



Fremont Bank names Don Marek as President

Page 9



Class is out but community lives on

Page 6



The power of impasto painting with acrylic

Page 4

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Gemignani has entered competitions around the world for both pizza-making and pizza-throwing. Credit: Marc Fiorito Gamma Nine 4

Slice of Home

TONY GEMIGNANI'S RESTAURANTS ARE ALL OVER CALIFORNIA BUT HIS ROOTS WILL ALWAYS BE IN FREMONT

By LISA PLACHY

The Fremont of Tony Gemignani's childhood looks a lot different than the Fremont of today. The world-renowned pizza chef and restaurateur remembers a landscape filled with farms and a wide expanse of city. He remembers cruising up and down the boulevard and dirt biking across his neighbor's land. Mostly he remembers the farms. "It sounds like it was 100 years ago," the renowned pizza entrepreneur says. "At one time Fremont was filled with corn and apricots and cherry trees." Gemignani grew up helping work his grandfather's farm until he was about 17 years old. They grew apricots and cherries, naturally, but also fava beans, oranges, lemons, tomatoes and zucchini on about 20 acres of land—a number that seemed like 50 to a young Gemignani. Eventually his grandfather began to sell off the farm piece by piece, like so many others in the area. The dot com boom came for Fremont and its farmers. Gemignani left in his twenties. That's when he began to change, too. Over three decades, Gemignani would go on to become a 13-time world pizza champion and the face of a network of restaurants across California and Nevada, including the recent expansion of Slice House, his fast-casual pizza franchise. With more than 140 locations either open or under development, it's a growing piece of his empire. It's also the one that could bring him back home.

A Young Gemignani

Gemignani can't pin down a breakthrough moment that led him to pizza making, though the dish definitely played a role in his upbringing. "Our spot was Uncle Joe's," he says, recalling the place his grandfather would take him and his brother Frank out to eat once a week. "It was always Friday night, it was pizza night. I remember getting my extra cheese pizza that I loved. That was a special time growing up." Memories like these are among the formative experiences that shaped how Gemignani would go on to run his restaurants. His grandfather, remembered by Gemignani for his work ethic, was the one who showed a young Tony how to select the best produce. Gemignani's mother taught him how to cook and was known for bringing friends and family together at lively dinners. She cooked such massive quantities of food that guests left with "more food than they ate," says Gemignani. And there were always, he remembers, fresh ingredients, plucked straight from the farm. When Gemignani left home, he didn't stray too far. In 1991, he went to work for his brother at Pyzano's Pizzeria in Castro Valley, where Gemignani the showman and pizza master began to emerge. After impressing customers with his dough-throwing skills, he entered competitions around the world for both pizza-making and pizza-throwing. In 2007, he earned the title of World Champion Pizza

continued on page 16

Fremont Festival of Arts celebrates four decades

CHAMBER OF COMMERCE SUPPORTS LOCAL ARTISTS, CHEFS, COMMUNITY GROUPS

By JORDAN COOPER

World Lung Cancer Day: Screening Test for Smokers Saves Lives

Local Physician Raises Awareness for Early Detection

Many people know that early detection of breast, colon and prostate cancer can help save lives. Smokers also need to know that a screening test for lung cancer can help them either rest assured that their lungs are healthy, or detect a problem early and get treatment sooner.

Washington Hospital Healthcare System (WHHS) offers safe and effective low-dose computed tomography (LDCT), a CT screening test to detect lung cancer in the early stages, when surgery and

“We have far more tools today than we had 10 years ago to detect lung cancer sooner. The low-dose CT scan is helping save lives.”

— Jason Chu, MD

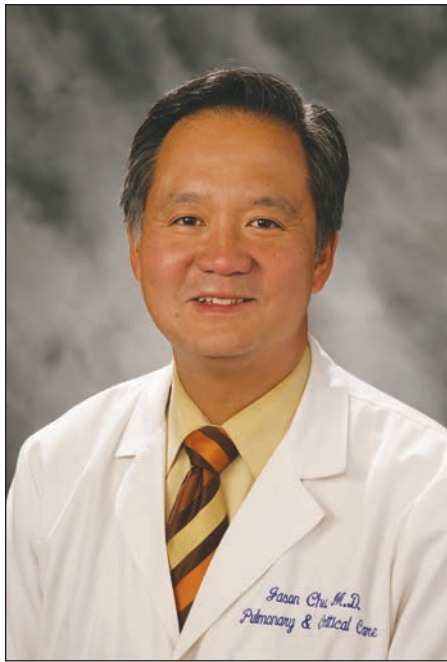
treatment are most effective. The low-dose scan is recommended for adults with a high risk of developing lung cancer based on their age and smoking history, but have no symptoms.

“Preventive measures, early detection and treatment are key,” said Jason Chu, MD, Washington Township Medical Foundation (WTMF) pulmonologist and Director of the Washington Hospital Respiratory Care Services. “We have far more tools today than we had 10 years ago to detect lung cancer sooner. The low-dose CT scan is helping save lives.”

In recognition of World Lung Cancer Day, which is marked on Aug. 1, Dr. Chu is raising awareness that this simple screening test can make a difference for smokers. “Awareness, awareness, awareness is what it takes,” he emphasized.

“It all starts by bringing any concerns to the attention of your primary care physician or pulmonologist,” he added. “If you have a cough that isn’t going away, chest pain, or an area of concern, first talk to your health care provider. We now have the ability and technology to help you earlier.”

It used to be that lung cancer was only caught in the later stages on a standard X-ray, leaving few options for treatment or much hope for survival.



Jason Chu, MD

Don’t Ignore a Cough or Pain

Too many smokers, ignore a cough or attribute it to a cold or bronchitis, not wanting to think the worst. Dr. Chu suggested that it’s always better to err on the side of caution and talk to the doctor.

“The scan is safe, easy, and very effective at detecting lung cancer early. It’s covered by Medicare and many insurance plans, and is noninvasive with no ill effects,” he explained.

The scan is a procedure that uses a computer linked to an X-ray machine to make a series of detailed 3-D pictures of the lungs from different angles, according to the National Institutes of Health National Cancer Institute. The amount of radiation is very low.

“The National Lung Screening Trial has shown that screening with low-dose CT as opposed to chest X-rays or sputum cytology, has decreased the risk of dying from lung cancer by 15 to 20 percent in current or former heavy smokers,” Dr. Chu noted.

Conducted in the early 2000s, the trial compared two ways of detecting lung cancer: by LDCT versus standard chest X-ray. The study revealed that participants who received LDCT had a lower risk of dying from lung cancer than those who received standard chest X-rays. This is

equivalent to approximately three fewer deaths per 1,000 people screened.

The annual lung cancer screening is available for those who meet the criteria and have a doctor’s order. To be eligible, people must:

- Be between the ages of 50 to 80.
- Have a tobacco smoking history of at least 20 “pack years” (an average of one pack per day for 20 years).
- Be a current smoker or have quit smoking within the last 15 years.
- Have no signs or symptoms of lung cancer.

The test is noninvasive and takes about 45 minutes to an hour of lying on a table inside the scanner. “Most smokers are enthusiastic about getting the simple test,” said Dr. Chu, “just to have the reassurance that nothing is wrong, or to be able to get early treatment.”

Early Detection Provides Reassurance

If a cancerous nodule is detected, further

Washington Hospital Cardiac Services Celebrates Milestone

Transcatheter Aortic Valve Replacement Team Performs 100th Procedure



(left to right) Lynda Antes, MHA, RN; Harsh Agrawal, MD; Ramin Beygui, MD; Arthur Hill, MD; Teng Lee, MD; Kelly Franco, MSN, APRN

“Performing our 100th TAVR procedure is just one example of our ongoing efforts to bring the most current cardiac technologies and techniques to the patients of Washington Hospital.”
—Ramin Beygui, MD

There has been revolutionary change in aortic heart valve replacements over the past two decades. Now, open-heart surgery can be avoided and eligible patients in need of a new heart valve can instead undergo a minimally invasive procedure. Through its affiliation with UCSF Health, Washington Hospital brought this medical breakthrough to its patients in Fremont. This week, the transcatheter aortic valve replacement (TAVR) team at Washington Hospital performed its 100th TAVR procedure. This milestone case continues an exceptional track record for the Hospital’s TAVR team and its patients.

“Last year, once again, our TAVR program resulted in zero mortalities, zero significant cardiac events and zero device complications. We have a 100% survival rate since we began performing TAVR procedures at Washington Hospital Healthcare System (WHHS) in 2021,” said Washington Hospital’s Director of Cardiothoracic Surgery and a professor of surgery at UCSF, Ramin Beygui, MD.

