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New center celebrates its Fremont opening

ATTENDEES LEARN ABOUT FRIENDS OF CHILDREN WITH SPECIAL NEEDS

By VICTOR CARVELLAS

On Friday, August 23, a host of city and county dignitaries, together with more than a hundred guests, gathered to celebrate the grand opening of Friends of Children with Special Needs' newest center at 42080 Osgood Road in Fremont. It was also the launch of this year's annual art exhibition, "Expressions." A talented trio of musicians covering popular tunes welcomed arriving guests, and everyone was treated to an exciting performance by Harmony in Rhythm, a large all-percussion ensemble representing the Special Needs Percussion Guard Program.

FCSN's mission is "to help individuals with special needs and their families find love, hope, respect, and support through integrated community involvement" (fcsn1996.org).

In 1996, special-education teacher Shioh-Luan Chen heard of Chinese American families working to provide education and support for their special needs children. She reached out and began teaching parents about special education.

Within two years, the initial informal alliance, South Bay Integrated Family Support Group, had established a structured organization and begun publishing newsletters. By the end of 1998, "The formal structure and increasing membership firmly established FCSN" (fcsn1996.org).

Today, in excess of 800 families have benefitted from FCSN's more than 40 programs based in Fremont and San Jose. Receiving both private and government support, FCSN has taken a vital step with the opening of the new center in addressing the future needs of a rapidly expanding client base.

Board co-chair James Chiao expressed one of the primary concerns of parents with special needs children: "Parents want to feel secure that their children will become self-sufficient adults or at least have a resource for continuing education and enrichment once they leave the secondary school environment."

The existing facilities had limited capacity, but according to Co-President, CK Lee, the new center will be able to serve at least two hundred more clients. When the center becomes fully licensed later this year, it will offer an Adult Day Program, Living Services, a Supported Employment Program and Tailored Day Services.

The building was purchased in 2022, with renovations beginning in February 2023. The 18,000-square-foot, two-story building has a meeting hall, kitchen and dining facilities, classrooms, conference rooms, computer labs and offices for staff and volunteers.

FCSN sponsors a variety of Enrichment and After School programs including education in the visual arts and music. The art exhibition, which ran August 26 - 29, features more than a hundred works by FCSN artists, embracing media such as oil-painting, pen and ink, and printmaking.

FCSN is widely recognized for its dedication to serving a growing need, and many representatives from the East Bay officially came to recognize it. Award presenters included Fremont Mayor

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"Reciprocation" by May Chen

Photographer Chen captures Bay Area through birds' eyes

MAY CHEN'S OHLONE COLLEGE EXHIBIT SHOWS VULNERABILITY OF WILDLIFE

By STEPHANIE GERTSCH

Nature is healing. "Being connected with nature, you have a sense that everything is going to be alright," says photographer May Chen. Her collection of birds photos from the Bay Area and beyond possess a peaceful and mesmerizing quality. However, the story of native wildlife is more complex, as nature symbolizes constancy and endurance and also the consequences of selfishness.

Reciprocation

This Great Heron couple made their nest right on the Fremont Ohlone campus, and the photo captures the pair adding softer materials in addition to hard branches in preparation for egg laying. "To do wildlife photography, one really needs to study and know the subject," says Chen. "Know their habitat. Know the breeding season. You almost get to know their personality."

The Fly Off

May Chen teaches Tai Chi, Qigong, and Meditation at Ohlone —not photography. "The Fly Off" shows some of her philosophy. This image of uncountable Snow Geese taking off over a lake and reflected in the water combines chaotic action with a meditative atmosphere. "Nature in itself is not just one direction," she says. "Along with something growing above ground, the

root is also growing and bringing nutrition." Like the concept of Yin and Yang, nature involves opposing and interconnected forces in balance.

Tantrum

It's easy to anthropomorphize these two images of a juvenile Great Egret, an only child, demanding food from his parent even with a full crop. Chen emphasizes the emotional depth of her bird subjects. However this photo has a darker story. In a description of the photos, Chen writes, "There were three small islands at the Lakeshore Park, Newark, CA. The heronries were a local favorite site for photographers throughout the spring breeding and nesting season. Then quietly by 2023, all [400] nests disappeared. Residents responded to the sudden site popularity brought on by mass media. The noise, parking issues, and people rudeness invading an otherwise quiet neighborhood. This loss of habitat was brought on by human behavior." "Tantrum" highlights the damage humans can do if they admire nature without respecting it. The humans annoyed each other, and birds paid the price.

A Nest is a Home

A Clark's Grebe couple builds a floating nest, where they tend to their egg. Unfortunately their numbers are also in decline.

The Ground Dwellers

A portrait of Burrowing Owls in Mountain View tells a sad story. Says Chen, "They used to be on this campus, on the Newark campus, near Osgood, but now it's all built up. As of March this year, there's

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AN EXPERT ADVISES To vax or not to vax?

LEARN ABOUT VACCINE AVAILABILITY AND AT-RISK GROUPS

By STEPHANIE GERTSCH

Everyone would like to be done with COVID, but the surge this summer showed that precautions are still necessary. This fall, people are wondering when the next COVID booster will become available, whether to get a flu shot, and who is vulnerable to respiratory illnesses that tend to go around during the holiday season.

Dr. Dianne C. Martin, Internal Medicine and Infectious Diseases, Washington Hospital Healthcare System, spoke with Tri-City Voice on what people can do to keep themselves and their loved ones safe. The below facts are summarized from the information she shared.

Why did we have such a big surge this summer?

The strain circulating Summer 2024 isn't making people as sick as some earlier strains. Martin says, "Because the symptoms are so mild, people don't really connect and say, 'This might be COVID.'" People then unfortunately go on to infect others. Heat waves have also driven more people indoors where air circulation is worse.



Dianne Martin, M.D., Internal Medicine and Infectious Diseases. Courtesy of Washington Hospital

Who needs a vaccine?

Whether it's flu, COVID, pneumonia or RSV, there's a lot of overlap among those who are most vulnerable: people who are immunocompromised for any reason; those on dialysis; people undergoing chemotherapy; those with heart disease or respiratory problems, and those over 65. Even if you're not especially vulnerable, it's a good idea to get your fall flu vaccine, and a COVID booster when the new one comes out. This helps protect others. Adults usually get the pneumonia vaccine every five to 10 years, and kids before starting school.

When will the next COVID booster come out?

The Centers for Disease Control and Prevention (CDC) hasn't announced exactly when the next booster will be available, but according to Martin it may be as early as mid-September.

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Dispelling Misconceptions About Sepsis Infection

ICU Doctor Advises Treating Infections Early to Avoid Complications

Most people know little about an infection called sepsis and they often worry. The life-threatening condition is caused when common infections such as lung (pneumonia) or urinary tract (UTI) aren't treated and spread.

Treating infections early prevents them from developing into sepsis, advises Cyrus Shariat, MD, a critical care intensivist at Washington Hospital Healthcare System in Fremont. “Don’t delay because you’re afraid to go to the doctor, especially for a suspected UTI or respiratory illness,” he says.

Sepsis is a severe infection that causes organ dysfunction because of a dysregulated immune response. The infection is usually due to bacteria but viruses such as influenza and COVID can sometimes lead to sepsis. Dr. Shariat explains, “An infection can travel from the source, such as the lungs, in a case of pneumonia, and affect other organs. The organs which are the most common sources of sepsis are the lungs, bladder, kidneys, blood and skin.”

Upcoming Presentation

Dr. Shariat is raising awareness about sepsis, allaying fears, and dispelling common misunderstandings. He’ll explain the signs, symptoms, and prevention tips in a presentation on Sept. 25, 9 a.m., “Sepsis: What Is It and How Can We Increase Awareness?” The complimentary presentation can be viewed on Facebook or YouTube.

“It all comes down to organ dysfunction in sepsis. When we see an infection that is causing other organs to be affected, we immediately suspect sepsis.” -Cyrus Shariat, MD

The signs and symptoms of sepsis include:

- Fever, chills or shaking, or a low temperature (less than 96.8)
- Shortness of breathing and/or fast breathing
- Fast heart rate (greater than 100)
- Confusion or lethargy
- Extreme fatigue
- Lightheadedness
- Rash or mottled skin

People most at risk for sepsis are:

- Elderly patients
- People with compromised immune systems
- Patients with diabetes
- Patients with chronic medical conditions such as heart, kidney or lung disease
- Patients with chronic indwelling devices

Dr. Shariat notes, “It all comes down to organ dysfunction in sepsis. When we see an infection that is causing other organs to be affected, we immediately suspect sepsis.” Emergency care doctors often are the first line of defense in sepsis, swiftly diagnosing patients who come to the Emergency Department very sick. “I take sepsis very seriously,” he adds. “My motto is: A sick patient that I am evaluating has sepsis until proven otherwise.”



Sepsis Mortality

Sepsis affects 1.7 million people a year in the United States and is responsible for up to one 1 in 3 hospital deaths. Depending on the severity of sepsis on presentation to the hospital, the mortality ranges from 15%-40%.

One of the signs of sepsis, is a blood pressure drop resulting from leaky veins not properly perfusing organs. Elderly patients who have sepsis from a UTI often appear confused if blood to the brain is reduced. A septic person’s heart can become weak, blood may not clot, and kidneys and liver be affected, among other complications.

People often ask Dr. Shariat if they can catch sepsis from an infected person. While some infections, like certain strains of pneumonia and strep, can spread from person to person, most that lead to sepsis aren’t contagious, he adds.

A common misconception is that sepsis is usually acquired in a hospital. Dr. Shariat explains, “I’ve seen many more patients who come into the Hospital with sepsis than people who got the infection during their stay.” While the elderly, patients with long hospitalizations, and those with chronic diseases are at risk, Washington Hospital takes all infection prevention precautions.

Infection Prevention Tips

To prevent any type of infection, Dr. Shariat urges taking steps to stay healthy. He recommends eating right, maintaining a healthy weight, getting

the recommended amount of exercise, sleeping well, and listening to your primary care doctor to keep your immune system strong. Managing chronic medical conditions, like diabetes, chronic obstructive pulmonary disease (COPD) or asthma also helps. For example, having COPD puts one at higher risk for respiratory infections, which could turn septic. Also, a patient with diabetes getting a skin infection that doesn’t heal is more at risk of sepsis.

Good hand hygiene is also important in infection prevention, and Dr. Shariat urges washing often. He also recommends washing any cut thoroughly and applying antibiotic ointment.

“Sometimes there’s nothing you can do to prevent infection, but always remember to get medical attention early. If you present at a hospital late in the sepsis process with multiple organs not functioning, your outcome will be worse,” he emphasizes.

To watch Dr. Shariat’s Sept. 25 presentation on sepsis, log on to YouTube or your Facebook page. Following that date, this, and other Health & Wellness seminars can be viewed anytime at YouTube.com/whhsInHealth or by scanning the below QR code.



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Causes and Treatment of Obstructive Sleep Apnea
Jason Van Tassel, MD
Otolaryngology

Importance of Prostate Cancer Screening
Steven Curran, MD
Family Medicine

Sepsis: What is it and How can we Increase Awareness?
Cyrus Shariat, MD
Critical Care Intensivist

Coming Soon!

Choking First Aid
Betty Goodwin, DNP, RN, CNS, CEN
Emergency Medicine

Life After Stroke
Prabhjot Khalsa, MD
Neurology

Causes and Treatment of Obstructive Sleep Apnea
Fatigue, headaches and impaired cognitive function are all signs of apnea. Join this seminar to reclaim a restful night's sleep.

Choking First Aid
If someone was choking, would you know what to do? This presentation focuses on the importance of learning choking first aid and abdominal thrust skills.

Life After Stroke
Recovering from a stroke can be overwhelming. Dr. Prabhjot Khalsa, medical co-director of Washington Hospital's Stroke Program, will address the health complications that may arise following a stroke.

Importance of Prostate Cancer Screening
Wednesday, Sept. 11, 9 a.m.
This seminar will empower men and their loved ones with essential knowledge for early detection and effective management.

Other Video Topics:

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

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

Sepsis: What is it and How Can We Increase Awareness
Wednesday, Sept. 25, 9 a.m.
Anyone can get an infection and almost any infection can lead to sepsis. Learn the signs and symptoms of this life-threatening condition.

