA PROPERTIES, 4254 RIBERA ST., FREMONT, CA 94536, County of ALAMEDA
Registrant(s):
SURENDERPAL SINGH WALIA, 4254 RIBERA ST., FREMONT, CA 94536, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 1999

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/ SURENDERPAL SINGH WALIA
This statement was filed with the County Clerk of Alameda County on 01/03/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/23, 1/30, 2/6, 2/13/24

CNS-3774071#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 602468
Fictitious Business Name(s):
UNION CITY PEDIATRIC AND ADOLESCENT DENTISTRY, 33800 ALVARADO NILES ROAD SUITE #7, UNION CITY, CA 94587 County of ALAMEDA
Registrant(s):
MICHAEL SUH DDS, DENTAL PRACTICE PC, 33800 ALVARADO NILES ROAD SUITE #7, UNION CITY, CA 94587 (CALIFORNIA)
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 11/30/2023.

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/ MICHAEL SUH DDS, DENTAL PRACTICE PC
S/ MICHAEL SUH
This statement was filed with the County Clerk of Alameda County on 12/05/2023

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). 1/16, 1/23, 1/30, 2/6/24

CNS-3773696#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 603241
Fictitious Business Name(s):
HALELUYA ETHIOPIAN GOURMET, 4144 WALNUT AVE., FREMONT, CA 94538, County of ALAMEDA
Registrant(s):
HALELUYA ASSEFA, 4144 WALNUT AVE., FREMONT, CA 94538, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 01-25-2019

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/ HALELUYA ASSEFA
This statement was filed with the County Clerk of Alameda County on 01/08/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 1/16, 1/23, 1/30, 2/6/24

CNS-3773292#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 582043
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
The Fictitious Business Name Statement filed on 08/27/2021 in the County of Alameda.
AIRLINK COMPRESSOR AND VACUUM, 242 HARDER RD., HAYWARD, CA 94544, County of ALAMEDA.
Registered Owner(s):
JOSE M. ELIARES, 242 HARDER RD., HAYWARD, CA 94544, County of ALAMEDA.
This business is conducted by: AN INDIVIDUAL
I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to this section that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ JOSE ELIARES
This statement was filed with the County Clerk-Recorder of Alameda County on JAN 05, 2024.

1/16, 1/23, 1/30, 2/6/24

CNS-3773291#

PUBLIC NOTICES

professional immediately for advice regarding this potential right to purchase. File No.:23-06189CA If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. For Trustee Sale Information Log On To: www.nationwideposting.com or Call: (916) 939-0772. Dated: January 26, 2024 By: Omar Solorzano Foreclosure Associate Affinia Default Services, LLC 301 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0446163 To: TRI-CITY VOICE 02/06/2024, 02/13/2024, 02/20/2024 2/6, 2/13, 2/20/24

CNS-3779400#

T.S. No. 116434-CA APN: 525-1271-078-00 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 6/17/2021. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 3/13/2024 at 12:00 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 11/16/2021 as Instrument No. 2021373079 of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA executed by: MARGARET E. SAENZ, AN UNMARRIED WOMAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE; AT THE FALLON ST. EMERGENCY EXIT OF THE ALAMEDA COUNTY COURTHOUSE, 1225 FALLON ST., OAKLAND, CA 94612 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: LOT 100, IN BLOCK 8 OF TRACT 1955, FILED DECEMBER 29, 1958, IN BOOK 39 OF MAPS, PAGES 39 AND 40, RECORDS OF SAID COUNTY. MORE ACCURATELY DESCRIBED AS LOT 100, IN BLOCK 8 OF TRACT 1955, FILED DECEMBER 30, 1958, IN BOOK 39 OF MAPS, PAGES 39 AND 40, RECORDS OF SAID COUNTY. The street address and other common designation, if any, of the real property described above is purported to be: 4171 GLENWOOD ST, FREMONT, CA 94538 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$520,470.93 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 116434-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 116434-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP 8880 Rio San Diego Drive, Suite 725 San Diego, California 92108 1/23, 1/30, 2/6/24

CNS-3773546#

First-Place Gladiators Close Out Hawks

BY PHIL JENSEN

In a matchup between two established men's basketball programs, host Chabot College pulled away in the second half for a 91-76 victory over Las Positas on Wednesday, January 24.

"We're learning how to close out big games," said Chabot coach Keenan McMiller, whose squad won its fifth straight game. "You never know who may step up."

Chabot, eighth in the state in the most recent CCCMBCA rankings, is now 17-4 overall and 5-0 in Coast Conference-North play. Las Positas, ranked 24th, is now 13-7, 0-4. "It is unforgiving," said Las Positas coach James Giacomazzi about the Coast Conference. "If you make any little mistake or miscommunication, or you lose focus or concentration for a second, everybody in our league will make you pay for it. We're giving away too many easy points where now we have to work even that much harder. We've got to go back to the video and learn and get better, and we're learning on the job. We have a lot of youth. ... Every experience is a learning experience."