Dr. Beygui and his colleague, Teng Chun Lee, MD, are renowned UCSF cardiothoracic surgeons who have performed hundreds of TAVR procedures since the technique came to the U.S. in the mid-2000s. Now, they are part of a

multidisciplinary TAVR team at WHHS that includes structural cardiologist Harsh Agrawal, MD, and the patient’s referring cardiologist. Each TAVR candidate is evaluated and their case is reviewed by the team so they can be scheduled quickly. And when needed, critically ill hospitalized patients in need of a new aortic valve can undergo the TAVR procedure in an expedited manner.

TAVR is for people with aortic stenosis or narrowing of the valve caused by calcium buildup that obstructs the flow of oxygenated blood from the heart to the rest of the body. Symptoms include heart murmur and activity-induced chest pain, fatigue, shortness of breath, and fainting. Untreated, it can lead to heart failure and sudden cardiac death.

TAVR is innovative because the new valve is inserted via the femoral artery through a small cut in the groin area instead of traditional 4- to 6-hour open-heart surgery where the chest is opened, the heart is stopped, and a heart-lung bypass machine is used. TAVR patients generally recover much quicker and experience less pain, blood loss, and chance of infection or other complications. Patients feel immediate relief after this 2-hour procedure and can usually go home

the next day, instead of spending several days in a critical care unit.

In some cases, a valve-in-valve TAVR procedure can be performed, which means a replacement valve that has degenerated can be shored up with a new replacement valve placed inside it. Drs. Beygui and Agrawal performed the Bay Area’s first valve-in-valve TAVR procedure last year, inserting a new valve inside two previously installed biosynthetic valves.

“Washington Hospital is proud of its 40-year history of cardiac surgery, added Dr. Beygui, “Because of our affiliation with UCSF, Washington Hospital is able to provide its patients with a full-range of advanced cardiac services and procedures. Here, we can duplicate the best outcomes usually only found at major academic medical centers.”

In addition to their team of specialized cardiac doctors, WHHS patients benefit from experienced cardiac anesthesiologists in the operating room and are cared for 24/7 by an intensivist overseeing their recovery in the Critical Care unit. Patients also appreciate the convenience of attending appointments and having their procedure close to home, making it easy for their family members to bring them and visit during their stay.

“Performing our 100th TAVR procedure is just one example of our ongoing efforts to bring the most current cardiac technologies and techniques to the patients of Washington Hospital,” concluded Dr. Beygui. “Our team of UCSF cardiothoracic surgeons and Washington Township Medical Foundation heart doctors work closely with referring cardiologists to treat all forms of cardiac artery and valvular disease. We offer a comprehensive range of traditional open surgeries and when possible, minimally invasive endovascular procedures. When more complex surgeries are needed, such as heart and lung transplants, we handle those cases with our colleagues at UCSF.”

For more information about TAVR and Washington Hospital Cardiac Services, visit whhs.com/heart or scan the below QR code.



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The power of impasto painting with acrylic

WORKSHOP WITH PAINTER
VIDYUT SINGHAL



Vidyut Singhal will showcase the palette knife techniques she uses to create dramatic and colorful landscapes. Courtesy of Fremont Art Association

Dog Days of Summer

PUPS AND HUMANS
FLOCK
TO SUN GALLERY
FOR SNOW CONES
AND PORTRAITS

Submitted by **PAKI AHKOI**

Come play in the shade of the Sun Gallery Courtyard! There are just two more dates left on our Dog Days of Summer series.

We've got music, art and a pup-friendly gallery. Check out our projects in our Maker Space like etching a dog tag. There will be a DIY pup cup station to get your doggie treats, or you can take them to the Snow Cone booth where we have puppy cones (bone broth and beef on ice) or human friendly flavors. Free puppy portraits are done by our own resident photographer Bruce Cassaday.

Weather looks great, but just in case you're worried about the heat we've installed a water feature for the puppies to play in and cool down.

Tickets are available on Eventbrite or at the door. Free entry with any dog food donation. Your ticket also gets you a raffle ticket. (Additional raffle tickets are just \$5 each.) Thank you to all the sponsors for the great prizes.

For more information check us out online at sungallery.org, email us at info@sungallery.org or come in during our business hours. We are at 1015 E Street in Hayward.

Dog Days
Saturdays, Aug 3 and 17
12pm - 3pm
Sun Gallery
1015 E Street, Hayward
(510) 581-4050
sungallery.org
Register on eventbrite
Tickets: \$5



A portrait of the noble BW Eckhaus. By Bruce Cassaday



Puppies enjoying the free DIY pup cup station. By Paki Ahkoi



What’s new in Downtown Hayward this August

UPDATES TO DIRTY BIRD LOUNGE AND CRAFT PIZZERIA,
PLUS THE LAST STREET PARTY OF SUMMER 2024

By **NICK YOO,**
DOWNTOWN HAYWARD
IMPROVEMENT ASSOCIATION

Experience the bustling energy of Downtown Hayward this August! The Downtown Hayward Improvement Association (DHIA) is excited to unveil the changes and upgrades transforming the neighborhood. Plus, the community is invited to take part in family-friendly celebrations!

Updates in the Neighborhood

Downtown Hayward is thriving with new developments everywhere you look – literally! To continue enhancing the neighborhood’s beauty, the DHIA has installed 26 hanging flower baskets along B Street, adding vibrant color. This is one of several beautification projects in the works.

The Dirty Bird’s new speakeasy just opened its doors a couple of weeks ago and

has quickly become a favorite in the community! Located in their basement, this agave-focused space boasts a remarkable collection of more than 150 tequilas and 14 mezcals. Guests can enjoy Latin-inspired cocktails with housemade ingredients, complemented by bar bites like buffalo meatballs and empanadas. With pool tables and music curated by The Stacks Record Shop every Friday and Saturday, it’s a refined experience that can’t be missed. Soon to come are events like tequila tasting dinners and themed nights. Ideal for private events, the venue offers semi-private spaces on Fridays and Saturdays and can be booked entirely from Sunday through Thursday. <https://thedirtybirdlounge.com/>

Downtown Hayward’s beloved Craft Pizzeria is undergoing a transformation! The restaurant has recently added eye-catching new signs, upgraded TVs, and a new liquor

license, allowing them to serve a wider selection of drinks, including more draft beers. Meanwhile, some favorites remained unchanged, like Sector 19, the neighboring laser tag venue that’s perfect for some fun after enjoying Craft Pizzeria’s delicious food. Stay tuned for even more updates from Craft Pizzeria! <https://www.craftpizzeriabyniche.com/>

It’s Time to Come Together and Celebrate!

Downtown Hayward is gearing up for a grand celebration! Throughout summer, the neighborhood has been hosting vibrant Street Parties that capture the lively spirit of Downtown Hayward. The last one of the season, organized by Hayward Chamber of Commerce with support from the DHIA, will take place on Thursday, August 15, from 5:30pm to 8:30pm, between B Street and Main Street.

This street party promises an evening filled with live music, delicious food and drinks, and a variety of local vendors. Attendees aged 21 and above can enjoy the beer and wine garden, while families can delight in an array of kid-friendly activities and stations. Whether you’re a first-time visitor or a long-time resident, mark your calendars for this final street party of the summer season. It’s the perfect opportunity to meet your neighbors, embrace community spirit and support local businesses. <https://hayward.org/events/street-faire/>

August is packed with exciting updates from local businesses and fun community celebrations. For the latest updates visit us at visithaywardca.com and follow us on Instagram @DowntownHayward, and Facebook @DowntownHaywardCA.

Swiss National Day

CELEBRATE THE
733RD ANNIVERSARY OF
SWITZERLAND

By **JACK ALCORN**

Let’s do everything Swiss! Enjoy Swiss food, listen to Swiss music or participate in a Swiss flag parade. Visit Switzerland Tourism’s booth and enter to win two Swiss travel passes.

Visit the Rock Climbing Wall in the Family Fun Zone! Tour the Swiss Heritage Mobile Museum where Swiss Clubs share their rich history and vibrant communities. View the Swiss train exhibit, participate in a Corn Hole competition or learn a Swiss card game.

Stroll down the shopping area and buy Swiss specialties. Participate in the exciting

Class is out but community lives on

50 YEARS LATER, THE 1974 CLASS OF MEMORIAL HIGH SCHOOL LOOKS BACK ON THE SCHOOL THEY HELPED DEFINE



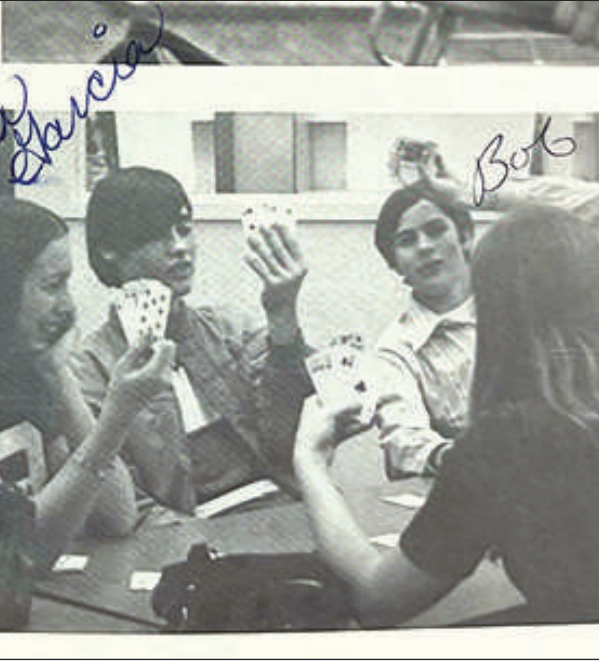
Many former Memorial High Patriots gather for the 40 year reunion in 2014. Courtesy of Memorial High School Facebook page.