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

Visit Us!
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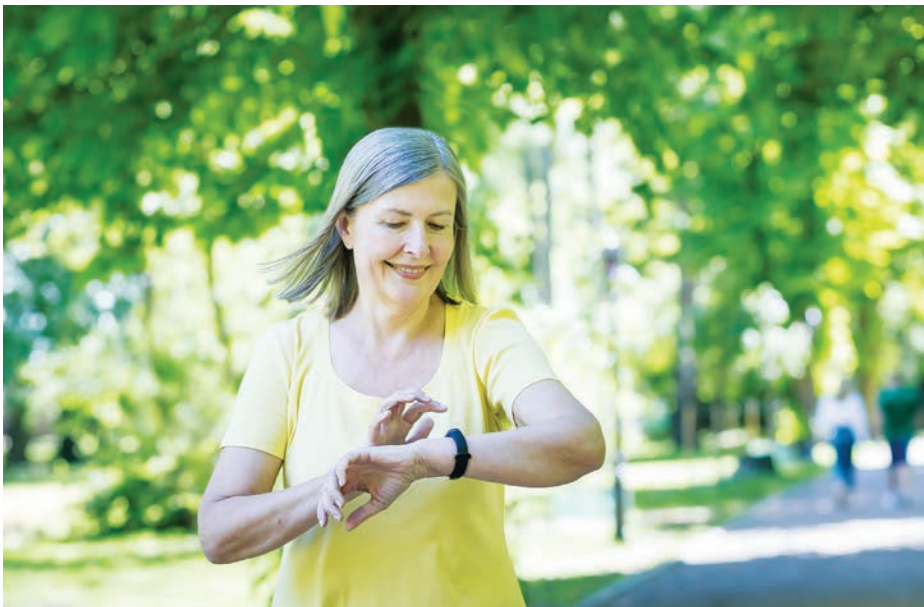
September is Atrial Fibrillation Awareness Month

Keep Your Heart in Rhythm for Cardiovascular Health

“Since atrial fibrillation can be a silent condition for some people, it’s important to get regular checkups with your physician, especially if you have the risk factors for AFib.” -Sangeetha Balakrishnan, MD



Sangeetha Balakrishnan, MD



Nearly 3 million Americans live with a heart condition called atrial fibrillation (AFib) and the CDC says that number could rise to 12 million by 2030. A normal heart rhythm sounds like a steady drum, but AFib sounds like a chaotic drumbeat. People with this condition may be at greater risk of blood clots, heart failure and stroke. September marks National Atrial Fibrillation Awareness Month—the time to learn more about AFib risk factors, symptoms and treatment options.

Sangeetha Balakrishnan, MD, a cardiologist with Washington Township Medical Foundation, sees patients in Fremont with AFib and other cardiac issues. In addition to board certifications in internal medicine, cardiology,

and nuclear cardiology, her medical training included a fellowship in cardiac electrophysiology, which is the study of heart rhythm disorders.

“Some patients with atrial fibrillation can feel it, and some cannot,” explained Dr. Balakrishnan. “Generally, they will experience symptoms like palpitations, dizziness, shortness of breath and fatigue. I also see patients in AFib with a pulse in the 130s who do not realize their heart is beating at too high a rate or out of rhythm.”

AFib Risk Factors, Diagnosis and Treatments

AFib can be dangerous because it may cause the heart to work harder, weaken the

heart muscle, and lead to other medical problems like heart failure and stroke. The risk of AFib increases with age, and one in 10 people over the age of 80 have it. Other risk factors include heart disease, diabetes, high blood pressure, sleep apnea, hyperthyroidism, and kidney or lung disease. Lifestyle risk factors for AFib include obesity, smoking and alcohol use.

The process of diagnosing atrial fibrillation usually includes a physical examination along with an electrocardiogram (EKG), ultrasound of the heart, and lab work to check levels of electrolytes, thyroid hormone, potassium, cholesterol, hemoglobin A1c and other AFib indicators found in blood samples.

“Some patients experience sporadic episodes of atrial fibrillation which can make it difficult to diagnose with an EKG. These patients may wear a long-term heart monitor patch, usually for two weeks, so we can track whether the heart goes into AFib, and if so, for how long and often,” said Dr. Balakrishnan.

Treatments for AFib vary because the condition is complex and has many different causes, but generally they fall into two main categories: rate control and rhythm control. Rate control medications, like beta blockers, allow the heart to beat irregularly but at a slower pace. Rhythm control, called cardioversion, stops the atrial fibrillations so the heart can beat regularly again. Electrical cardioversion involves giving the heart an electrical

shock through paddles or patches on the chest, while drug cardioversion calls for taking antiarrhythmic drugs. Other AFib treatments include a minimally invasive procedure called catheter ablation, and sometimes blood thinning medications are used to reduce the risk of stroke.

“Since atrial fibrillation can be a silent condition for some people, it’s important to get regular checkups with your physician, especially if you have risk factors for AFib,” advised Dr. Balakrishnan. “If you experience symptoms, request a referral to a cardiologist so you can be tested and treated if needed. It’s important for your heart health, can make you feel better, and may improve your quality of life.”

For more information about Washington Hospital/UCSF Cardiac Services in Fremont, go to whhs.com/heart. To learn more about Dr. Balakrishnan, view her profile on the WTMF page at mywtmf.com/find-a-doctor/sangeetha-balakrishnan-md/ or scan the QR code below.



Union City Heart Health Fair

Discover the key to better heart health at the Union City Heart Health Fair, sponsored by Washington Hospital and Washington Township Medical Foundation!

Date and Location

Saturday, September 7
10 a.m.-2 p.m.

Nakamura Clinic Parking lot,
33077 Alvarado-Niles Rd.

Details

- The event is open to everyone! Join us for:
- **Free Health Screenings:** Blood pressure, glucose, and cholesterol checks
 - **Health Information:** Learn lifestyle changes for better heart health
 - **Interactive Activities:** Free fitness classes and health activities
 - **Entertainment:** Family-friendly performances



Two Free Fitness Classes!

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Hayward PD response to Hayward High School assault

Submitted by
HAYWARD POLICE DEPARTMENT

On August 26, 2024, at about 1:22pm, officers responded to the report of an assault at Hayward High School on 1633 East Ave. Witnesses advised that three students were involved in a physical altercation, and that at least one student may have sustained injuries from a knife.

Officers arrived on scene and located two of the three students that were involved in the altercation.

One of the students, a 15-year-old male, was found to have injuries that appeared to have been caused by a knife. He was transported to a local medical facility and was treated for non-life-threatening injuries.

A second student, a 14-year-old male, was contacted and appeared to have minor injuries as a result of the confrontation.

The third student, a 15-year-old male, was located a short time later after a family member transported him to a local hospital. The student received treatment for non-life-threatening injuries that appeared to have been caused by a knife.

The Hayward Police Department is in the process of investigating this incident, which includes the collection and processing of evidence, speaking with the involved parties and witnesses, and supporting the Hayward Unified School District (HUSD) as they address this incident administratively. No arrests have been made. The circumstances leading up to this incident are currently under investigation and we are not releasing any further information at this time as all of the involved parties are juveniles.

Student safety is and will remain a priority for the Hayward Police Department. We will continue to provide support to the Hayward Unified School District (HUSD) as they work to maintain an environment conducive to learning and one in which students and staff feel safe.

This is an active investigation, and more details will be released as they become available. Anyone with information about this incident is asked to contact detectives at 510.293.7176.

Shooting suspect apprehended after extensive search

Submitted by
FREMONT POLICE DEPARTMENT

On August 7, 2024, at approximately 7:30pm, Fremont Officers were dispatched to the area of Isherwood Way and Chaplin Drive to the report of a shooting. The victim, a Fremont resident, reported being shot at with a handgun by an unknown male suspect after a brief argument. The suspect then fled the scene and was last seen running into a nearby homeless encampment. The victim was unharmed and provided a picture of the suspect to officers on scene. The suspect was soon identified by police as David Becerra, 50 years old, out of Fremont.

Fremont Officers coordinated with East Bay Regional Park District PD, Union City PD and Newark PD K9 Officers to establish a perimeter. After an extensive ground search and with assistance from a California Highway Patrol Air Unit and Fremont PD drones, officers located and arrested Becerra as he attempted to break the perimeter. Becerra has a lengthy criminal history in Alameda County, including arrests for making criminal threats, resisting arrest, attempted murder and multiple arrests for assault with a deadly weapon.

The case was subsequently presented to the Alameda County District Attorney's Office, and Becerra was charged with assault with a semi-automatic firearm, discharge of a firearm with gross negligence and felon in possession of a firearm.

See something and say something. Please report suspicious activities by calling 510.790.6800, option 3. You can also send us an anonymous tip by texting "Tip FREMONT PD" followed by your message, to 888-777. In an emergency, please dial 911.

Police activity highlights

Submitted by
UNION CITY POLICE DEPARTMENT

Over the course of several weeks, commercial burglaries occurred at and around the 29300 and 29500 block of Kohoutek Way.

Patrol conducted the initial investigations and were able to recover video surveillance depicting the suspects and vehicles. A consistent Modus Operandi involved the suspects using a red Chevrolet Colorado to back into the business roll-up doors to force entry, then two suspects would enter and take property. There were several thousands of dollars in property loss and damage to the affected buildings.

Patrol, Investigations and the Special Services Unit developed a potential suspect who was known to be associated to a red Chevrolet Colorado. Additional investigative tools that were extremely helpful in this investigation were Flock cameras, physical surveillance by SSU and electronic surveillance.

During physical surveillance operations, two suspects were seen "casing" neighborhoods and later seen discarding open packages. The packages were recovered and were linked to a Union City package theft case.

The Chevrolet Colorado was a stolen vehicle out of Hayward. This vehicle contained license plates that belonged to another vehicle. Two additional vehicles were also identified as suspect vehicles. An additional suspect has been identified via video and physical surveillance.

After obtaining arrest and search warrants for all involved suspects, arrests were made and the warrants served. Stolen property from the burglaries was recovered at two locations. A third suspect was arrested, and his residence was searched pursuant to a search warrant with loss located at his residence.

EnhanceFitness classes return to Senior Center

FALL PREVENTION COURSE FOCUSES ON FITNESS AND STABILITY

Submitted by **MAY FUNABIKI,**
PROGRAM MANAGER,
SPECTRUM COMMUNITY SERVICES

Spectrum Community Services is thrilled to announce the return of its highly successful EnhanceFitness class at the Ralph & Mary Ruggieri Senior Center, located at 33997 Alvarado-Niles Road in Union City. This essential program, featuring the EnhanceFitness class, will be offered on Mondays, Wednesdays and Fridays from 9:30am to 10:30am, beginning on August 19 and running through September 20.

EnhanceFitness is one of several Fall Prevention classes that Spectrum offers. It's an engaging group fitness class where friends keep each other motivated and supported in sticking to a healthy routine. EnhanceFitness is an evidence-based group exercise and falls prevention curriculum designed to help older adults become more active, energized and empowered. With one in four people aged 65 and older experiencing a fall each year in the United States,

falls remain the leading cause of injury and death in this age group. The EnhanceFitness program aims to combat this by providing seniors with the tools they need to improve balance and strength, reducing the rate of falls by up to 24%.

A certified EnhanceFitness instructor will safely guide participants through 60 minutes of exercises tailored to enhance overall fitness and stability. Classes included 5-minute warm-up, 20-minute aerobic workout, 5-minute cool-down, 20-minute strength training workout and a 10-minute stretch to keep the muscles flexible. The classes are designed to accommodate all fitness levels, with exercises that can be performed either seated or standing, ensuring that everyone can participate comfortably and safely.

Registration is required for the program. Interested individuals are encouraged to sign up soon to secure their spot. For more information or to register, please visit our website at www.SpectrumCS.org or call 510.876.8809. We ask for a suggested contribution to Spectrum of \$28 for the full 5 week, 14 session series. This is asked of both members and non-members of Ruggieri Senior Center. Note that

no one will be turned away for lack of funds, ensuring that everyone has the opportunity to participate.

In addition to the EnhanceFitness class, Spectrum Community Services offers daily Senior Meals at the Ralph & Mary Ruggieri Senior Center. We're proud to support seniors with a holistic approach to healthy living by pairing good eating and with fun movement so they can live their best life and prevent chronic conditions. Participants are invited to join us for the nutritious lunch and socialization after the class.

Spectrum Community Services is dedicated to enhancing the quality of life for seniors and families experiencing low income. We are excited to bring back this vital program and continue our mission to support the health and well-being of our senior community.

Spectrum Community Services
510.881.0300
www.SpectrumCS.org

Women’s a Cappella Ensemble Guest Night

HARMONY FUSION
SEEKS SINGERS

Submitted by **HEIDI MASSIE**

Harmony Fusion, a women's a cappella vocal ensemble, will host a special open rehearsal guest night on September 23 to welcome new singers from around the bay area. Details are as follows:

Harmony Fusion, a chapter of Sweet Adelines International (SAI), is open to female singers as young as high school age. The group generally meets Monday nights from 7–9:30pm in Hayward.

Guests are always welcome but September 23 is set aside as a special open rehearsal.