Chabot sophomore guard Zach Broadous was an offensive force. The 6-foot-4 Broadous scored a game-high 31 points, including four 3-pointers and 9-for-12 shooting from the free-throw line. "Man of consistency for two years," said McMiller about Broadous. "He's just a killer. When the lights are on and we need a bucket, he's going to bring it."

Alex Martin paced Las Positas in scoring with 18 points, including 6-for-7 free-throw shooting. Chabot led 23-13 with 10 minutes, 36 seconds left in the first half on two free throws by Marcellus Edwards. But Las Positas chipped away at the lead, cutting it to two points twice in the next five minutes. However, a steal and layup by Chabot's Noah Thomas with 5:45 to go in the half started an 11-2 run over the next two minutes which forged a 41-30 lead.

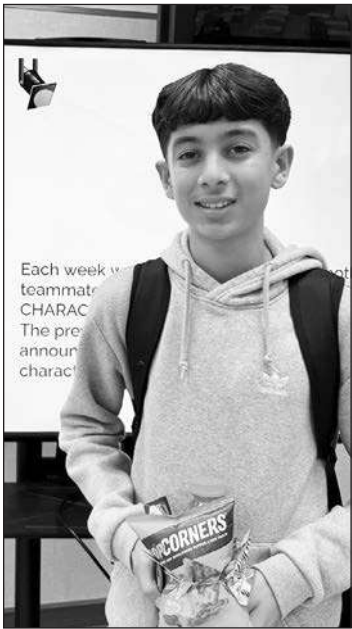
Then it was Las Positas which had a run. A layup by Elliot Mobley started a 10-5 Hawks surge to end the half, as they trailed by only six points at 46-40.

In the second half, Las Positas narrowed Chabot's lead to 55-51 with 14:49 to go. But a putback by Makaio Mims started a 20-7 Gladiators run in the next 7 minutes, 39 seconds, and Chabot led by double figures the rest of the game.

McMiller said that Chabot changed to a matchup zone defense, and also changed its press and how it attacked offensively in the second half. Broadous produced 19 points in the second half, and Mims scored six of his 13 points. Two other double figure scorers for the Gladiators were Malik Kaba and Edwards, both with 11 points.

Las Positas' Elijah Mobley backed up Martin with 13 points, and teammate Sterling McClanahan added 11 points.

Cougars Report



Hiten Sroy

SUBMITTED BY
RACHEL KAHOALII

Champions of Character

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

Sport
Boys Basketball

Hiten Sroy

Freshman Hiten Sroy attacks every day with high focus and effort. He listens intently and leads by example. He doesn't let outside factors change how he



Julius Raguindan

approaches each day and this shows in his tremendous progress throughout the year.

Julius Raguindan

Sophomore Julius Raguindan has been an amazing teammate from the very beginning of the season. He has been one of the most coachable players on Junior Varsity basketball, never complaining about the minutes he would play, or not play. He would simply ask what he needs to do to help the team, work hard in practice on those things. Most importantly he would cheer on teammates and be a positive influence on the team, whether he was in games or not. Julius truly embodies the Character of a Champion.



Mark Vivar

Mark Vivar

Junior Mark Vivar personifies the qualities of an exceptional teammate. Since day one, he has consistently attended every practice and game without a hint of complaint. When called upon to enter the game, he responds with enthusiasm, delivering 100% effort throughout every minute on the court. Even when not in the game, Mark continues to cheer on his teammates with unwavering positivity. I can proudly say that Mark plays with a smile, regardless of the circumstances. He's always open to feedback, maintaining a positive attitude and his strong work ethic is commendable.

Newark Memorial Girls' Soccer Wins Four Straight



BY ANDREW JOSEPH

The Newark Memorial Cougars girls' soccer team won 5-0 over Moreau Catholic on the road in Hayward now sitting at 2nd place in the Mission Valley Athletic League (MVAL) at 6-0 winning seven of their last eight games that were all league matchups.

"The mindset heading into this game was knowing we were going to win so I just wanted our players to play well and do all our fundamentals correctly," said Cougars head coach Roberto Lombana.

The Cougars improve to 12-3 overall this season and 10-1-1 in the MVAL while the Mariners fall to 4-9-2 overall and 2-8-2 in the MVAL. Newark Memorial wins the season against Moreau Catholic 2-0 winning at home by a score of 8-0 earlier this season.

The first half of the game was a back and forth movement of the ball on both sides of the field. The first goal was scored with two minutes remaining in the first half by Jada Perez-Soriano when she caught a pass from Azara Waite and was running

towards the goal when the Mariners goalie fell down and gave up a wide open goal to Newark Memorial. The score was a 1-0 Cougars lead at halftime.

"We started with our bench players in the first half because we knew we were going to win so when our starter came in after halftime that's when you saw us scoring a lot more."

From the beginning of the second half the Cougars immediately began attacking vigorously by scoring one goal less than a minute into the half. A total of four goals were scored after halftime and Newark Memorial walks away with an ensuring road victory.

"Our goal this season is to get into the North Coast Section (NCS) playoffs and hopefully make it past the first round," added coach Lombana.