Memorial High in process. Courtesy of Sherry Wright



Students would greet the contractors putting on finishing touches. Courtesy of Sherry Wright



Do they like it? Yes! Courtesy of Sherry Wright



Class of 1974 officers. Courtesy of Sherry Wright

By **STEPHANIE GERTSCH**

Little-known fact about Newark Memorial High School: It's a chimera. In 1973, Memorial High opened and offloaded students from the established Newark High. In the 80s, declining residency led to the two schools fusing. "They kept one name from each school, and also kept one color from each school," notes Sherry Wright, who was part of Memorial High's first official graduating class in 1974. She laughs, "Nobody knows that history!"

This August, the 1974 class is holding their 50th reunion at Swiss Park in Newark. Fifty years have seen many changes to the city and the students, but the first classes to join the brand new Memorial High School have a special bond that has kept many in touch decades later.

Although Memorial opened in 1973 to a handful of seniors and classes ranging from 8th to 11th grade, 1974 is the first official graduating class. That means the majority of those students stayed together for two years. Cliff Edson, Reunion Chair and '74 graduate, says, "We were like King of the Hill two years running!"

But what people remember is friendship and camaraderie at the brand new school. Wright remembers, "I have a connection to Newark, but I have more of a connection with my classmates. Because our class was so small [174 students]...we all became super close friends, more like family."

Edson clarifies that for the 50th, all graduating classes are welcome. "That's why we decided to invite all the classes that we

did, because we were friends with classes from 1974 until 1977."

Building dynamics

What makes the original group of students so unique is that Memorial opened its doors before the building was even finished. "We didn't have a gym," says Wright. "We had locker rooms. And we had two other buildings and a library and a cafeteria." The open plan concept was big in the 70s, so often three or four classes would meet simultaneously in one shared space. (Luckily, band had its own practice room.) Edson says, "It could get a little noisy sometimes, but back then the teachers did a really good job of keeping everything under control." (Wright's version is, "They tried!") Mutual respect between teachers and students, and among students, gave structure to the chaos.

In fact, the lack of resources provided opportunity. "Senior spirit day at Newark High usually meant everyone got to go swimming. Well, we couldn't go swimming because we didn't have a swimming pool! But you know what, we had water balloon fights. You had to come up with different things that you didn't need technology for." The overall attitude was: "OK, everybody, let's push everything together. We're going to have relay races [in the cafeteria] because it's raining outside and we don't have anywhere else to go."

At a new school nothing had been established, Wright says. "So there wasn't any 'Oh it has to be like this because that's the way it's always been.' We didn't have anything to go by, so if we wanted to create a special day to do

something, we could do that."

She summarizes, "Choosing the school colors, helping pick out a name, picking out and writing a fight song. So many things you just assume are the legacy of other schools, we got to create those legacies."



Alameda County District 2 Supervisor Elisa Marquez swears in newly appointed Newark City Councilmember Ana Apodaca. Photo by Jack Alcorn

Newark City Council

July 25, 2024, 7pm

Presentations

- Ceremonial Oath of Office for Councilmember Ana Apodaca

Consent Calendar

- Adoption of an ordinance re-adopting Chapter 2.50, “Military Equipment Use Policy”, to the Newark Municipal Code 3 and adoption of an ordinance amending Chapter 2.28 of the Newark Municipal Code “Personnel System”
- Approve a Software-as-a-Service (“SaaS”) Agreement with ClearGov for ClearGov Insights Suite, Budget Suite, and Digital Budget Book
- Authorize an amendment to the Microsoft Enterprise Agreement with Dell Marketing, L.P. (Dell) and amend the 2024-2026 Biennial Budget and Capital Improvement Plan
- Adopt resolutions:
 - (1) amending the Employee Classification Plan to delete and add multiple classifications;
 - (2) amending the Compensation and Benefit Plan for the Management, Supervisory and Professional Employee Group;
 - (3) amending the City’s Salary Schedule in conformance with California Code of Regulations;
 - (4) amending the 2024-2026 Biennial Budget and Capital Improvement Plan; and (5)

approving a Side Letter to the Memorandum of Understanding with the Newark Police Association

- Approve a Side Letter to the Memorandum of Understanding between the City of Newark and Newark Association of Miscellaneous Employees
- Adopt a resolution establishing the Fiscal Year 2025 Tax Appropriations Limit
- Resolution granting permission to Vice Mayor Freitas and Councilmember Collazo to be absent from City Council meetings
- Authorize an amended Contractual Equipment and Services Agreement with RJMS Corporation DBA Toyota Material Handling of Northern California for the purchase of a sub-compact sweeper
- Adopt a resolution accepting the bid and awarding the contract for the Base Bid and Additive Alternate Bid No. 1 to VSS International, Inc. for 2024 Slurry Seal Program, Project No. 1345
- Authorize a Cooperative Agreement with the Alameda County Water District for water main design and construction associated with the Old Town Streetscape Improvements, Project 1258

Mayor Mike Hannon	Aye
Ana Apodaca	Aye
Maria Collazo	Absent
Luis Freitas	Absent
Matthew Jorgens	Aye

Forum on what the U.S. should do on climate change

Submitted by **CHUCK FINNIE**

The City of Hayward will host a public forum the evening of August 7 that has been organized by the advocacy group Climate Protection & Restoration Initiative to share information and gather public input and testimony about the importance of reducing the environmental impacts of greenhouse gas emissions.

Climate Protection & Restoration Initiative is a nonprofit advocacy organization that sued the U.S. Environmental Protection Agency in 2022 for in its view not doing enough to get energy companies out of the fossil fuel business and failing to require them to clean up and reverse environmental and climate damage attributable to fossil fuel use in the United States.

Climate Protection & Restoration Initiative is holding the forum to share scientific information and gather input to be used in the course of its legal and political advocacy. The City of Hayward agreed to host the forum because confronting the climate crisis and championing environmental justice have been identified by the City Council as policy priorities.

Among those scheduled to testify is Karina Garbesi, professor emerita and director of environmental studies at Cal State University East Bay in Hayward.

To learn more about Climate Protection & Restoration Initiative, go online to the organization’s website cprclimate.org.

To learn more about the City of Hayward’s environmental sustainability initiatives, visit the Environmental Services Division page on the City of Hayward website or contact Hayward Environmental Services Manager Erik Pearson at Erik.Pearson@hayward-ca.gov.

Wednesday, Aug 7
6pm – 8:30pm
City council chambers
Hayward City Hall
777 B St., Hayward
cprclimate.org
Erik.Pearson@hayward-ca.gov

National Night Out

NATIONAL NIGHT OUT IS CELEBRATING ITS 41ST ANN

Fremont Bank names Don Marek as President

MAREK BECOMES THE SIXTH PRESIDENT IN THE BANK’S 60-YEAR HISTORY

Submitted by **JANET HANEY**

Fremont Bank, one of California’s oldest, independent, family-owned and managed banks, announced on Wednesday, July 24, the appointment of Don Marek as its new President, effective August 1. Andy Mastorakis, who joined Fremont Bank in 2009 as President and has served as President and CEO since 2014, continues in his roles as CEO and board member.

Marek has held numerous executive management roles during his 15 years at Fremont Bank, most recently leading the Commercial Lending Group.

“Don is an exceptional leader who embodies our culture and is committed to being accessible and evolving our relationship-based banking model,” Mastorakis said. “As Don assumes leadership of all client-facing businesses and operational functions, we will continue to collaborate on all matters relating to Fremont Bank.”

Prior to joining Fremont Bank in 2009, Marek worked as a Senior Portfolio Manager for MOHR Partners, a \$25 million tenant-oriented corporate real estate services firm headquartered in Walnut Creek, California. Marek also worked as a Brand Manager at The Clorox Company. He received a bachelor’s in economics and history from the University of California, Los Angeles (UCLA) and an MBA from UCLA’s Anderson School, and he is a graduate of the Pacific Coast Banking School.

“I am thrilled for the opportunity to lead Fremont Bank as President,” said Marek. “Bay Area business owners and local consumers alike deserve a bank that is committed to understanding and meeting their needs. They deserve a bank with leaders who are accessible, a bank with knowledgeable staff who are empowered to quickly respond to questions and provide solutions. And they deserve a bank that is prudently managed, that has the motivation and financial strength to stand by them in challenging times. Fremont Bank is that bank. Our brand continues to resonate in the Bay Area, and I’m very optimistic about our future growth prospects.”