“If you have a good ear for music, we want you!” says Joanne Morrison, Membership Chair and Livermore resident. “We’re looking for women who love to sing and are interested in performing, chorus competitions and improving their vocal skills.” The ability to read music is not required.

At this special interactive rehearsal, visitors will experience what it's like to sing in the barbershop style as a member of Harmony Fusion. After a meet and

greet, guests will join members on the risers to experience the joy of “ringing chords” together.

Director Barbara Vander Putten, a SAI Certified Director and member of the SAI Region 12 coaching faculty, has directed Harmony Fusion since April of 2007. Under her direction, the ensemble has medaled several times at the annual Sweet Adelines International regional contest, and she regularly attends regional educational conferences with the chorus twice a year.

“Music education in Barbershop singing is the mission of Sweet

Adelines, but the organization also provides opportunities to sing in other styles,” says Vander Putten. “In addition to the joy of singing in our sisterhood, members learn proper vocal technique for ensemble singing during rehearsals and coaching, and perform at events throughout the East Bay. Membership includes access to weekend workshops in vocal techniques, singing in a quartet, learning to direct, and multiple aspects of performing and leadership opportunities.”

Harmony Fusion has also been recognized for its high member retention rate as a four-time winner of the SAI Region 12 BRAVO award.

“We are extremely proud of the award,” says Morrison. “We are the first and only chorus in our region to receive the award four times! We believe our welcoming and supportive culture, and of

course, our fabulous director Barb, inspire our members to show up consistently and share their love of singing.”

For more information about the open rehearsal night, contact Joanne Morrison at 925.784.2950. General information about Harmony Fusion is available on its Facebook page @ [harmonyfusionchorus](https://www.facebook.com/harmonyfusionchorus) or website at www.harmonyfusion.org.

Harmony Fusion Chorus Open Rehearsal Night
Monday, Sept 23
7pm - 9:30pm
Hill and Valley Women's Club
1808 B St, Hayward
(Just off 580 in Castro Valley/ Hayward region)



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Safe Parking Program seeks volunteers

Submitted by CITY OF FREMONT

The City of Fremont Safe Parking Host Site Program needs dedicated volunteers to administer services to our unhoused community members living in their vehicles.

The City’s Human Services Department launched the program to respond to the increase in vehicular homelessness. It’s one of many programs the Fremont City Council has adopted to help address homelessness in Fremont. The program is designed as a safe, transitional space for individuals living in their vehicles. Training is provided to all volunteers.

Volunteers assist with hospitality: Conducting daily participant check-ins and check-outs at the host site parking lots, delivering food and coordinating evening activities.

Volunteers may also provide additional support: Providing haircuts or manicures, setting up activities like movie or game nights, editing resumes and collecting gas gift cards for Safe Parkers.

Volunteers do not stay overnight.

To volunteer or to learn more about the Safe Parking Host Site Program, call 510.574.2222.

continued from page 1

Don’t be lax: Protect to the max!

Flu and COVID vaccines are especially recommended for immunocompromised people and those 65+. Photo courtesy of Washington Hospital

“Get your vaccines. Be safe. Protect yourself. Protect your family.” - Dr. Dianne C. Martin, Internal Medicine and Infectious Diseases, Washington Hospital Healthcare System

Will I have to pay for my COVID booster?

Unfortunately, COVID vaccines are no longer free across the board. However, most insurances, including Medicare, will cover them.

Can I get a COVID and flu vaccine at the same time?

Yes, just get them on different arms. Patients may experience more severe side effects such as headache, fatigue and injection site reactions. These are temporary. Martin advises, “You may want to [get both vaccines] on Friday afternoon when you’re not going to do anything on Saturday.”

Is the COVID vaccine safe for pregnant people?

Yes! In fact, because the COVID vaccine isn’t available for infants under six months old, newborns can gain some immunity from their mothers who take the vaccine while pregnant.

Who should get a flu vaccine?

Adults and kids over six months old. Intranasal vaccines are available too. It’s strongly recommended that seniors get a special high dose flu vaccine that’s more effective (ask at the pharmacy).

I have an egg allergy. Is the flu vaccine safe for me?

The vaccine Flucelvax has no egg products and is safe for those with severe allergies.

Can I get the flu from the vaccine?

No, you can’t. Either the viruses

are killed or the vaccine doesn’t include flu viruses.

From a CDC doc: www.cdc.gov/flu/pdf/freeresources/general/strong-defense-against-flu.pdf

Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get the flu from a flu shot.

What do I do if I get COVID?

Stay home to recover, and take fever reducing medication such as acetaminophen—or aspirin or non-steroidal anti-inflammatories if prescribed by your doctor. Paxlovid can help with the symptoms, so check with your doctor even if your case is mild. Paxlovid can interact with some common medications, such as cholesterol meds, but it’s usually safe to stop taking those for a week.

If I’m sick, can I still access medical care?

Martin advises those who have tested positive for COVID, or who are experiencing symptoms like cough or fever to do a phone or video consult. She explains, “We don’t want our staff to get infected or other people sitting in the waiting room to get infected. If you’re sick, contact your doctor to see what you can do and stay home until you feel better.”

What other precautions can I take to stay healthy?

Martin says, “Your best protection is A) the Vaccine and B) If you’re sick, stay home.” Masking in crowded settings and indoor settings also helps. Masks are safe to reuse for four to five

days, as long as they aren’t wet from droplets. Just hold the mask by the straps to avoid touching contaminated areas and keep the mask in a clean paper bag when not in use.

Where can I go for accurate information?

The CDC website is reliable and user friendly. It updates information often: www.cdc.gov/covid/index.html

I feel bad for flaking on people when I’m feeling mostly OK....

It can feel awkward to bring up topics like infectious disease when planning social gatherings. But it’s important to take care of each other. Martin says, “You don’t want to call your friend and say, ‘I can’t come, I’m sick. But if that was my friend I’d say, ‘Thank you very much for staying home to take care of yourself and not share infection!’”

Overall, the things people can do to avoid illness are simple. But they do require intentionality. Martin summarizes, “It’s accepting responsibility that if you’re sick and you’re going to be with someone else, you might pass it on. And you might have a mild illness, but maybe they have something they haven’t told you about—they’ve just started chemo therapy, or something—and they might get sicker. This is not rocket science. Everybody’s immune system is different. And what gives one person a 1% mild case, the next person may be more severe.”

Newark receives government finance award

Submitted by CITY OF NEWARK

The City of Newark has once again been honored with the Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association (GFOA) for its annual comprehensive financial report for the fiscal year that ended June 30, 2023. In addition to the Certificate of Achievement, an Award of Financial Reporting Achievement (AFRA) has also been presented by GFOA to the City of Newark for this achievement.

The annual report submitted by the City of Newark was evaluated by an impartial panel and met the high standards of the GFOA program. This includes demonstrating a constructive “spirit of full disclosure” to clearly communicate its financial story and engage potential users with the report.

The Certificate of Achievement is the highest form of recognition in governmental accounting and financial reporting. It is awarded to organizations whose financial reporting adheres to the highest standards, including clarity, completeness and compliance with generally accepted accounting principles.

“It is a testament to the dedication of the city’s staff, notably the finance department, for ensuring that our financial practices and reporting processes consistently meet the rigorous expectations set forth by the GFOA,” said Mayor Michael Hannon. “The award reflects the City of Newark’s commitment to upholding the highest standards of financial reporting and transparency.”

Artemis Moon Tree “Lana Luna” and more

Submitted by
CASTRO VALLEY LIBRARY

The Castro Valley Library is the new home of an Artemis Generation “Moon Tree.” Out of hundreds of applications, NASA selected local nonprofit ForestR.org with Castro Valley Library as the recipients of one of the seedlings generated from seeds that flew around the moon aboard Artemis I in 2022. After returning to Earth, the tree seeds germinated under the care of the United States Department of Agriculture Forest Service as the work to identify their new homes was underway. NASA chose institutions based on criteria that evaluated their suitability to care for the various tree species and their ability to maximize educational opportunities around the life and growth of the tree in their communities.

The tree will be named “Lana Luna” after local resident Lana Carlos. Lana Carlos was a bright, young community member who was tragically killed in February 2020. Lana loved space, nature, reading and writing and the library. We are honored to name the Artemis tree after her. Please join us at 10am on

Saturday, September 14, for a short naming ceremony with the Carlos family in our parking lot.

Educational opportunities at the library include a solar system family storytime on Monday, September 16, at 6pm with local author Lea Redmond sharing her books *Our Friend Moon* and *Our Friend Earth*.

On Sunday, September 22, from 2pm-3pm we will be joined by Jessica Cruz, Atmospheric Scientist from the Atmospheric, Earth, and Energy Division of the Lawrence Livermore National Laboratory. Ms. Cruz will share information about her work preparing the Mars Rover and other vehicles for travel in space, human preparation for space travel, eating and growing plants in space, and more. This program is for all ages but ideal for ages for 10 and older.

On Saturday, September 28, at 11am, we will hear from local author Rie Neal about her character Astrid from her *Astrid the Astronaut* book series, followed by a space-themed craft. This program is ideal for kids 5-8 years.

For more information, call the library at 510.667.7900, or email castrovalley@aclibrary.org.

One Book, One Community Read

THIS FALL'S
SELECTION FROM
BARBARA KINGSOLVER
ADDRESSES DRUG
MISUSE CRISIS

Submitted by **MARGERY LEONARD**

Demon Copperhead by Barbara Kingsolver is the featured work of the 2024-25 season of One Book, One Community Read (OBOCR). In its 15th year, One Book, One Community Read is a community project of the Fremont Branch of American Association of University Women. The official launch for the upcoming season will be on September 16, 7pm, at Washington West in Fremont. Doors open at 6:30pm.

Margery Leonard, OBOCR Chair, comments, “Charles Dickens’ *David Copperfield* and Barbara Kingsolver’s *Demon Copperhead* have more in common than their alliterative titles. Parallels in plot, characters and theme braid through both books. In setting her novel in contemporary

Appalachia, Kingsolver created a Pulitzer Prize-winning best seller. *Demon Copperhead* is the orphan you can’t help but root for as he makes his way through a troubled adolescence impacted by drug abuse. In 15 years, this is the third time the team has chosen a book by Barbara Kingsolver. This is no coincidence as her books are always topical.”

Program Chair Jeanne Delp states, “Since *Demon Copperhead* describes the very real crisis of drug misuse, our program will address the impact of opioids on our community. Expert presenters will provide information about community situations and resources for support and treatment.”

Speakers include State Senator Aisha Wahab, Jasmine Baseai, COO of Haller’s Pharmacy, Dr. Larry Nordhoff, Board Member of National Coalition Against Prescription Drug Abuse.

**One Book, One Community Read launch
Monday, Sep 16
7pm; Doors open at 6:30pm
Washington West
2500 Mowry Blvd., Fremont**

Upcoming events help veterans

Submitted by
**HECTOR M. VILLASEÑOR,
LIBRARIAN, HAYWARD
LIBRARY**

During September, Hayward will host several community events to help veterans.

The Alameda County Veterans Affairs Commission will be hosting a Veteran Suicide Prevention Forum during this National Suicide Prevention Month on Wednesday, September 4 from 6-7pm at the Hayward Veteran Memorial Building. More information on the event is available on Eventbrite at <https://shorturl.at/SXGQm>.

The Palo Alto VA Mobile Medical Outreach Team & Partners program will be back at the Hayward Veterans Memorial

Building on Thursday, September 12, from 10am -1pm. Representatives from the Palo Alto VA Medical Outreach Team will be on hand to provide examinations, consultations and referrals to enrolled Veterans in the VA Healthcare System. They will assist with information about Veteran enrollment for VA Healthcare and other VA resources.

The Team will be offering toxic exposure screenings for veterans enrolled in the VA healthcare system. If Veterans have questions regarding eligibility and enrollment into the VA Healthcare System, have them bring a copy of their DD-214, and a list of current medications. Representatives from the Veterans Benefits Administration, and Swords to Plowshares have also confirmed they will be at the event.

Community Academy registration

Submitted by **CITY OF HAYWARD**

The Hayward Police Department Community Academy, which gives its adult participants an inside view of Hayward Police Department operations, is returning in September and registration is open.

This eight-session, certified educational program offers a comprehensive exploration of law enforcement and insight into the intricacies of policing in Hayward while fostering community-police relationships and understanding.

The Hayward Police Department Community Academy is open to anyone 18 years of age or older who is a resident of or employed in the City of Hayward.

Classes will be held at HPD’s North Hayward Resource Center, 22701 Main Street, Hayward, beginning at 6pm Wednesday, September 11.

For more information and to register, go to the Hayward Police Department website, www.hayward-ca.gov/police-department.