Newark Memorial wins its fourth straight game including seven of the last eight and is just behind American for first place in the MVAL standing as we approach the end of the regular season and beginning of the playoffs. The Cougars next game is at Mission San Jose on Tuesday, February 6 in a league matchup.

Pickleball Classes

SUBMITTED BY
HAYWARD AREA RECREATION AND PARK DISTRICT

Introduction to Pickleball

This community class is designed to introduce brand new players to the exciting sport of Pickleball. Played with a wiffle ball and paddle on a mini tennis court, it offers great exercise, social interaction and tons of fun. Make sure you bring water, a hat, court shoes and a smile.

- 18 yr. / \$18 / 1 class
- Mar 11 / 9:30 a.m. -11:00 a.m.
- Mar 16 / 12:00 p.m. -1:30 p.m.
- May 5 / 12:00 p.m.-1:30 p.m.

Pickleball Introduction Level 1

This clinic is designed to introduce new players to the exciting sport of pickleball. In this 4-week course you will learn proper stroke mechanics, court positioning and shot selection through drills and game play. You will develop proper technique on ground strokes, forehand, backhand, serving, return of serve, and volleys. Please bring court shoes, water, a hat, and a smile.

- 18 yr. / \$59 / 4 classes
- Mar 12 - Apr 2 / 9:30 a.m. - 11:00 a.m.
- Apr 1 - Apr 22 / 9:30 a.m. - 11:00 a.m.
- Apr 6 - Apr 27 / 12:00 p.m. - 1:30 p.m.
- May 4 - May 25 / 12:00 p.m. - 1:30 p.m.

For registration and other information visit (page 48):
www.haywardrec.org/DocumentCenter/View/10004/2024-HARD-Spring-Recreation-Guide



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Moreau Catholic Boys' Basketball Atop League

BY ANDREW JOSEPH

The Moreau Catholic Mariners boys' basketball team won 67-41 on Friday, February 2 at home in Hayward against the American High Eagles in a Mission Valley Athletic League (MVAL) matchup between first and second place in league.

"The mindset heading into today was to treat this as much as a playoff game as possible because we don't get a lot of challenging games in our league," said Mariners Head Coach Frank Knight. "Our man-to-man defense really did a great job and only gave up 15 points in the first half."

Jalen Arnold was the leading scorer for Moreau with 13 total points. The scoring came from several of their players showing that they have a deep and capable group on the bench. Other leading scorers for the Mariners include Kevin Chapman with nine points, Spencer Shonnard with eight points, and transfer student

Cole Loud in his first game with 10 points. American High's Kiratraj Sanghera had a game high of 19 points but scoring was limited for the Eagles.

"Our whole focus tonight was to get the game over with and win so we can be league champs," said Arnold. "Compared to last season it feels good to be in first place again, but we still have work to do in the playoffs."

The Mariners got off to a strong start with great ball movement, efficient offense, and showing the can make three pointers when given open looks. They went on a 10-5 run to end the first half and go into the locker room with a 28-15 lead at intermission. Loud ended the second quarter with a dunk and came out to score again on back-to-back buckets to start the third quarter.

"What was going through my head on that dunk was get down the paint and score to help our team win this game," said Loud. "Our goal this season is to keep



Union City Lions Club and Union City Police Officers Association Presents



Crab Feed!

February 24, 2024

Southern Alameda Co. Buddhist Church
32975 Alvarado-Niles Road
5:00pm Happy Hour
6:00pm Dinner

Featuring:
Music
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Auction
No Host Bar

NO OUTSIDE ALCOHOL ALLOWED

Proceeds will benefit community programs and service projects. Sponsorships are available. Please contact Anna at unioncitypoa@gmail.com for additional information.

Tickets: \$80.00 per person (includes drink ticket)
Ask any Lions Club or Peace Officer Association member or email uclion94587@gmail.com or unioncitypoa@gmail.com, in the subject line please indicate this is for purchase of Crab Feed Tickets.

Important Notice Regarding Seating
People wanting to sit together as a group need to be present at the time of the group's seating, or present the tickets for the members of their group to reserve a seat for late arrivals of their party.

winning and go on a good playoff run."

From the beginning of the second half, Moreau looked to send a message by racking up points on offense going on a 13-5 run to end the third quarter. The game was sealed by the fourth quarter and gave time for reserves to get playing time. The ball movement and spreading of the offense across the whole roster is what is going to help the Mariners when the playoffs begin later this month.

The Mariners win the season series against the Eagles 2-0, winning the first matchup 73-46 in Fremont. As the regular season nears its end, Moreau looks to make back-to-back trips to the Division 1 North Coast Section (NCS) title game and come out on top to avenge last year's loss to Clayton Valley Charter 82-79 in overtime.

"We had four seniors on the team last year who started, so this year has kind of been a blank slate with a new group of players," added coach Knight. "I

think we'll either be a 1 or 2 seed in the playoffs because we're undefeated in league, and when the playoffs start this year, we'll be ready."

The next game for the Mariners is Wednesday, February 7 at Irvington High in Fremont. The Eagles next game is Wednesday, February 7 at home against Kennedy High.



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