Additionally, Fremont Bank announced the promotions of Todd Dal Porto to Chief Lending Officer, Mike Schlesinger to Chief Performance Officer, and Devon Johnson to Chief Growth Officer.

“Fremont Bank is fortunate to have an exceptionally strong management team, allowing us to promote from within and ensuring continuity of our client-centric culture and business practices,” said Mastorakis.

Fremont Bank Chairman Mike Wallace added, “Sixty years of independent operations is an incredible accomplishment for any company—60 years of independent operations in the banking industry, which has seen so much consolidation, is truly exceptional. We have a rich history of serving our community in extraordinary ways, and we plan to be here decades from now doing the same thing. The appointment of Don to this role, and the additional



Don Marek has been with Fremont Bank for 15 years. Courtesy of Janet Haney

promotions announced today, are an important step to ensure we realize this vision.”

Fremont Bank
www.fremontbank.com/

Fremont represents at National Cohousing Summit

MISSION PEAK VILLAGE DELEGATES ATTEND “ROOTED IN BELONGING”



Evelyn LaTorre (L) and Jane Mueller (R). Courtesy of Evelyn LaTorre.

Submitted by **JANE MUELLER AND EVELYN LATORRE**

Jane Mueller and Evelyn LaTorre, Fremont residents and members of

Mission Peak Village, the Tri-City’s first planned cohousing community, are packed and on their way to the conference “Rooted in Belonging,” hosted by The Cohousing Association of the United States in Denver,

Colorado from August 2 to 4.

Kicking off the conference will be a screening of *Join or Die*, a new documentary about Robert Putnam, author of the book *Bowling Alone: The Collapse and Revival of American Community*, in which he demonstrates, with supporting data, that our country is transforming into a nation of loners. Both Putnam and U.S. Surgeon General Vivek Murthy agree that over the past 50 years, Americans have become more and more socially disconnected. Research shows how this breakdown of community threatens the health of our democracy and over time results in poorer mental and physical health in individuals.

Even before the Mission Peak Village cohousing community breaks ground, members are counteracting this trend by forming connections with one another. They collaborate in planning every aspect of their future home, which combines individually owned homes with extensive shared common spaces in which to interact. Members recognize how they can live their best life surrounded by neighbors who are also friends—others who share their value of generalized reciprocity.

Led by cohousing experts, the conference will explore ways to make cohousing equitable, sustainable and diverse. Attendees

will also reflect on the past, present and future of the rapidly growing international cohousing movement.

“I’m eager to experience the rewarding connections I always find among cohousers,” said Jane Mueller, a co-founder of Mission Peak Village.

“I will be listening deeply and sharing openly,” said Evelyn LaTorre, “to capture new strategies for identifying like-minded people who would like to live in our community with us.”

Fremont Main Library will have a cohousing display in its lobby during August. More information about the local cohousing movement is available at www.missionpeakcohousing.org, where one can register for an online information session or for a guided tour of the future Mission Peak Village site.

Mission Peak Village is a group of friends forming Fremont’s first cohousing community. Memberships are still available. For information, see



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Kid Scoop Together:

Olympic Quiz

Read these questions to a family member. How many did they get right?

1. What do the five rings of the Olympics mean?
☐ Five Cities
☐ Five Countries
☐ Five Continents
2. What does the Olympic Motto “Citius, Altius, Fortius” mean?
☐ Smarter, Stronger, Faster
☐ Swifter, Higher, Stronger
☐ Better, Bigger, Bolder
3. According to the Olympic Creed, the most important thing in the Olympic Games is not to win but ...
☐ to play fair.
☐ to win big.
☐ to take part.
4. Where is the Olympic torch first lit?
☐ Athens
☐ Greece
☐ Olympia
5. Women were first allowed to compete in the Olympics in what year?
☐ 1800
☐ 1900
☐ 2000
6. The 2026 Winter Olympic Games will be held in:
☐ Italy
☐ Germany
☐ Norway
7. Which of the following is NOT a color of one of the Olympic rings?
☐ Blue
☐ Purple
☐ Black
8. All the participating countries sent female athletes for the first time in which Olympics?
☐ 1976 Montreal
☐ 1984 Los Angeles
☐ 2012 London

1. Five continents
2. Smarter, Higher, Stronger
3. To take part
4. Olympia
5. 1900
6. Italy
7. Purple
8. 2012 London

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Kid Scoop VOCABULARY BUILDERS

This week's word: **ETERNITY**

The noun **eternity** means a period of time that seems to be endless, often used when exaggerating.

It took an **eternity** to reach the front of the line.

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

The Summer Olympic Games Are Back!

This summer, the world turns its eyes to Paris, France. Why? That's where the Summer Olympics will be held starting on Friday, July 26 through Sunday, August 11, 2024.



Who's there?

Take a look at the logo for the Paris Summer Olympic Games. At first, you'll see the Olympic flame and the Olympic rings. But take a closer look.

Do you see a face and hair? This is the face of a goddess that is seen as the symbol for liberty and wisdom in France.

Use this code to reveal her name.

■

= A

●

= I

★

= N

◐

= E

◑

= M

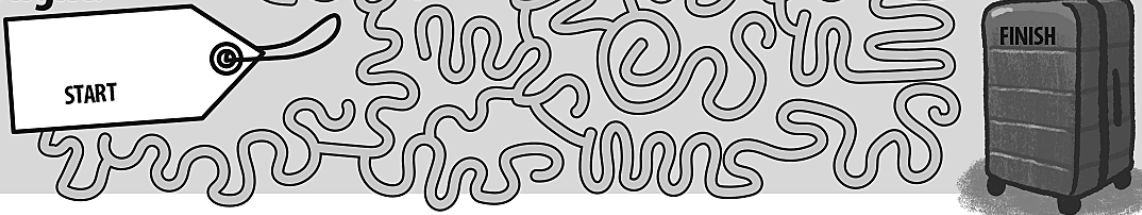
✕

= R

■ ■ ✕ ● ■ ★ ★ ●

Don't Miss Your Flight!

Imagine you're flying to Paris, but you forgot to attach your nametag to your suitcase. Write your name on the tag, then follow the maze to find your suitcase.



Pictograms

It is said that a picture is worth a thousand words. At the Olympic Games, a picture is worth a thousand words in hundreds of languages.

Pictograms are simplified pictures or symbols. There is one for each sport to help people from all over the world understand what is happening. For example, this pictogram represents the Olympic sport of judo.

Do the math to match each pictogram to the name of the Summer Olympic event that it represents.



The Fremont CONNECTION



July 22, 2024
Subject: Ensuring Public Safety in Fremont Amidst Recent Tragedies

Dear Fremont Community Members,

This past weekend, our community experienced two tragic homicides on the same day. On behalf of the entire City of Fremont organization, I extend my deepest condolences to the victims’ families and loved ones during this difficult time. Despite these events, Fremont remains one of the safest cities in the country, as evidenced by recent recognitions from WalletHub naming us America’s Best Place to Raise a Family and Happiest City in America based on various factors, including low crime rates.

I am extremely proud of and grateful to the men and women in our Police and Fire Departments who serve under challenging conditions daily. As your city manager, I assure you that public safety remains our paramount concern, a priority shared by the city council. We recognize that the security and well-being of our residents form the foundation of a thriving community.

Over the last four budget cycles, I have consistently authorized additional police staffing and funding to maintain a high level of service for our community. This significant investment underscores our commitment to public safety. It has resulted in the expansion of the Mobile Health Evaluation Team (MET), a \$2.4M grant to combat Organized Retail Theft and staff a Real-Time Information Center, additional resources for officer wellness, funding to enhance hiring and recruitment, authorizing \$13 million for body-camera and safety-related technology, and the establishment of a Gun Violence Reduction Team. These efforts contributed to a reduction in shootings and an increase in firearm recovery in FY2023/24. In the recently adopted FY2024/25 operating budget, the Police Department’s allocation accounts for 44% of the City’s general fund.

The community must know that I am committed to actively engaging with our Police Department and Human Resources Department to develop new and innovative ways to recruit and retain the talented employees of the Fremont Police Department. I will continue championing additional technology, marketing, and hiring strategies to strengthen and enhance public safety. Our public safety departments have our full support and appreciation for their dedication and hard work in keeping our community safe.

Fremont is a dynamic, diverse, and safe City where we can all take pride. In difficult times like these, it is important to remember that we are stronger together. As factual information or updates become available, we will continue our tradition of transparency with the community about public safety matters. For now, I wish you all a safe and happy summer.

Karena Shackelford
City Manager

Fremont City Council Approves First Phase of New Central Park Community Center



On Tuesday, July 9, 2024, the Fremont City Council approved Phase 1 of the new Community Center project at Central Park. The need for a new multi-use community center was identified as a high priority in the Parks and Recreation Master Plan, which was adopted by the Fremont City Council in March 2022.