**HPD Community Academy
Wednesday, Sep 11
6pm
HPD’s North Hayward Resource Center
22701 Main St., Hayward
www.hayward-ca.gov/police-department**



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Free clinic provides hope and healing



The clinic included medical checks, eye exams and free glasses. Courtesy of James Varghese



Lions Club of Hayward Silicon Valley and Sri Sathya Sai Foundation held a clinic for underserved people. Courtesy of James Varghese

**PEOPLE RECEIVE
CHECKUPS,
EYE EXAMS AND
GLASSES COURTESY OF
LIONS CLUB**

Submitted by **JAMES VARGHESE**

On August 24, Lions Club of Hayward Silicon Valley in collaboration with the Sri Sathya Sai Foundation hosted a free medical and eye clinic in Tracy. Held at Sri Sathya Sai Baba Abode of Supreme Peace Church, the event drew around 150 attendees from the surrounding area. The Lions in Sight and the Global Initiative for

Health and Wellness also helped with this effort.

The clinic provided services such as medical checkups and eye examinations in addition to prescription eyeglasses.

The community showed their appreciation. “This clinic is a blessing,” expressed Alvarez, a resident of Tracy. “Getting glasses has been a real challenge for me and this initiative has truly been a lifeline.”

The coordinated work of the Lions Club of Hayward Silicon Valley and other organizations like the Sri Sathya Sai Foundation and Lions in Sight emphasizes the impact that cooperation can have on improving healthcare services.

PROTECT YOURSELF FROM WEST NILE VIRUS

Submitted by
**DIANNE MARTIN, M.D.,
WASHINGTON HOSPITAL
HEALTHCARE SYSTEM**

West Nile Virus is an uncommon viral disease transmitted from infected birds through mosquito bites to humans. Most cases are mild and only one in 200 will develop severe symptoms. Usual symptoms include headache, fatigue, back pain, muscle aches and rash. Symptoms can last a few days. Some people have persistent symptoms for 12 -18 months, especially if immunocompromised—such as people with diabetes, people on cancer-treating medications, dialysis patients or HIV+ people.

There are more cases on the east coast compared to California, but cases have

been reported in humans in Contra Costa and Alameda County. Most are very mild and do not require hospitalization. There is no known medical treatment for West Nile Virus infection, although some trials are ongoing.

Prevention is key: Avoid mosquito-infested areas, wear long sleeves if outdoors, and use mosquito repellent frequently. At home, drain any areas with standing water as these are common areas for mosquitos to breed. Cases of West Nile Virus are more common in summer but can extend into early September.

If infection is suspected, report to Alameda Public Health or call the Centers for Disease Control at 800.311.3435. To report dead birds, call 877-WNV-BIRD or visit Westnile.ca.gov.

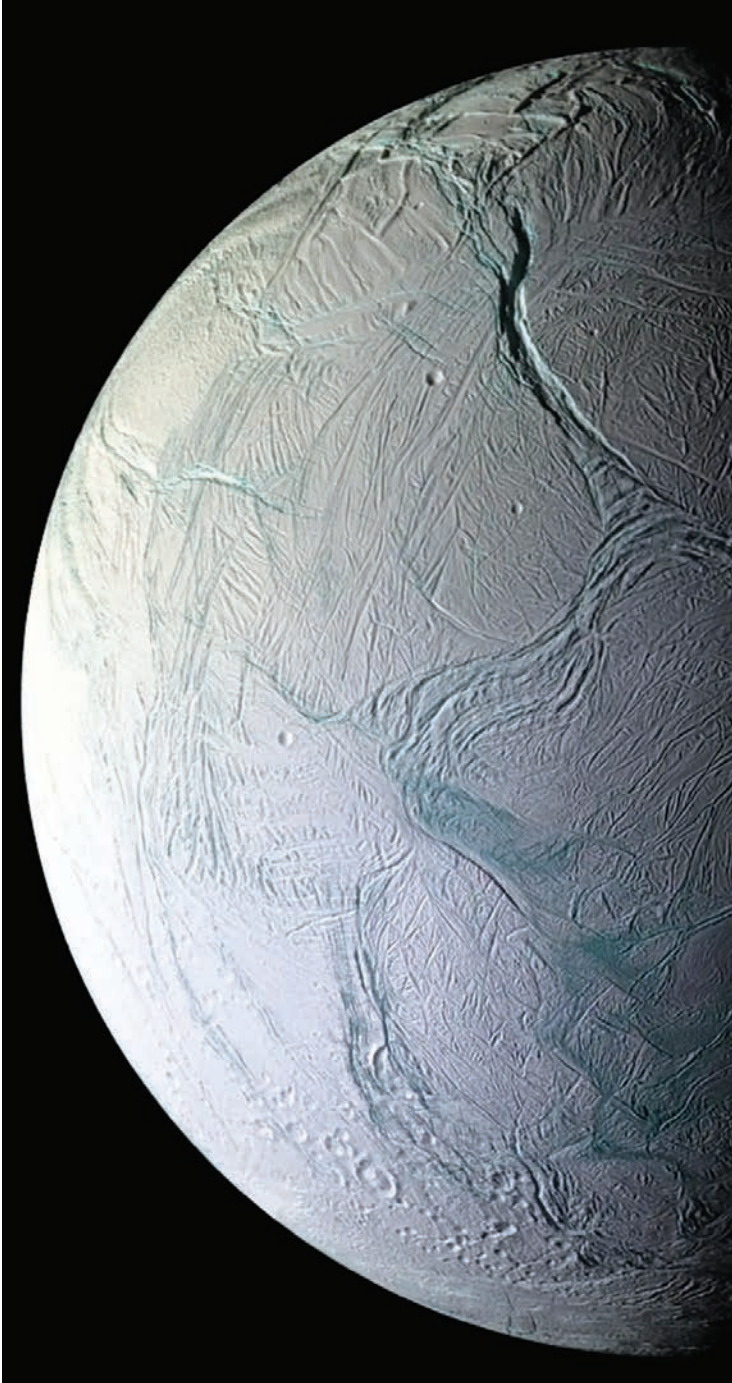
September’s Night Sky Notes: Marvelous Moons



The Saturnian system along with various moons around the planet Saturn: Iapetus, Titan, Enceladus, Rhea, Tethys, and Dione. Credit: Stellarium Web



The Jovian system: Europa, Io, Ganymede, and Callisto. Credit: Stellarium Web



This mosaic of Saturn’s moon Enceladus was created with images captured by NASA’s Cassini spacecraft on October 9, 2008, after the spacecraft came within about 16 miles (25 kilometers) of the surface of Enceladus. Credit: NASA/JPL/Space Science Institute

By **KAT TROCHE**

September brings the gas giants Jupiter and Saturn back into view, along with their satellites. And while we organize celebrations to observe our own Moon this month, be sure to grab a telescope or binoculars to see other moons within our Solar System! We recommend observing these moons (and planets!) when they are at their highest in the night sky, to get the best possible unobstructed views.

The More the Merrier

As of September 2024, the ringed planet Saturn has 146 identified moons in its orbit. These celestial bodies range in size—from smallest at a few hundred feet across, to Titan, the second largest moon in our solar system.

Even at nearly 900 million miles away, Titan can be easily spotted next to Saturn with a 4-inch telescope, under urban and

suburban skies, due to its sheer size. With an atmosphere of mostly nitrogen with traces of hydrogen and methane, Titan was briefly explored in 2005 with the Huygens probe as part of the Cassini-Huygens mission, providing more information about the surface of Titan. NASA’s mission Dragonfly is set to explore the surface of Titan in the 2030s.

Saturn’s moon Enceladus was also explored by the Cassini mission, revealing plumes of ice that erupt from below the surface, adding to the brilliance of Saturn’s rings. Much like our own Moon, Enceladus remains tidally locked with Saturn, presenting the same side towards its host planet at all times.

The Galilean Gang

The King of the Planets might not have the most moons, but four of Jupiter’s 95 moons are definitely the easiest to see with a

small pair of binoculars or a small telescope because they form a clear line. The Galilean Moons – Ganymede, Callisto, Io, and Europa – were first discovered in 1610 and they continue to amaze stargazers across the globe.

Ganymede: largest moon in our solar system, and larger than the planet Mercury, Ganymede has its own magnetic field and a possible saltwater ocean beneath the surface.

Callisto: this heavily cratered moon is the third largest in our solar system. Although Callisto is the furthest away of the Galilean moons, it only takes 17 days to complete an orbit around Jupiter.

Io: the closest moon and third largest in this system, Io is an extremely active world, due to the push and pull of Jupiter’s gravity. The volcanic activity of this rocky world is so intense that it can be seen from some of the largest telescopes here on Earth.

Europa: Jupiter’s smallest moon also

happens to be the strongest candidate for a liquid ocean beneath the surface. NASA’s Europa Clipper is set to launch October 2024 and will determine if this moon has conditions suitable to support life.

Be sure to celebrate International Observe the Moon Night here on Earth September 14, 2024, leading up to the super full moon on September 17! You can learn more about supermoons in our mid-month article on the Night Sky Network page at <https://science.nasa.gov/skywatching/night-sky-network/articles/>!

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!

Youth Advisory Commission accepting applications

Submitted by **PAUL SANFTNER**

Mayor Juan González and the San Leandro City Council invite local youth to submit applications for the 2024-25 Youth Advisory Commission (YAC). Commissioners advise the City Council on youth-related issues and provide recommendations on projects and events. They also learn about roles, services and local government programs. YAC meets at 6pm on the first and third Tuesdays throughout the school year at the Marina Community Center, located at 15301 Wicks Boulevard in San Leandro.

The Commission consists of 21 members who represent

the diverse youth community in San Leandro. To be eligible to apply, youth must live in San Leandro or attend a school that serves San Leandro residents, be in grades 9, 10, 11 or 12, and commit between six to eight hours per month for meetings and project involvement. Each commissioner is appointed to serve a one-year term and may be renewed for three terms thereafter if they remain in high school.

Interested students should apply by completing an online application, which can be accessed using the QR code below. **Applications should be submitted by Friday, September 6, 2024.**

For more information, contact Liz Hodgins, YAC

Secretary, at 510.577.3473 or youth@sanleandro.org.





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COMMUNITY PARTNERS SUPPORT GARDEN CONSTRUCTION



WHS teacher, department chair, and program coordinator Dr. Lisa-Marie Burns, Superintendent Erik Burmeister, Principal Bob Moran, Assistant Superintendent of Human Resources Zack Larsen, Associate Superintendent Daniel Hillman. Courtesy of Laura Forrest



Dr. Lisa-Marie Burns (second from left) with the Home Depot team. Courtesy of Laura Forrest

Submitted by **LAURA FORREST, PUBLIC INFORMATION OFFICER, FREMONT UNIFIED SCHOOL DISTRICT**

The successful renovation of Washington High School's (WHS) Husky Garden was celebrated with a ribbon cutting ceremony on August 13.

WHS Principal Bob Moran presided over the event, which was attended by many school staff, student leadership, Fremont Unified School District (FUSD) leadership including Superintendent Erik Burmeister and community partners who made the transformation of the garden possible.

"The reconstruction of the Husky Garden began prior to 2020 and was completed this summer," said Moran. "It was a collective effort of many teachers, students, programs, volunteers and industry partners."

The Home Depot became a key partner in the recent overhaul of Husky Gardens when its corporate offices responded to a request to help make the garden—which is in the heart of the WHS campus bounded by a row of lockers and a row of classrooms on either side—a place for instruction, relaxation and all manner of growth.

The request came from Dr. Lisa-Marie Burns—a WHS teacher, department chair, and program coordinator—who coordinated the garden's upkeep and use in recent years, and oversaw the garden's revitalization after the pandemic left it unattended and overgrown. She



At the ribbon cutting, Principal Bob Moran declared, "Husky Gardens is officially open!" Courtesy of Laura Forrest

noticed the community-focused work The Home Depot was supporting in neighborhoods across the country, and she saw an opportunity.

"I was watching TV over winter break and saw the new Home Depot commercial promoting their new 'Path to Pro' campaign—and it resonated with me," said Burns. "I wanted to spin off it for a FUSD project and thought what the heck? I'll email their corporate offices and see if anyone responds."

The Home Depot Corporation connected Burns to its Bay Area leadership and Lucretia Heath, Regional Pro Account Sales Manager for The Home Depot. Heath visited the site in early 2024 to meet with Burns and other WHS educators to explore the potential of the space and how The Home Depot could help the school reach its goals.

Heath helped Burns with initial planning and applying for a \$10,000 grant to purchase supplies from The Home Depot to complete the project. Beyond providing funding, The

Home Depot also supported the overall design and provided an incredible crew from the Fremont and Newark stores that helped deliver and install materials, improve and beautify the garden and haul away waste.

Over many years, many WHS educators and students have contributed to efforts to build and maintain the garden. Students and staff in Special Education and AVID created and nurtured plants and aesthetic features throughout the garden over many years, and partnered with the Boy Scouts of America to construct planter boxes and benches. The school's MultiMedia Art Academy (MMAA) alumni started a "living mural" in 2022 that will continue to grow with the garden. Ceramics teacher Jake Rodenkirk and his students provided a Husky solar fountain for the garden, plus ollas that slowly release water to the plants—in addition to a drip irrigation system.

Steve Olson from Centerville Middle School joined the effort to relaunch the Husky Garden by designing and building a beautiful redwood sign that hangs outside its entrance. Swagelok Northern California provided funding for this sign, and other garden tools.

Burns is continuing her work to coordinate upkeep of the garden by students and colleagues through a Garden Committee. Farmers' Market Fridays will be scheduled soon, and the space is open now as a productive and tranquil place for WHS students and staff.

As Moran proclaimed at the ribbon cutting: "Husky Gardens is officially open!"

Fremont Unified School District
fremontunified.org



The garden is bounded by a row of lockers and a row of classrooms on either side. Courtesy of Laura Forrest

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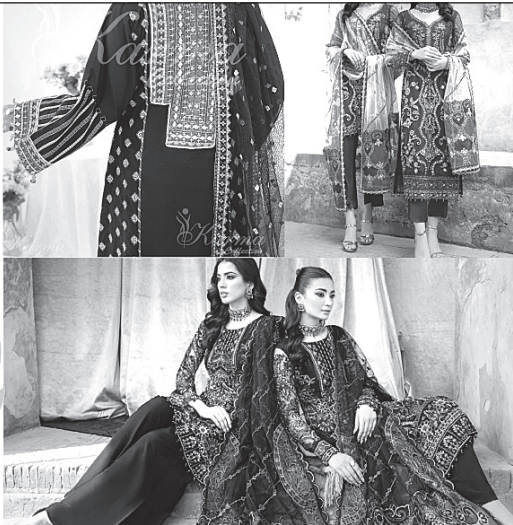
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NUTRITION: A National Concern

Comparing Apples and Oranges

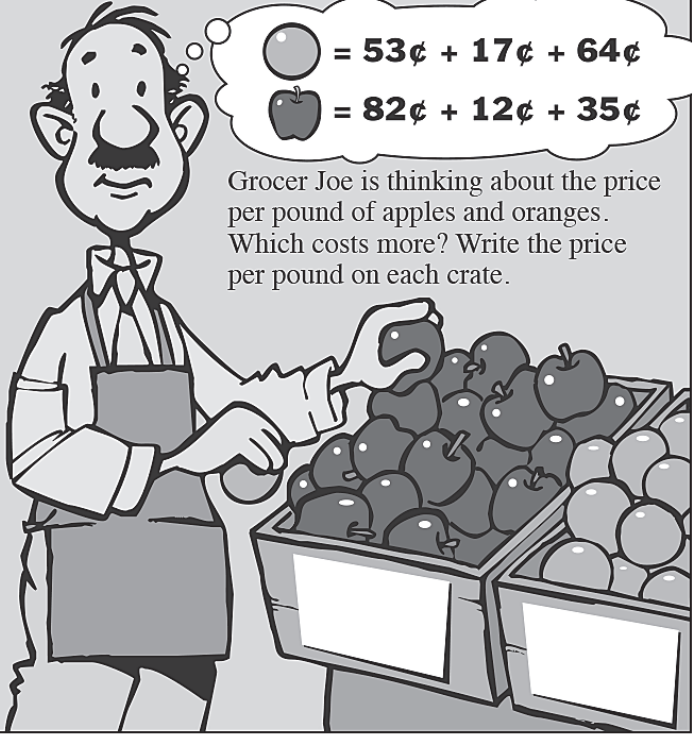


= 53¢ + 17¢ + 64¢



= 82¢ + 12¢ + 35¢

Grocer Joe is thinking about the price per pound of apples and oranges. Which costs more? Write the price per pound on each crate.

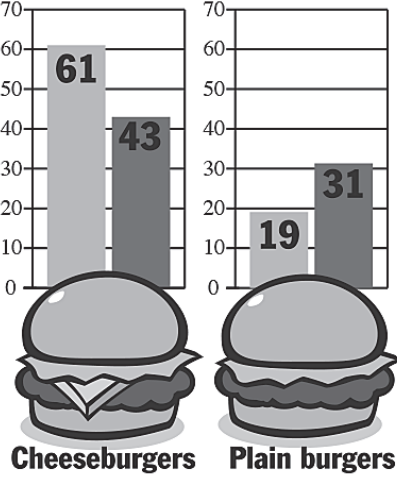


Standards Link: Math/Number Sense: Calculate sums using money.

Posters Make a Point

When a high school in Pennsylvania put up posters telling students how much fat was in different foods, the students changed what they ate for lunch.

Burger Sales



Burger Type	BEFORE	AFTER
Cheeseburgers	61	43
Plain burgers	19	31

Standards Link: Math/Data Analysis: Answer simple questions related to data representations.

Look at the graph that shows what kinds of food they chose *before* and *after* the posters were put up. Then answer these questions:

How many fewer cheeseburgers were chosen after the posting of the nutrition posters?

How many more plain burgers were chosen than cheeseburgers after the posting of the nutrition posters?

What do you think the nutrition posters said about the fat content of cheese?

Nutrition Maze

Our bodies need different kinds of nutrients to perform at their peak. The different nutrients we need come from different kinds of food.

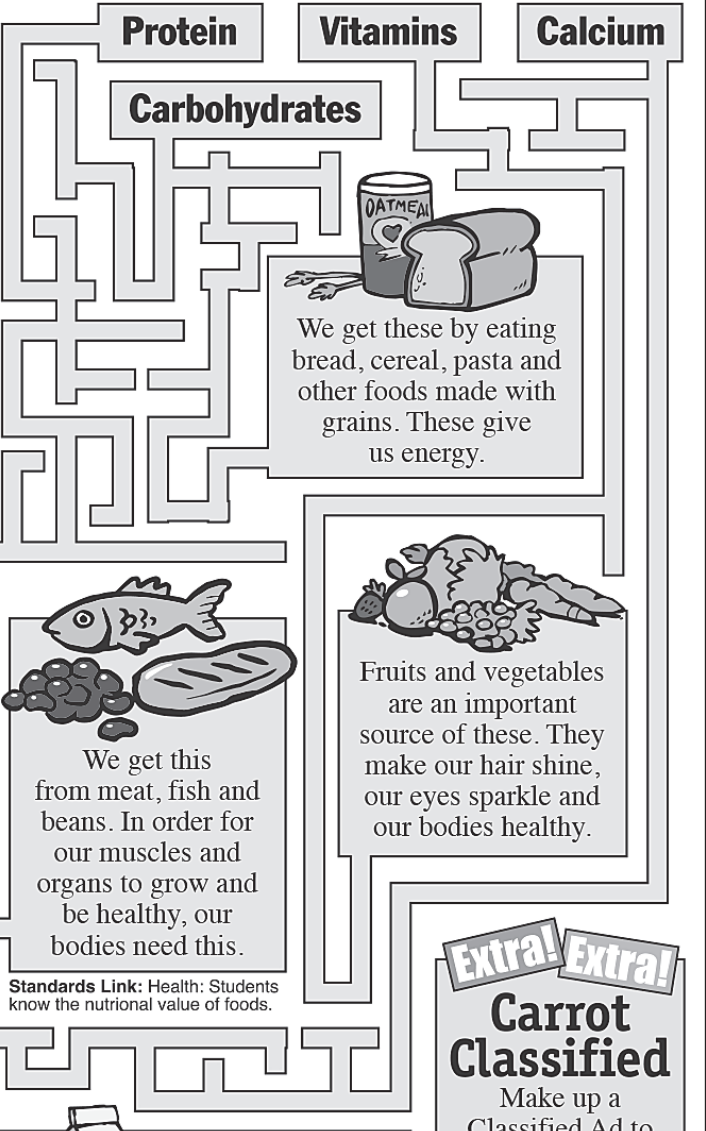
Look at the nutrients below. Then follow the maze to find out what each nutrient does for your body and what foods provide each nutrient.

Protein

Vitamins

Calcium

Carbohydrates



We get these by eating bread, cereal, pasta and other foods made with grains. These give us energy.

We get this from meat, fish and beans. In order for our muscles and organs to grow and be healthy, our bodies need this.

Fruits and vegetables are an important source of these. They make our hair shine, our eyes sparkle and our bodies healthy.

We can get this from a variety of foods including dairy products, dark green leafy vegetables, soy beans, almonds, figs, broccoli and butternut squash. Our bodies need it to grow and keep our bones strong.

Standards Link: Health: Students know the nutritional value of foods.

Extra! Extra!

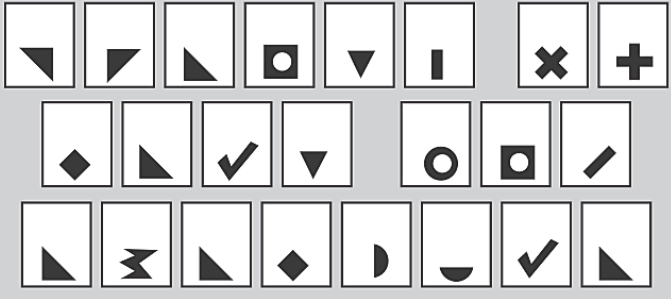
Carrot Classified

Make up a Classified Ad to sell a bunch of carrots. Look at the Classified Ad section of the newspaper to get ideas on how these ads are written.

Standards Link: Writing Applications: Write simple expository descriptions of things.

Important Ingredients

Good nutrition is a key ingredient for good health. But there are two more important ingredients you need as well. Use the code to discover them.



SECRET CODE:
O 1 / 2 + 3 4 5 6 7 8 9 0
A C D E F I L N O P R S T X Y

Standards Link: Reading Comprehension: Follow written directions.

Double Word Search

NUTRITION
APPLES
POSTERS
BREAD
HEALTH
SHINE
CHEESE
ORGAN
OBESITY
BEANS
FISH
CALCIUM
LUNCH
BURGERS
BONES

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

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

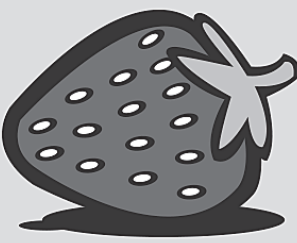
Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Talking Heads

Look for newspaper pictures of people's heads. Cut some of these out and glue them onto a piece of paper. Write down something for each one to say about eating well. Draw a bubble around the words to make the pictures look like comics. Ask if you can post these in your lunchroom!

Standards Link: Health/Nutrition: Students know healthy eating practices.



How do you make a strawberry shake?

ANSWER: Read it a scary story!

Find the two identical dinners.



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Kid Scoop VOCABULARY BUILDERS

This week's word: NUTRITION

Nutrition means taking in food for energy and health.

Nutrition is important so that children will grow up healthy and strong.

Use the word **nutrition** in a sentence today when talking with your friends, parents or teachers.

Write On! The Perfect Snack

What is your idea of the perfect after-school snack?

Fremont Children’s Business Fair is Rizqi business



The first fair saw a good turnout! Photo Credit: David Newman.

YOUNG ENTREPRENEURS SHOWCASE THEIR WARES

By DAVID R. NEWMAN

On Saturday, August 24, 30 young entrepreneurs gathered for the 1st Annual Fremont Children’s Business Fair. Weekend shoppers at the Fremont Hub were pleasantly surprised to find a small village of tents and tables arrayed in rows along the entrance courtyard, each manned by pint-sized, local innovators ages 6-14, hawking their wares to attendees and the general public.

On display were products and services that could only come from the minds of youngsters—homemade cotton candy sold by Fluff ‘n’ Puff, balloon sculptures by Creative Creations, and cute little charms by RubyOpal Crafts, to name a few. But don’t be fooled by these childish titles—these kids mean business.

The event challenged budding creators to come up with a product or service, develop a brand, build a marketing strategy, interact with customers, and handle setup, display and sales, all on their own. Of course, many proud parents were in attendance, but could only watch from the wings as their genius kids took center stage, processing orders through Venmo and PayPal with ease.

Said event organizer Dr. Najwa Javed, “Kids are always underestimated. They have great ideas and so this is a way to showcase them in a very accessible way. We’re so excited!” As a certified podiatrist running her own practice and founder of E’MAR Italy, a luxury footwear brand built with patent-pending medical technology, Javed knows first hand what it takes to become a successful business owner.

Javed’s husband, Fahad Rizqi, a software developer, acted as emcee for the fair. “This whole experience is a great way to boost their confidence,” he said. “It teaches them how to speak to people, how to market, how to sell, how to get their value proposition out there, and how to work with different types of people. This will help them so much later on in their career.”