During the earlier part of this year, the City conducted outreach with the community to help determine desired programs, activity spaces and amenities, and the preferred architectural style. The City received input from over 2,600 participants both online and in-person at meetings and community events.

The Phase 1 project consists of a new 12,000 square foot community center building with rooms for fitness, dance, arts, crafts, and community meetings, an expanded parking lot, as well as an “Outdoor Living Room” to support outdoor social and relaxation spaces. The Phase 1 project cost is \$33 million and is funded by City, State, and federal sources. Future phases of the project are proposed to include an Event Hall, Gymnasium, and an Outdoor Amphitheatre. Construction of the Phase 1 Community Center project is proposed to start in Summer 2025 and be complete in 2027.

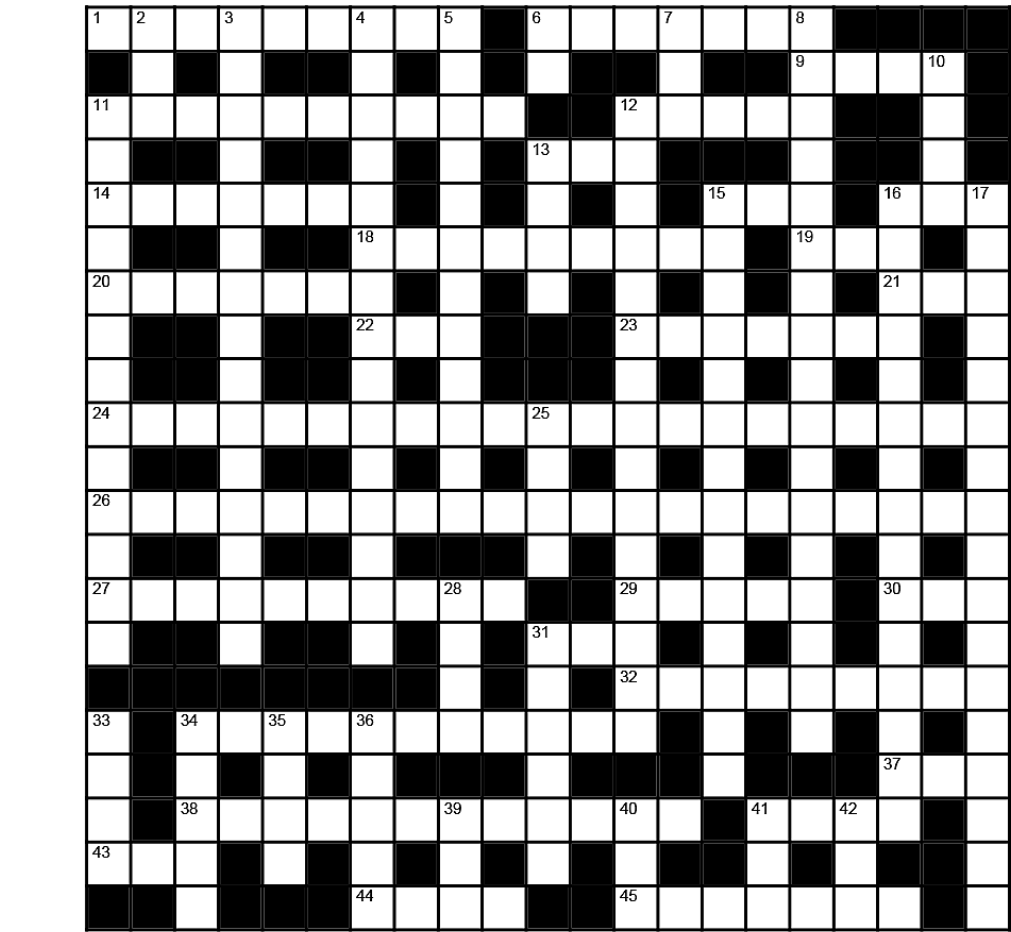
To review the Council agenda and report, please visit fremont.gov/government/agenda-center, and to learn more about the project and timeline, please visit: my.fremont.gov/newcommunitycenter.

Adopt-a-Drain Program

Want to make a difference in your neighborhood and help protect the environment? Adopt a storm drain! Adopt-a-Drain is a community-driven program that encourages residents to take responsibility for maintaining storm drains in their neighborhoods. Participants “adopt” a local storm drain and commit to keeping it clear of debris like leaves, trash, and other blockages to prevent flooding and protect local waterways from pollution. Storm drains empty directly into nearby lakes, creeks, estuaries, and bays, serving as pathways for trash and organic pollutants. By regularly cleaning and monitoring a Fremont drain, you can help our ecosystems and improve stormwater management. This is a

Mind Twisters

Crossword Puzzle



- Across

1

Like fish and chips (4-5)

6

Of a judge's chamber. (7)

9

1977 Scott Turow memoir (3,1)

11

Putting on the ballot (10)

12

Spanish wheat (5)

13

BART stop (3)

14

Former Yankees manager Joe (7)

15

New Test. book (3)

16

Free (3)

18

I.R.S. form with a line for "Casualty and Theft Losses" (8,1)

19

Blowup: Abbr. (3)

20

Like most royals in a standard deck (3-4)

21

___ chi (3)

22

___ Khan (3)

23

Unvarying (3-4)

24

Live recklessly (5,7,2,3,4)

26

Short-lived (4,5,4,8)

27

Trigonometry function (10)

29

1986 Indy 500 winner (5)
- 30

Datebook abbr. (3)

31

Federal law known as Obamacare (Abbr.) (3)

32

Transportation service for the disabled (4-1-4)

34

Two on a par five (6,5)

37

Fair-hiring inits. (3)

38

Computer programming problem (8,4)

41

1975 movie about sharks (4)

43

Refugee org. (3)

44

Golfer Ballesteros (4)

45

F.D.R. program (3,4)
- 2

I, to Claudius (3)

3

"Keep Out!" follower (7,8)

4

Currently (2,4,3,3,3)

5

Bakery item (6,6)

6

*Part of Georgia named for a relative of baseball legend Ty (2)
- 7

Where Lux. is (3)

8

This puzzle's long-winded advice, simply put (4,6,3,4)

10

Been in bed (4)

11

Bad occupation for Sleepy? (5,8)

12

Pots and pans, e.g., to a cook (5,2,3,5)

13

Thompson of "Family" (4)

15

"You can't..." (4,2,4,4)

16

Hidden agenda (8,7)

17

RAZE (5,4,3,5)

25

Cries of surprise (4)

28

___ of the above (4)

31

Asian wild sheep (6)

33

Grain sorghum: Var. (4)

34

Cornerback Sanders (2-3)

35

Defunct gridiron org. (4)

36

Turner and others (5)

39

Mazel ___ (3)

40

Wine: Prefix (3)

41

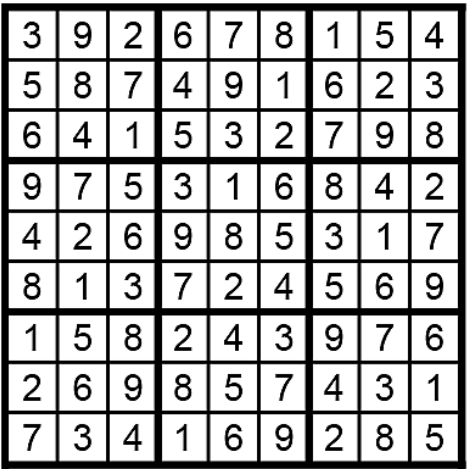
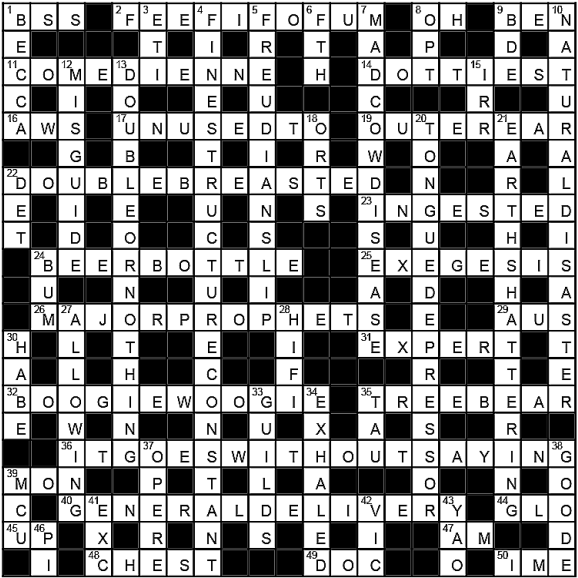
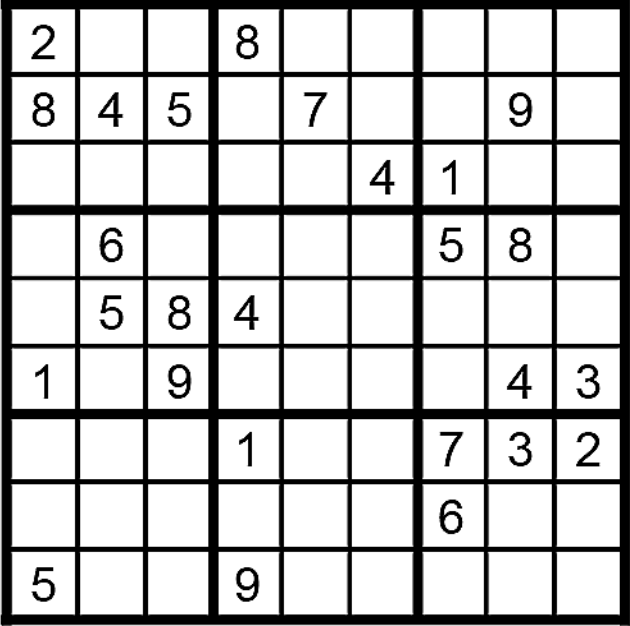
One of the Beverly Hillbillies (3)