Young entrepreneur Kirat Vinayak. Photo Credit: David Newman.

In fact, it was their 14-year-old son, Aydin Rizqi, who came up with the idea of hosting a children’s business fair, having experienced a similar event in Dublin. He thought, Why not Fremont? Readers may remember Aydin from a previous TCV article. He is the author of ten books currently selling on Amazon and Barnes & Noble.

Of course, not to be outdone, younger sister Rayah, age 12, has created her own unique business selling custom perfumes under the brand name Petals & Potions. She won Best Young Entrepreneur at the event.

The Rizqi family, as talented as they are, could not have hosted such an incredible fair on their own. They are grateful to all of the volunteers and family friends who chipped in to help, and to the Fremont Hub property group Kimco Realty for providing the perfect space. Crucial to the success of the event was their partnership with

Acton Academy, a national nonprofit that helps communities host their own children’s business fair by providing guidance with sponsorships, marketing material, tent and table placement, applicant criteria and prizes.

All participants received an Excellence in Business Award, handed out by Fremont Council Member Teresa Cox, who has served as a Trade Adviser for the United States Department of Commerce under the past three Presidents. Said Cox, “There’s a lot of things that we need to do as a community to support our youth, and fostering young entrepreneurs in a safe environment is one of them. Every student can shine if we work to embrace diversity, equity and inclusion. We’re highlighting the positives, and I couldn’t be more excited!”

A panel of judges evaluated each business and handed out some bonus prizes, including an Outstanding Leadership Certificate awarded to Shiven Balaji for his Chess Adventure Books, and an Excellence in Business Certificate awarded to Naiel and Punhal Chaudry for their business, La Jawab Treats. Local foodies may remember Naiel from The Food Network’s Kids Baking Championships, Season 11, which he won.

Ashar Rizqi, CEO of Bounti.ai, was one of the judges (yes, another Rizqi - Fahad’s brother), “What’s so incredibly powerful about events like this is that they create a sense of community where young entrepreneurs can learn to love their business, where they can learn from each other and improve. It doesn’t always have to be competitive. These kids are gaining valuable life skills, and I’m sure many will go on to become future job creators of America.”

The fair is also a way for those just starting out to test their products and gauge interest, a safe way to conduct market research. That’s what appealed to 9 year-old Kiran Vinayak, whose business, Kiki’s Magical World, is all about spreading positive messages. “I want to inspire young



Naiel and Punhal of La Jawab Treats. Photo Credit: David Newman.



Fremont City Council Member Teresa Cox with Rayah Rizqi. Photo Credit: David Newman.

girls, to let them know that they can do anything.” Her journals and coloring books may soon come to nearby bookstores.

The event was sponsored by Banter Bookshop, Minutemen Press, Bounty.ai, The Fremont Podcast, Ohlone College and BASS Medical Group. Also in attendance were media representatives Farrukh Jilani and Aruba Kazmi from OPEN (Organization of Pakistani Entrepreneurs of North America) Silicon Valley, a non-profit dedicated to providing educational programs, career coaching, business mentoring and network opportunities for members in the Bay Area.

By all accounts, the first Fremont Children’s Business Fair was a resounding success, with over 50 applicants on the waiting list. The Rizqi Family is already thinking about doing it again next year, when Aydin will probably be finishing up his 20th book and directing a movie, and Rayah will be selling her perfumes on QVC.

For more information contact Dr. Najwa Javed: drnjaved@hotmail.com.



The creativity of the kids on display. Photo Credit: David Newman.



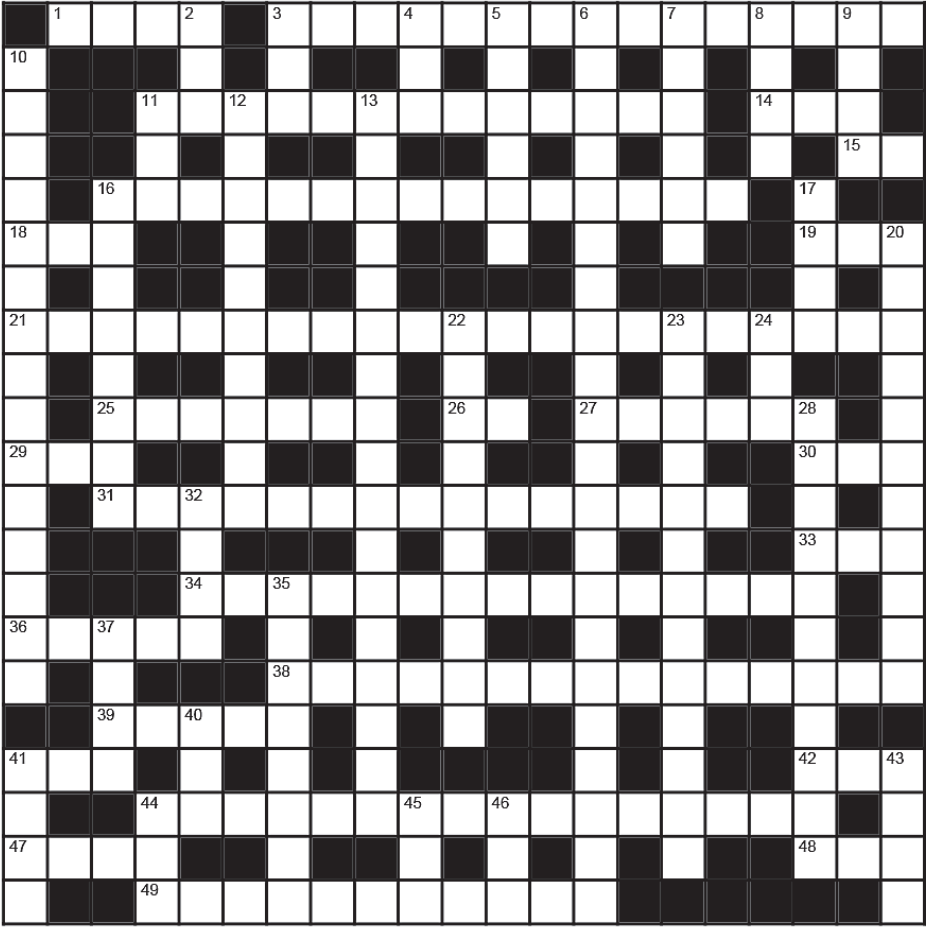
Fair Organizer Dr. Najwa Javed with son Aydin Rizqi and daughter Rayah Rizqi. Photo Credit: David Newman.



Young entrepreneur Kalina (R) with her helpers Adrian and Lianna @rubyopalcrafts. Photo Credit: David Newman.

Mind Twisters

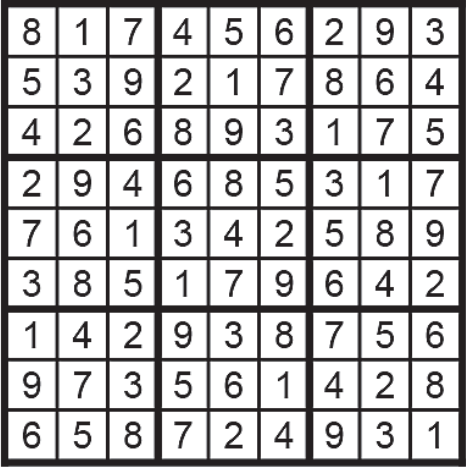
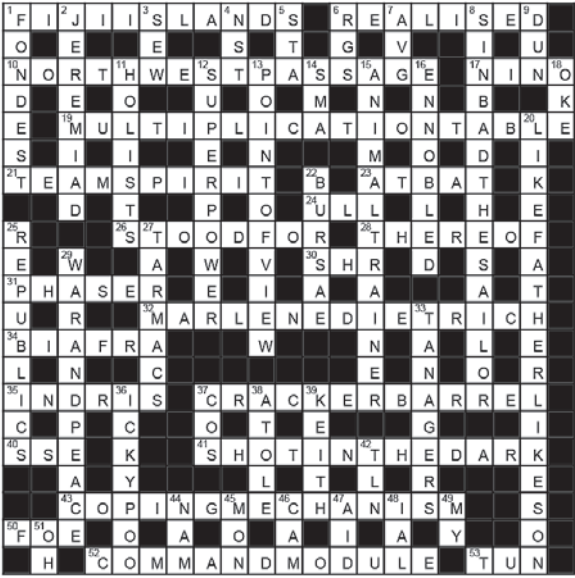
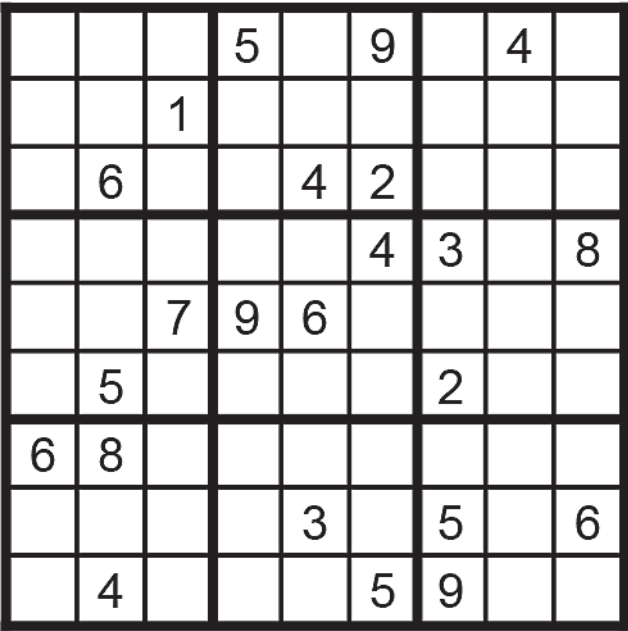
Crossword Puzzle



Across		42	Gambling inits. (3)	13	Term from astrophysics that describes the stretching of objects in very strong gravitational fields (17)
1	Indian bread (4)	44	Spinners with codes...and an alternate title for this puzzle? (11,5)		
11	Jane Fonda thriller (with "The") (5,8)	47	Breaks (4)	16	Neatened (6,2)
14	"Dear old" guy (3)	48	Gonorrhea, e.g.: Abbr. (3)	17	Glacial deposit (4)
15	"No kidding!" (2)	49	Is frugal (11)	20	Mugging (7,2,2)
16	Brief description (9,6)			22	"Where and when do the main characters work?" (highly literal TV title #3) (5,5)
18	Dernier ____ (3)	Down			
19	"Oh, god, that feels good" (3)	2	"Forget it!" (3)	23	Game fish of the North Pacific (7,6)
21	Story of misused love juice (1,9,6,5)	3	Large primate with fearsome teeth (6) (3)	24	Charles, e.g. (3)
25	Computer program input (7)	4	" ____ will be done" (3)	28	Strikes other people (as) (5,6)
26	Depart (2)	5	Least courteous (6)	32	Chicken (4)
27	Sow anew (6)	6	Make it rain, e.g. (6,3,5,7)	35	Like some doors (8)
29	Joanne of "Abie's Irish Rose" (3)	7	Bellyacher (6)	37	____-Dixie (supermarket chain) (4)
30	Suffix in chemistry. (0-3)	8	Masochism's beginning (4)	40	Bout stopper, for short (3)
31	Authority to act for another (5,2,8)	9	Edible corm (4)	41	Carry on (4)
33	Prefix with center (3-)	10	It dropped the term "illegal immigrant" from its stylebook in April 2013 (10,5)	43	Soul mate (4)
34	Good news (5,2,4,4)			44	Fort Collins sch. (3)
36	Clinch (3,2)	11	" ____ or credit?" (3)	45	Dadaism founder (3)
38	Borrower's protection (8,4,3)	12	Neat as a pin (10)	46	Arab name part (3)
39	Illustrious (5)				
41	Came in first (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 SEPTEMBER 3, 2024

All Signs: This week has its challenges. One will be a sense of ennui or a feeling of general laziness. Cut yourself some slack. If you have deadlines, pace yourself. On Labor Day, there's a New Moon in Virgo. However, that day especially, it will be tough to get things done. Therefore—simplify! Take baby steps. By Thursday, the social energy will pick up a bit. However, romance will be confusing even more than usual (which is saying a lot).

Aries the Ram (March 21-April 20):

The New Moon is always an opportunity to make resolutions and set intentions. Each month, it occurs in a different sign, highlighting a different part of your chart, which in turn, gives you new areas to think about. This week the New Moon takes place on Monday, giving you opportunities to think about how you can improve your health. You might approach this in a twofold way: What can you stop doing that is unhealthy? What can you start doing that is healthier? Likewise, how can you improve your job?