42

F.D.R. program (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK OF JULY 30, 2024

All Signs: It's the middle of the summer. Very hot and dry for many. I think this middle of-the-summer moment is the perfect time to take a look at where we've been and where we're going. One of my favorite quotes is by General Eisenhower who said: "In preparing for battle, I have always found that plans are useless but planning

Home & Garden

Tomatoes - whichever way you say it! DELICIOUS WHICHEVER WAY YOU EAT THEM!



Tomatoes thrive in full sun with sturdy supports. By Madhvika Singh

By **MADHVIKA SINGH**

I have been planting tomatoes for the past twenty years in my home garden. The joy of fresh harvest, superior flavor and being able to experience unique varieties always exceeds the challenges that can sometimes produce a less-than-perfect tomato.

In growing tomatoes, some important considerations are variety, location, days to maturity and growth habit. Based on growth habits, tomatoes are largely classified as determinate and indeterminate. Determinate tomatoes are bushy and compact, producing much of their fruit all at once. They grow

from three to about five feet, are often early ripening and produce fruit mainly concentrated at one time. Because of their compact nature, they can be easily grown in containers, patios and balconies. I grow these to make tomato-based sauces for freezing as I get all my harvest together. Indeterminate varieties are vining types that need sturdy support structures. They grow and bear flowers and fruit until disease or frost kills them. These serve our household's day-to-day tomato needs.

When it's time to plant, a trip to my local nursery feels like being a child in a toy store. While the variety to choose from is tempting, I select types that are reliable



Cooked tomatoes for sauces and soups. By Madhvika Singh

producers and some new ones. I prefer not to start from seeds as I become impatient waiting for them to put on leaves. At the nursery, I pick transplants that are sturdy, thick-stemmed, dark green and six to eight inches tall. Choices are endless, from cherry to grape to paste to slicing, and from hybrids to heirlooms.

When it comes to selecting a space, tomatoes love to be planted in full sun all day, although occasional heat waves can cause scalding on fruit and cause flowers to drop, leading to a poor fruit yield. Poor yield can also be due to excess nitrogen or planting the wrong variety for your area. Plant tomatoes deep into the soil and press the soil firmly around them. Deep planting encourages additional roots to develop, creating a strong root system. Since I add compost to the planting site at the beginning of the growing season, I do not add more fertilizer, but rather add side dressings of tomato fertilizer throughout the growing season every few weeks. If I see plants missing foliage rigor, I give them a nitrogen-based fertilizer.

I add the support structure at planting time. Sturdy metal cages work well for compact tomato varieties. I find do-it-yourself cattle panel arches are a practical way to trellis, especially with indeterminate tomato varieties in my garden. Growing them up a structure helps keep pests and diseases away. Watering away from the base of the plant and pruning leaves and stems from the base so that the leaves do not drip dew on to the stem can prevent diseases like early blight. Also, snip away leaves that might cause crowding and constriction of air flow.

While no plant is completely immune to disease, many hybrids are more resistant than heirloom varieties. Letters like V, F and N on seed packets and plant labels can help identify disease resistance. V stands for verticillium wilt, F for fusarium wilt and N for nematodes. Another abbreviation is TMV, indicating resistance to tobacco mosaic virus. Visually checking plants for pest eggs or larva and removing them allows for a conservative approach to pest control. When it comes to pests, ones that destroy fruit and leaves are one thing, but rodents like gophers that chew away the roots are the most damaging in my garden. A big plant can die in minutes. Growing plants in a



Salsa from fresh diced tomatoes. By Madhvika Singh

raised bed with hardware fabric underneath creates a barrier against rodents.

The time to pick tomatoes also varies from gardener to gardener. Some pick when the fruit is slightly unripe and others at the peak of ripening. I've found that tomatoes taste best when picked at the peak, although if I go out of town, I will pick them sooner with the vines and let them ripen indoors. The skins do get a bit leathery, but the tomatoes can be blanched to remove their skins and used in soups and sauces.

Grown tomatoes requires time, energy, pest control and timely harvesting, and storing the bounty also requires effort and planning. Freezing them in halves or quarters, canning whole or as paste and sauces

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with loving homes!



Wade is a 2 year old grey and white domestic short hair. Wade has big ole cheeks, sweet eyes and a cuddly temperament. Wade wants to be by your side getting attention, and may do well with other cats. Wade loves to walk up and down the isle greeting all the other cats and kittens. To adopt or meet Wade contact Hayward Animal Shelter 510-293-7200



This is Calvin a 10 month old Brown and white Pit mix and, Cali a 6 month old tan cattle dog mix. These two young, rambunctious and active dogs are both available for adoption, but not as pair. Expect fun, chaos, and empathy from two young pups that will take your hearts away with their eyes. To adopt or meet Calvin and Cali contact Hayward Animal Shelter 510-293-7200

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

CONTINUING
EVENTS

Mondays and Thursdays
Food Garden Volunteer

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

Tuesdays

East Bay Games Meet

6pm - 10pm
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

East Indian Seniors R

2pm - 4pm
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

(510) 675-5487
www.unioncity.org/723/Larry-O-Teen-Workshop
RobertS@unioncity.org
Donation accepted.
Second and fourth Sundays of the month

UPCOMING EVENTS

Tuesday, July 30
American Red Cross Blood Drive
11am – 5pm
Blood drive
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900

Thursday, August 1
Beginners Disc Golf for Women
6pm – 7:30pm
Learn tips and tricks from members of the Oyster Bay Disc Golf Club. Come early and bring a picnic dinner. Registration required.
Oyster Bay Regional Shoreline
1600 Neptune Dr., San Leandro
(510) 544-3187
Free

Thursday, August 1 - Friday, August 2
Heal with Art Workshop
10am – 12pm
Elementary age kids make get well soon cards, stress balls and port pillows to donate to patients in need.
35206 Cabral Dr., Fremont
https://tinyurl.com/healwart2024

Friday, August 2 and Sunday, August 4
Flavors of Latin America
Fri: 8pm
Sun: 2pm
Concert of lively rhythms of Latin America, salsa, samba, rumba and more
Douglas Morrisson Theatre
22311 N 3rd St., Hayward
(510) 881-6777

Saturday, August 3
Marsh Meander
9:30am – 11:30am
Explore some newly opened trails on the 300+ acres of land added to Coyote Hills Regional Park last spring. Parent participation required.
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Saturday, August 3
Chabot Campfire: Animals of the Night
8pm – 9pm
Learn about the parks and nature around you through games, songs, photos and stories around the campfire,
Chabot Campground Amphitheater
9999 Redwood Rd., Castro Valley
(510) 544-3187

Saturday, August 3
Dog Days
Treat your dog to DIY pup cups, Snow Cone booth or a new tag with the dog tag Markers Space while you get a free puppy portrait.
12pm - 3pm
Sun Gallery
1015 E Street, Hayward
(510) 581-4050
sungallery.org
Register on eventbrite
Tickets: \$5

Saturday, August 3
Composting with LEAF
11 am – 12 pm
What's all the hype about composting? Why is it important to compost your garden? Learn about building different types of compost including worm composting.
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd., Fremont
(510) 745-1400
https://aclibrary.org/garden/

Saturday, August 3 - Sunday, August 4
Fremont Festival of the Arts
10am - 6pm
Fremont Chamber of Commerce hosts 40th Festival of the Arts. Food vendors, cook-offs and community.
Downtown Fremont
Along Paseo Padre
https://www.fremontfestival.net/

Saturday, August 10
11th Annual Larry-O-Car Show
9am - 3pm
Displays of classic and custom cars, trucks and hot rods. Live music, prizes, raffles and food trucks.
Ruggieri Center
33997Alvarado Niles Rd., Union City
(510) 675-5495

Saturday, August 10
Splash Day
1pm – 3pm
Teens (13-17) join us and beat the heat with inflatable water slides, water games and ice cream. Registration is free.

Register:haywardrec.org/register-Activity #29980
Meek Estate Park
240 Hampton Rd., Hayward
(510) 881-6700
info@haywardrec.org

Saturday, August 10
Annual Obon Festival
Food Sales: 5pm
Obon Dance: 7pm
Obon dancing, Japanese Music with the San Jose Ch

continued from page 1

TONY G



Pritika Rajasanshi, who will open the Fremont Slice House location, went to high school with Tony back in the 80s. Courtesy of Tony Gemignani.

Maker at the World Pizza Cup in Naples, Italy. Two years later, he opened his first restaurant, Tony's Pizza Napoletana, in San Francisco. Over the following 15 years, he would follow with Tony's Coal-Fired Pizza and Slice House, Pizza Rock, Capo's, Giovanni Italian Specialties and, of course, his lineup of Slice Houses. Today, residential homes dot the former acres of the family farm. Uncle Joe's is now a Bronco Billy's Pizza Palace. A pho restaurant occupies the former space of Pyzano's Pizzeria. There are Slice House locations in San Francisco, San Leandro, Walnut Creek, Mountain View and Belmont and more in Southern California.

For the last four years, Gemignani and his family have lived in Alamo, on about one and a half acres of land. There Gemignani's been recreating his childhood for his own young son as best he can.

From Farm to Garden

"I just got done picking my Blenheim [apricots]," he says. "My cherries just passed. Plums are really in right now. Figs are starting to come in."

I try to keep up as Gemignani lists off what's in season, as well as the impressive roster of what else is growing in his garden: lemons, limes, tomatoes, persimmons, pomegranates, oranges, nectarines, basil. In total about 24 fruit trees, not to mention the 400 vines of his small vineyard.

"It's awesome. I have my son totally into it. I wanted him to grow up in that environment," he says.

At Slice House, 90% of ingredients are scratch-made—from bubbling dough and fresh pasta to green pesto and sweet-spicy hot-house honey. Gemignani also manufactures his own flour and sources his own tomatoes, a concept he started working on a decade earlier and solidified over the years.

"I wanted my pizza to be different. That came down to the foundation," meaning the dough and the

sauce. His cheese of choice has remained unchanged for three decades: Grande.

Yet in all this time, despite the pull toward his former life, he never opened a restaurant in Fremont. As Gemignani's career took him away, he says he became more unfamiliar with the city and the market. It was never the right time, he says.

The time is now. A new Gemignani property is finally in the works for Fremont in the form of another Slice House outpost. Instead of Gemignani at the helm, it's another figure from his past: Pritika Rajasanshi, a former high school classmate who owns the Mountain View franchise location and still lives in Fremont.

"I know that's gonna be a very big opening. It's got that heritage factor," says Rajasanshi. The Gemignani name also helps. "He's like a rockstar. Almost everyone knows of him."

Rajasanshi is currently in the process of finding the right spot and negotiating the lease for the upcoming location. The formula for this Slice House will follow the others, built around a tightly defined brand. "I love marketing," Gemignani mentions casually. It shows—from the color palette that carries over from website to doorway to his namesake ingredients that decorate the restaurant walls. Like Gemignani's other concepts, the menu will also feature pizzas in a range of geographical styles: New York, Detroit, Sicilian, with toppings that are all-American or Italian-inspired.

With his name associated with so many locations — East Bay roots, San Francisco ties, a worldwide title — I had to wonder where Gemignani was meant to be.

"My heart belongs in California. But am I more 415 or 510? I'm kind of in between." But definitely, he says, "I'm a Cali kid."

Slice House San Leandro, open Mon-Thur 11am–9pm, Fri-Sat 11am–10pm, Sun 11am–9pm; 135 Parrott St., San Leandro. 510-281-0725. slicehouse.com/sanleandro.



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Olympic gymnast sent home for smoking



Shoko Miyata at the Japan national championship in April 2024. Photo Credit: Getty Images

By **JACK ALCORN**

Nineteen year-old gymnast Shoko Miyata of Japan has been sent home and will not compete at the 2024 Paris Olympic Games. The young athlete was accused of drinking and smoking. Miyata left Japan's training camp in Monaco July 25 as officials investigated the alleged incident.

Miyata withdrew from the prestigious gymnastics squad for the Paris Games after the investigation concluded that she violated her team's rules by smoking, said the Japanese Gymnastics Association (JGA) on Friday, July 26. Smoking is in violation of

the JGA code of conduct. Miyata's violation included drinking alcohol.

JGA secretary general Kenji Nishimura told reporters, "With her confirmation and after discussions on all sides, it has been decided that she will withdraw from the Olympics."

The talented teenager is captain of her country's women's artistic gymnastics team. Miyata returned to Japan after breaking the team smoking ban.

Miyata was set to lead a team of first-time teenage Olympians after she secured her spot for Paris in May. She won a bronze medal at the 2022 World Championships in Liverpool. The women's squad will compete with four athletes instead of five, the JGA told a media conference.

Mutsumi Harada, Miyata's personal coach, said that while Miyata's conduct had been reckless, she had been under extreme pressure to perform at the highest level. "She was spending her days really burdened with so much pressure," he said, wiping away tears. "I would implore people to understand that."

During the 2020 Olympic Games in Tokyo, athlete mental health took center stage when gymnastics superstar Simone Biles withdrew from competition, citing depression. Artistic gymnastics is one of the most popular sports at the Summer Games and will be held from July 27 to August 5.

Japan still hopes to win its first artistic gymnastics team medal since the 1964 Tokyo Games.

The Paris Games open on July 26.

continued from page 1

Prescribed Grazing



Prescribed grazing on Alameda Creek. Photo by Jack Alcorn

landscape and emits soot, sulfur, greenhouse gasses and other environmental contaminants.

Grazing allows livestock to naturally fertilize the land without burdening any one location with excess manure. This increases soil fertility and improves forage health, removing invasive species. Native, perennial and other desired plants are more able to thrive.

A growing number of cities, counties, fire safe councils and homeowners associations are using prescribed grazing as a wildfire risk reduction tool. CalFire and the California Department of Conservation offer several grant programs for ranchers and communities to implement grazing operations. East Bay Regional Park District targets 960 acres for grazing annually in parklands across Alameda and Contra Costa counties.

Peak grazing season is March through September. To view the grazing goats visit the Isherwood Staging Area, Quarry Lakes Recreation Area, Fremont. The goats are consuming more than 3,000 pounds of foliage per day over a 300 acre stretch of Alameda Creek. The hungry herd of mostly white goats and some sheep will grow to 600

Community Bulletin Board

10 lines/\$10/ 10 Weeks
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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 Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION Welcomes YOU! We are a spiritual community of open minds, nurturing growth and healing in ourselves, and all people. Together we strive to live compassionately and courageously as we work to build a nonviolent, just sustainable world. We welcome you and your family to join us on this journey. We meet Sundays at 10 a.m. in Cole Hall, located at 2950 Washington Blvd. in Fremont and online at www.mpuuc.org/Zoom Learn more about us at www.mpuuc.org		A-1 Comm. Housing Svcs. A HUD Approved Agency 1st Time Home Buyers Workshop Presented on ZOOM Learn the process of homeownership. Down Payment Assistance Please register www.a1chs.org or call 510.674.9227		Scholarships for Women Fremont PEO/UF sponsors scholarships for women entering college, earning another degree, or returning after 2+ years. 2% education loans. www.peocalifornia.org peouf150@gmail.com	
FREMONT PATHFINDER BRANCH 59 SONS IN RETIREMENT!! Retired men! Come and have lunch on us and join the best retiree group in Fremont! We meet at the Fremont Elks Lodge at noon on the 3rd Wednesday of every month. In addition to engaging and entertaining luncheon programs and fabulous conversation, we offer a veritable plethora of activities for retired men. Golf, Bocce Ball, Poker, Bowling, Walking, Bridge, Couples Wine Tasting, Music and much, much more. Call, write, or email for your free lunch! Big Sir Rob Ingebretson, 48232 Cottonwood Street, Fremont, CA 94539; robingy@comcast.net; 510-657-7828.		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. Uc-newark.northernca-al-anon.org for a full meeting list. You can also email Alanond17@gmail.com or call us at 510.276.2270 for more info.	
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OPINION