Taurus the Bull (April 21-May 20):

The New Moon on Monday takes place in a part of your chart that relates to romance, creativity, children and leisure time: creation, procreation and recreation. What role does romance play in your life? How would you finish the sentence "Every time I'm in a relationship ____?" How can you improve your relationships with children? Do you give yourself enough leisure time and vacations? Do you respect your need for this in order to be productive and effective? Also, do you respect your creative abilities?

Gemini the Twins (May 21-June 20):

Monday's New Moon is the perfect time to tackle home improvements. Your home gives you a sense of security. Likewise, your relations with family members affect your attitudes and choices. In turn, these choices create your future. Is there something you can do to improve where you live? Now is the time to strategize

how to do this. Likewise, would a conversation with a family member improve family relationships? These are all things to consider this week because of the opportunities of Monday's New Moon.

Cancer the Crab (June 21-July 21):

Each month we have a New Moon, which is an opportunity to make resolutions. The New Moon on Labor Day takes place in your Third House of communications, near relatives and daily routines. We need to talk to others and be heard. We also need to hear what other people think. Do your attitudes cut off your communications? Acknowledge to yourself what you have privately decided not to discuss because this will be a revelation for you. When we don't communicate to others, we are cutting ourselves off from the world.

Leo the Lion (July 22-August 22):

The New Moon each month is a chance to set intentions. Furthermore, each month it occurs in a different sign. The New Moon on Labor Day takes place in your Money House, giving you a chance to examine your attitudes about money. For example, if you unconsciously believe that money is the root of all evil, you won't hold on to it for very long. How do you feel about investments, capitalism, credit, savings? Do you think "A penny earned is a penny saved?" Or are you casual about money – "Easy come, easy go?"

Virgo the Virgin (August 23-September 22):

This week on Labor Day, we have a New Moon, giving us a

chance to set intentions or make resolutions because it's easier to begin things at the time of the New Moon. Monday's New Moon takes place in your sign! Take a realistic look in the mirror and see the image that you create on your world. We are judged instantly by the images that we create. What does your image say? Do you come across as friendly or guarded? Remember: You never get a second chance to make a first impression.

Libra the Scales (September 23-October 22):

There's a New Moon on Monday. This week's New Moon takes place in a hidden part of your chart, which means it will highlight repressed feelings and secret emotions. These feelings can affect your health and your attitudes. Ask yourself what you do that is your most self-defeating behavior. How do you undermine yourself? How do you fail to give yourself credit? By identifying these areas, you bring them out into the light of the day and weaken their hold on you.

Scorpio the Scorpion (October 23-November 21):

Every month, we have a New Moon, which is a chance to make resolutions. Each month it occurs in a different sign, giving us different opportunities. More specifically, these areas will be easier for us to make headway. This week the New Moon on Monday takes place in your House of Friendships. Examine the friendships in your life. Do these people promote your best interests or hold you back? Do you reach out to others or wait for them to make the first move? Your way of being will determine the kind of people who want to be with you.

Sagittarius the Archer (November 22-December 21):

On Labor Day, we have a New Moon, which is your chance to make resolutions. These are not just intellectual exercises. The physical energy of the universe will actually "help" you. This New Moon occurs at the top of your chart, which means it's connected with your career and your attitude to authority. Very likely, your attitude to authority is related to your parents. In terms of your career, where do you want to be one year from now? What changes do you have to make?

Capricorn the Goat (December 22-January 19):

On Monday, there's a New Moon, which will be the best chance in the year for you to take stock of your education and ask yourself what further learning might enhance your life. You might also consider how much you travel. What further travel will enrich your life? This is also a good time to examine your belief system. Do your spiritual beliefs give a deeper meaning to your life or hold you back? Do your beliefs make you judgmental and cut you off from others? Or do they make you appreciate your world?

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

This week the New Moon is your best chance all year to think about your responsibilities to others and how you handle shared property and resources. For example, what is your debt situation? Are you in over your head borrowing money? That can create a burden not only psychologically but physically.

What can you do to reduce your debt? Small efforts on a regular basis will have an astounding impact over time. This is a good time to take stock of what you own and what you owe.

Pisces the Fish (February 19-March 20):

This week, the only New Moon opposite your sign all year is taking place. This means it's your best opportunity to think about how you can improve your long term committed relationships—friendships and partnerships. Your attitude about relationships will color the kind of people that you attract. Generally, relationships mirror who we are. Examine your relationships to learn what kind of unconscious messages you send out to others. If you believe people take advantage of you, these will be the people in your world.



By Georgia Nicols
www.georgianicols.com.

Home & Garden

Managing weeds in the garden



No matter the weather, weeds always seem to thrive. Photo courtesy of MelindaMyers.com

By **MELINDA MYERS**

No matter the weather, weeds seem to thrive and reproduce, and if left unchecked, they can overwhelm the garden and gardener. These unwanted plants find their way into your garden as seeds, roots, rhizomes or whole plants. Seeds can be carried in by the wind, birds, and other animals, or on the soles of shoes. Roots, rhizomes and even plants hitch a ride in the soil or with plants that we move into the garden.

Start early managing weeds in your garden. Smaller weeds are easier to pull and removing them before they flower and form seeds can prevent hundreds of weeds in next year's landscape.

This is not always possible. Weather and busy schedules often limit gardening time, allowing these vigorous plants to overtake the garden.

It is never too late and always worth investing time in managing weeds in the garden. Weeds are adaptable and vigorous, outcompeting your desirable plants for water and nutrients. Many serve as host plants for insect pests and diseases that may also

attack your garden plants. Carefully dig or pull weeds, removing the top and roots. Established weeds may have a deep tap root or extensive root system that may be difficult to remove. Depending on the weed, any part left behind has the potential to start a new plant.

Find the tool that best works for you. A Dutch or action hoe works well on small weeds where there is space between plants. Glide the cutting edge just below the soil surface to cut the roots. Many gardeners find a weed knife to be a useful tool. It allows you to dig right next to the weed and pop it out of the ground with minimal impact on surrounding plants.

If bending is an issue, you may opt for one of the standup weeders. There are several types available. Most have tines you insert into the soil surrounding the weed. A hand or foot-operated action causes the tines to tighten around the weed roots before you lever it out of the ground.

Perennial weeds are a bit more challenging. Many have extensive roots that are nearly impossible to remove entirely. Repeatedly digging up the plants can

eventually manage these weeds, but it can take years. Cutting the plants back to the ground as soon as they appear can help "starve" them, prevent reseeding and help contain and even eliminate some perennial weeds.

If weeds begin to take over the garden, tackle those flowering or setting seeds first. Do not compost these or perennial weeds. Most compost piles don't get hot enough to kill the seeds or perennial weeds. Contact your local municipality to find out your options for disposing of these as well as invasive weeds.

Once weeds are out of the garden, spread a layer of organic mulch over the soil surface. The finer the mulch, the thinner the layer needed. Pull the mulch away from tree trunks, shrub stems and the crowns of your other plants.

Mulching helps suppress weeds by reducing seed sprouting and making it easier to pull the seedlings that get through the mulch. Increase your success by placing a couple of sheets of newspaper or a piece of cardboard beneath the mulch. Mulching won't stop existing perennial weeds like

quackgrass and bindweed. Keep managing these until all the roots have been removed.

Shredded leaves, evergreen needles, and other organic mulch also conserve moisture, moderate soil temperatures, and add organic matter to the soil as it breaks down. Mulch also helps protect the soil from compaction and erosion during heavy rains. As many places experience more intense rainfall and higher-than-normal summer heat, mulching the soil becomes even more beneficial.

Consider the benefits when you head out to tackle the weeds in your garden. You will improve the health and beauty of your garden while burning between 200 and 400 calories every hour you weed.

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



Persistence is the key to success when battling bindweed. Photo courtesy of MelindaMyers.com



A Dutch or action hoe works well on small weeds where there is space between plants. Photo courtesy of MelindaMyers.com



Pull smaller weeds before they flower and seed. Photo courtesy of MelindaMyers.com



THE ACWD CONNECTION





Registration deadline:
Sept. 27, 2024

Join the Alameda County Water District, California Department of Water Resources, and California Project WET for a special workshop on climate change and its impact on California's water resources.

Learn activities to help students understand the impact of climate change on water and steps they can take to adapt to our changing environment. Also, receive a \$100 stipend and CEU Credit!

Project WET Workshop Details:
Saturday October 5, 2024
8 a.m. - 4 p.m.
Alameda County Water District
43885 S. Grimmer Blvd., Fremont







Register today! <https://bit.ly/ClimateandWaterWorkshop>.
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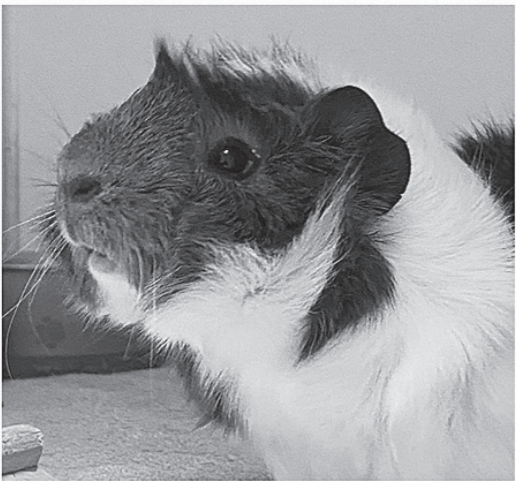


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We have Guinea pigs! Our Guinea Pigs have
been at the shelter for almost a year now.
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pigs looking for a good home. To adopt or
meet them contact Hayward Animal Shelter
at 510-293-7200.

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

CONTINUING
EVENTS

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.

Monday – Thursday, through
September 25

Amazing Grace Exhibit

Mon-Thurs, 11am - 4pm
Mon-Wed, 5pm - 8pm
Artist May Chen displays her collec-
tion of Bay Area bird photography.
The story of native wildlife is more
complex, as nature symbolizes con-
stancy and endurance and also the
consequences of selfishness.
Louie Meager Art Gallery, Ohlone
College
43600 Mission Blvd., Fremont
www.ohlone.edu/artgallery

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 Pkwy., Fremont
(510) 790-6606
Second and Fourth Tuesdays of the
month

Tuesdays

LEGO® Time

3:00 pm - 4:30 pm
Use your imagination and engineer-
ing skills to create your own LEGO®
designs.
Centerville library
3801 Nicolet Ave., Fremont
(510) 795-2629
Drop-in. For everyone.

Tuesdays

Music and Storytime

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

Tuesdays

Comfort & Joy Ukulele R

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

Wednesdays

Folk Dancing Social R

9:00am - 10:30am
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

Book Club AWC R

10am - 12pm
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

Thursdays

International Folk Dancing R\$

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

Thursdays

Bocce Ball Class R

11am - 12pm
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

Chinese Calligraphy Social R

2pm - 4pm
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

Historic Days

10am – 4pm
Ride a narrow-gauge train, tour the
beautifully restored Patterson House
Museum. Every historic day ends
with an animal feeding at 3 pm. This
is a drop-in program; no registration
is required. Disabled accessible. Ard-
enwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Thursdays

Chinese Music Ensemble R

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

Thursdays

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

The Peaceful Poets

5pm - 8pm
Join a Milpitas-based group of writ-
ers and appreciators of poetry.
Milpitas Public Library
160 N Main St., Milpitas
(408) 262-1171
For teens, adults, and seniors.
Last Thursdays of the month

Thursday, August 14 – Satur-
day, October 5

Women Create Space juried
exhibition

Women Create Space will spotlight
women sculptors and 3D artists of
the Northern California Women's
Caucus for Art and Olive Hyde Art
Guild in a gallery-wide installation.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
bit.ly/FremontOHAG

Thursdays and Saturdays

Story Time

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

Fridays and Saturdays

Free Telescope Viewings

7:30pm- 10:30pm
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.