The Harris nomination and the social media scourge

By DAN PULCRANO

Tri-City residents can view with considerable interest the selection of a presidential nominee born in a Kaiser Permanente hospital 30 miles to the north, who started her public service career in the Alameda County district attorney’s



office and is the child of immigrants. Her mother was born near the Bay of Bengal and lived in New Delhi, Bombay and Calcutta during her childhood. The idea of a product of East Bay communities ascending to government’s highest level—as well as the first person of South Asian heritage to

hold the office—would obviously be history-making. She would be America’s first female president, and the only California-born person other than Richard Nixon to be elected to serve in the White House (although Herbert Hoover and Ronald Reagan too resided in our state). Gender, ethnicity and local affinity are of course not the only criteria by which we should choose America’s chief executive. Scrutiny of Harris’ political history on issues on which she’s been associated, such as border security, public safety and incarceration, reproductive freedoms and international relations, are clearly germane. It’s also fair to dig into Harris’ rapid rise from her modest Berkeley and public law school roots to the social milieu of Pacific Heights celebrities and billionaires. And it is appropriate to discuss the mechanics of selecting a nominee without direct voter participation. What is disturbing, however, is the open racism and misogyny that has greeted her status as the presumptive Democratic nominee. Opening TikTok immediately algorithmically

streams a series of vulgar tropes about Harris’ alleged sexual history. This has nothing to do with anything and would be out of place in any employment interview, let alone one for one of the most important jobs in the world. This drumbeat of inappropriate messaging from the servers of a foreign-owned social media company is offensive and harmful to women and girls in general. It is disruptive to the democratic process. One does not have to be a snowflake to be appalled by this open hate speech. While Meta has tightened algorithms so clumsily that even legitimate posts by this news organization get filtered and blocked, Tik Tok and X are normalizing antisocial behavior that clearly will have future consequences. As we too frequently see, it is easy to cross the line from dehumanizing words to violence. Let’s stick to issues, facts and responsible media in the coming months as we decide the future of the country. Dan Pulcrano is publisher of the Tri-City Voice.

SOCIAL SECURITY MATTERS

Ask Rusty – Grieving Husband Asks About His Survivor Benefits

By RUSSELL GLOOR, NATIONAL SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Dear Rusty: My wife died May 4, 2024. I notified Social Security, and they have removed the direct deposit made to my joint checking account on May 8, 2024. What are my options now for obtaining any benefits from my wife’s Social Security account? Signed: Grieving Husband

Dear Grieving Husband: Please accept our sincere condolences for the loss of your wife. Rest assured that we’re here to assist with any Social Security (SS) questions you may have at this difficult time. FYI, a person must live the entire month to be eligible for SS benefits for that month (Social Security benefits aren’t paid for the month a person dies). For this reason, and as a matter of standard protocol, Social Security instructed the bank to return any payments received for your wife after her death. This is often referred to as the “claw back” rule. In some circumstances, however, Social Security “claws back” money which rightfully belongs to the deceased, as they did in this case. Your wife’s Social Security payment

received on May 8th was her payment for the month of April, and she was fully entitled to that payment because she lived for the entire month of April. I suggest that you download, fill out, and submit Form SSA-1724 to your local Social Security office to recover that May 8 payment, which rightfully belongs to your wife’s estate. Note that the bank will automatically return any future SS payments received for your wife. As your wife’s surviving spouse, you are also entitled to a one-time lump sum “death benefit” of \$255, which you can request by calling your local SS field office (get the number at www.ssa.gov/locator), or by calling 1 (800) 772-1213. During that call, you can also explore whether you are entitled to any additional SS benefit as a surviving spouse. If your wife’s monthly SS retirement benefit was more than your current monthly SS benefit, you will be entitled to receive her higher monthly amount instead of your own smaller amount (FYI, if you haven’t yet reached your own full retirement age your survivor benefit will be reduced). And if you are not yet collecting your own SS benefit, you have the option to claim your survivor benefit from your wife first while allowing your personal SS retirement benefit to continue to grow, up to maximum at age 70 if you like.

Just be aware that if you haven’t yet reached your full retirement age (FRA) and you are still working, any SS benefit you take before your FRA will be subject to Social Security’s “earnings test” which limits how much can be earned before they take away some of your SS benefits. The 2024 annual earnings limit is \$22,320 (changes annually) for those who claim prior to the year they attain full retirement age, and SS will take away \$1 of benefits for every \$2 over the annual limit. The “earnings test” no longer applies after you reach your full retirement age. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSS

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Tuesday, August 6, 2024

SAVE THE DATE !

ACTIVITIES FROM 4 PM-8 PM

National Night Out is celebrating its 41st Anniversary! It's a great opportunity for the community to come together and celebrate with local businesses, community groups, CIT professionals, and First Responders. The UCPD will be hosting a fun-filled evening in the Union Landing Shopping Center, between Columbia & Best

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. 24CV072991
Superior Court of California, County of ALAMEDA
Petition of: KULWANT SINGH GANDHAM for Change of NAMED PARTIES:
TO ALL INTERESTED PERSONS:
Petitioner KULWANT SINGH GANDHAM filed a petition with this court for a decree changing names as follows:
KULWANT SINGH GANDHAM to KULWANT SINGH
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: AUG 02, 2024, Time: 9:30AM, Dept.: 1B, Room: B
The address of the court is 1225 FALLON ST., OAKLAND, CA
(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.)
A copy of this Order to Show Cause must be published at least once each week for four successive weeks before the date set for hearing on the petition in a newspaper of general circulation, printed in this county:
Date: JUNE 17, 2024
THOMAS J. NIXON
Judge of the Superior Court
7/9, 7/16, 7/23, 7/30/24

CNS-3829167#

FICTITIOUS BUSINESS NAMES

FICTITIOUS BUSINESS NAME STATEMENT
File No. 607495
Fictitious Business Name(s):
FREMONT BOTANICALS, 37317 FREMONT BLVD, FREMONT, CA 94536 County of ALAMEDA
Registrant(s):
GSB ENTERPRISES, INC, 37323 FREMONT BLVD, FREMONT, CA 94536
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 08/01/2019.
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].)
GSB ENTERPRISES, INC
S/ BASRAL
This statement was filed with the County Clerk of Alameda County on 06/25/2024.
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).
7/16, 8/6, 8/13, 8/20/24

CNS-3837092#

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
File No. 598393
The following person(s) has (have) abandoned the use of the Fictitious Business Name(s):
The Fictitious Business Name Statement filed on 06/05/2023 in the County of ALAMEDA.
BUMBLEBEE PLAYSACE, 35500 DUMBARTON CT., NEWARK, CA 94560, County of ALAMEDA
Registered Owner(s):
HAPPY HIVE LLC, 4888 PIPER ST., FREMONT, CA 94538
This business is conducted by: A LIMITED LIABILITY
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/ SOPHIA VU
This statement was filed with the County Clerk-

Stone Tool ‘Knap-In’ teaches historical tool making

LEARN HOW TO SHAPE CHERT AND OBSIDIAN

Submitted by
EAST BAY REGIONAL PARK DISTRICT

On the first weekend in August, Coyote Hills Regional Park will hold a drop-in program where attendees can see how local varieties of stone can be shaped with hand-held tools. This historical practice goes back to the Ohlone people who were the first to live in the Bay Area.

Watch the skill of stone tool makers as they showcase in the captivating world of flintknapping. Observe experienced stone tool makers at work and discover the techniques behind transforming chert and obsidian into spear points and arrowheads. Dive into the interactive experience, handling

raw materials and the finished products, to truly grasp the artistry of flintknapping.

This drop-in program is for all ages, but parent participation required. Parking fees apply where applicable. For information, call (510) 544-3220.

Stone Tool ‘Knap-In’
Saturday, Aug 3 – Sunday, Aug 4
10am – 3pm
Coyote Hills
8000 Patterson Ranch Road., Fremont
www.ebparks.org



Obsidian is sharp but shatters easily. Photo Credit: Victor Carvellas

Mission Valley Track and Field qualifiers

Submitted by **LEE WEBB**



Sixty-eight young athletes qualified for USATF and AAU Nationals. Among them are members of Mission Valley Track and Field Club in Fremont. The USATF qualifier was held at James Logan High School in July while AAU took place at Texas A&M.

Uber and Lyft drivers remain independent contractors in California Supreme Court ruling

By **TRAN NGUYEN, ASSOCIATED PRESS**

The California Supreme Court ruled Thursday that app-based ride-hailing and delivery services like Uber and Lyft can continue treating their drivers as independent contractors rather than employees.

The unanimous decision by the state’s top court is a big win for tech giants. It also ends a yearslong legal battle between labor unions and tech companies over a law dictating the status of app-based service workers in the state.

The ruling upholds a voter-approved law passed in 2020 that said drivers for companies like Uber and Lyft are independent contractors and are not entitled to benefits like overtime pay, paid sick leave and unemployment insurance. Opponents said the law was illegal in part because it limited the state Legislature’s authority to change the law or pass laws about workers’ compensation programs.

A lower court ruling in 2021 had said the measure was illegal, but an appeals court reversed that decision last year.

The California Supreme Court’s decision means companies like Uber and Lyft can continue their operations as before.

Uber called the ruling “a victory” for drivers. Companies like Uber, Lyft and DoorDash spent \$200 million on a campaign in 2020 to help the law pass.

“Whether drivers or couriers choose to earn just a few hours a week or more, their freedom to work when and how

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