Fridays, August 23 -
September 27

Pacific Commons Concert
Series

7pm – 9pm
8/23: East Bay Mudd (Classic Soul,
R&B)
9/27: Foreverland (Michael Jackson
Tribute)
The Block Plaza
43806 Pacific Commons Blvd., Fre-
mont
Pacificcommons.com

Friday, September 6 -
Sunday, September 22

She Kills Monsters

Fri, Sat, Sun: 7pm
She Kills Monsters is an epic tale that
centers around Agnes Evans as she
leaves her childhood home following
the death of her sister, Tilly. When
Agnes finds Tilly's Dungeons &
Dragons notebook, she finds herself
catapulted into a journey of discovery
and adventure.
Heirloom East Bay
9990 Crow Canyon Rd., Castro
Valley
plethos.org/
Tickets: \$25 - \$30

Fremont Street Eats

Fridays, May 3 – October 18

5 – 9pm
Fremont Chamber of Commerce
in partnership with the Food Truck
Mafia set up food trucks and enter-
tainment
Downtown Event Center
3500 Capitol Ave., Fremont
510.795.2244
info@fremontstreeteats.com
fremontstreeteats.com

Saturdays

Laugh Track City R\$

8pm
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

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

Saturdays

Teen Cohort for Outdoor
Education R\$

10am – 4pm
Meet new friends, build outdoor
skills, and get to know your commu-
nity as we participate in activities,
such as Hayward Shoreline Hike and
Clean-Up, Quarry Lakes Excursion;
Coyote Hills Excursion; Fishing; rock
climbing on our 28-foot rock wall,
hiking; and a Sulphur Creek Guided
Tour.
Ashland Community Center
1530 167th Ave., San Leandro
Noel Munivez: (510) 317-2303
munnn@HaywardRec.org

Second Saturdays

Ohlone College Flea Market

9am-2pm
We provide an event to support small
businesses, garage sellers, and com-
munity connections.
Ohlone College
43600 Mission Blvd., Fremont
fleamarket@ohlone.edu
510.659.6285

Sundays, August 25 –
September 29

Concerts in the Park

1pm – 5pm
Aug 25: Kari & the SweetspOtS,
Gary O and Friends, The TaleSpin-
ners, Dee Smith & Friends
Sep 8: Hayward High School Cheer-
leaders
Sep 15: Oasis Big Band, In Full
Swing Big Band
Sep 22: Memphis Blues Project,
CSUEB Aphasia Tones, East Bay
Youth Orchestras' Symphony
Orchestra
Sep 29: East Bay Symphonic Band,
Hayward High Marching Band &
Color Guard, Hayward High Jazz
Band
Hayward Memorial Park
24176 Mission Blvd., Hayward

Sunday, September 29; October 27
South Hayward Community Market
12pm – 4pm
Live entertainment, small, local retail vendors, and local food and produce vendors including a mobile farmers market
South Hayward BART Station
28601 Dixon St., Hayward
instagram.com/southhaywardmarket/
southhaywardmarket@gmail.com
No entry or parking fee

Sundays
Farmyard Games
1pm
Join us for some old-fashioned fun! Try your hand at classic American pastimes including stilts, sack races, and the potato-spoon race. This is a drop-in program; no registration is required. Ardenwood admission fee applies.
Ardenwood Farms
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sundays
Practice Your English: Group Conversation for Adults
2pm – 3pm
Improve your conversation skills by chatting with other people about everyday topics in a friendly, welcoming group
Castro Valley Library
3600 Norbridge Ave., Castro Valley

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

Sundays
Larry "O" Teen Workshop
10am - 12pm
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

UPCOMING
EVENTS

Wednesday, September 4
FAA General Meeting and Art Demo
1 p.m. – 3 p.m.
Candy Yu will demonstrate how she brings her endearing pets to life by applying wet-on-wet technique to build up layers of colors in watercolor on YUPO paper.
Online via Zoom
Register at: www.fremontartassociation.org/monthlymeetinganddemo

Friday, September 6
Latin Heritage Fest – Tacos and Beet Fest
4pm – 9pm
Join us in Downtown San Leandro for the San Leandro Latin Heritage-Tacos & Beer Fest, featuring food trucks, Latin culture, classic cars and art from around the Bay Area!
222 Davis St., San Leandro
DowntownSanLeandro.com

Saturday, September 7
Visit Meek Mansion
10am – 2pm
Take a self-guided tour of the first floor of this beautiful Cherryland gem.
Meek Mansion
17365 Boston Rd., Hayward
(510) 581-0223
Hahs.squarespace.com/meek-mansion

Saturday, September 7
Gail Reilly: Paranormal Investigating with HAHS
11am – 12pm
Lead Paranormal Docent Gail Reilly will speak about investigating McConaghy House and Meek Mansion over the last decade. Registration required.
Hayward Area Historical Society
22380 Foothill Blvd., Hayward
www.haywardareahistory.org

Saturday, September 7
Talkin' Dirt Workshop Series
11am – 12pm
Learn all about cover crops and when you should plant them. You can also get some fava beans to take home to plant.
Fremont Library
2400 Stevenson Blvd., Fremont
(510) 745-1444
fremont@aclibrary.org

Saturday, September 7
Movie Night on the Hill
2pm
Join the Jammers Strong Foundation in their first movie night. Hot dogs, drink and movie included with purchase. Silent auction and goodies will be available.
Oakland Hills Campus
3500 Mountain Blvd., Oakland
www.jammersstrong.com
\$12

Saturday, September 7
Paula West Jazz Concert
7:30pm
Castro Valley Center for the Arts is internationally acclaimed cabaret and jazz singer, Paula West. Adam Shulman (piano), Aaron Germain (bass), and Leon Joyce, Jr. will join Paula on stage.
Castro Valley Center for the Arts
9501 Redwood Road., Castro Valley
cvartsfoundation.org/shows/
Tickets: \$42-\$48

Saturday, September 7
Importance of Cover Crops
11am – 12pm
What's all the hype about cover crops? What is a cover crop? When should I plant cover crops? Learn about cover crop basics. We will provide some fava beans for you to take home to plant.
Fremont Main Library
Fukaya Room A
2400 Stevenson Blvd., Fremont
510.745.1400
www.aclibrary.org/garden

Saturday, September 7
Plant & Cutting Swap
12 – 2 pm
Bring house plant cuttings, extra plants or seed starts, succulents, bulbs or tubers to share and swap with other gardeners in our community. All types of plants are welcome. Please label each plant and be ready to share basic care information.
Fremont Main Library
Solarium 2nd floor
2400 Stevenson Blvd., Fremont
510.745.1400
www.aclibrary.org/garden/

Sunday, September 8
Household Hazardous Waste Drop Off
9am – 1pm
Bring all your leftover hazardous products to the free Household Hazardous Waste Drop-Off Event in Union City. Residents can also drop off up to two mattresses and two box springs.
1100 Decoto Rd., Union City
cdzib@stopwaste.org

Tuesday, September 10
MFMI Docent Training Orientation
Learn how to become a trained MFMI docent and help keep music in the schools.
UCC Fremont
38255 Blacow Rd, Fremont
www.musicforminors2.org
Free

Wednesday, September 11
Artist's Talk
1-2pm
Artist May Chen hosts artist talk discussing her collection of Bay Area bird photography.
Louie Meager Art Gallery, Ohlone College
43600 Mission Blvd., Fremont
www.ohlone.edu/artgallery

Thursday, September 12
Summer Concert
6:30pm – 7:30pm
Broken Compass Bluegrass
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

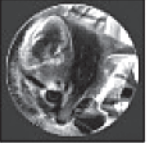
Thursday, September 12
Author Talk: Lynda Rutledge
6:30pm – 7:30pm
Lynda will share insights into her writing process, the inspiration West With Giraffes, and the journey of bringing her characters to life.
San Leandro Main Library
300 Estudillo Ave., San Leandro
www.sanleandro.org/162/Public-Library

Saturday, September 14
Niles Concerts on the Plaza
3pm
Hijinx with Jeremy Landicho
Niles Town Plaza
37482 Niles Blvd., Fremont
www.niles.org



Kitten's for Adoption
www.ohlonehumanesociety.org



 Gracie	 Rizzo & Toto	 Sprite & Soot	 Prada
 Schroeder	 Crumpet	 Truffles	 Strudel
 Sonic	 Morales	 Whitney & Preston	 Luke & Pom Pom

Visit our website or scan the QR code, if you would like to learn more or apply for adoption.

Ohlone Humane offers assistance with spay or neuter for your pets and community cats.

Check out our upcoming events at
<https://ohlonehumanesociety.org/event/>

Saturday, September 14
Fremont Nature Learning Open House
10am – 2pm
Explore the importance of wildlife and the environment, get up close with local animals through taxidermic mounts, delve into our pollinator garden, and learn about our local watersheds.
Nature Learning Center
40224 Paseo Padre Pkwy., Fremont

Saturday, September 14
Amazing Grace exhibit reception
3 - 5pm
Join the artist and lovers of nature and photography.
Louie Meager Art Gallery, Ohlone College
43600 Mission Blvd., Fremont
www.ohlone.edu/artgallery

Monday, September 16
One Book, One Community Read launch
7pm
Doors open at 6:30pm
Discussion of Barbara Kingsolver's Demon Copperhead with topic of drug misuse and the opioids crisis.
Washington West
2500 Mowry Blvd., Fremont

Thursday, September 19 – Sunday, September 22
69th Annual Newark Days Celebration
Various times
Festival of fun and entertainment, Midway Carnival, Classic Car Show, Hometown Parade, Amazing Food Booths, Arts and Crafts, three nights of live music PLUS an amazing trampoline show and so much more. Visit our website for a detailed schedule of events.
Newark Community Park
35501 Cedar Blvd., Newark
www.newarkdays.org

Saturday, September 21
Riders and Readers Car Show
9am – 1pm
Join the San Leandro Public Library for our 3rd annual car show event at the library!
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971

Monday, September 23
Harmony Fusion Chorus Open Rehearsal Night
7 - 9:30pm
Harmony Fusion hosts open audition for female singers around the Bay Area as young as high school age.
Hill and Valley Women's Club
1808 B St, Hayward
(Just off 580 in Castro Valley/Hayward region)
925.784.2950
www.harmonyfusion.org.

Saturday, September 28
Explore the Paranormal
7pm – 1pm
Experienced investigators lead attendees through the properties with access to all non-restricted areas in search of the paranormal.
McConaghy Houe
18701 Hesperian Blvd., Hayward
Tickets: \$75

Saturday, September 28
25th HERS Walk / Run / Yoga fundraiser
7:30 - 11:30am
Move your body and help support cancer patient.
Quarry Lakes
2100 Isherwood Way, Fremont
tinyurl.com/2024HERSWRY

Auditions for Valley Concert Chorale
2024-2025 ‘A Season of Change’

Submitted by **HEIDI MASSIE**

The Valley Concert Chorale, the Tri-Valley's premier chorus, is seeking new singers for its upcoming 2024-2025 "A Season of Change." Auditions are available by appointment in September.

The Chorale is seeking experienced singers with sight-reading skills who enjoy singing exciting and challenging music. The Chorale performs three concert sets a season with a wide variety of music ranging from classical to contemporary, and folk to jazz.

The Chorale's 2024-2025 season begins with its annual holiday concerts in December titled "Christmas Celebration" which will feature Vivaldi's *Gloria*.

The 15-minute appointment will include some basic sight-reading and a rhythmic exercise. To determine vocal range, auditioners should come prepared to sing a short song (e.g., art song, hymn, folk song),

in any language. Singers must commit to the season with Monday evening rehearsals held at the First Presbyterian Church of Livermore.

More information about the Valley Concert Chorale is available at www.valleyconcertchorale.org or by calling the general information line at 925-866-4003.

About Valley Concert Chorale

For over 60 years, Valley Concert Chorale has been the Tri-Valley's premier chorus. The Chorale has offered a variety of musical performances to serve the diverse musical tastes of its audiences.

Valley Concert Chorale's mission is to engage audiences in the transforming power of music by sharing their passion and joy in live performance. They are dedicated to excellence in singing choral music of all genres, nurturing the next generation of singers, and supporting musical endeavors in the Tri-Valley community.



Appointments available for Valley Concert Chorale auditions. Photo source: Heidi Massie

The all-volunteer, non-profit chorale receives financial support from grants, ticket sales, membership dues, fundraisers and donations.

Valley Concert Chorale auditions
Monday, Sep 9 and Sep16

Auditions by appointment
First Presbyterian Church
2020 Fifth St., Livermore
925.866.4003
www.valleyconcertchorale.org

Ohlone College and Ignited collaborate to support English language learners

NATIONAL SCIENCE FOUNDATION AWARDS OHLONE COLLEGE WITH GRANT



Ohlone College and Ignited expand opportunities. Photo courtesy of Dr. Celina Barrios

Submitted by
DR. CELINA BARRIOS

Ohlone College is proud to announce the receipt of a \$491,271 grant from the National Science Foundation (NSF) under the Innovation in Two-Year College STEM Education (ITYC) program. The grant, awarded through the NSF’s Division of Undergraduate Education, will support the project titled “Expanding Opportunities

and Instructional Innovations for English Language Learners in Computer Science.” The project, led by Ohlone College’s STEM Division Dean, Dr. Lori Silverman, in partnership with the nonprofit organization Ignited, aims to improve curricula in English as a Second Language (ESL) and computer science (CS) courses. The goal is to increase and diversify the graduation rate of computer science students at two-year colleges by specifically targeting

women and English Language Learners (ELLs). The project will enhance existing ESL courses by integrating computer science content and will develop CS courses that focus on impact-driven, project-based learning. Additionally, a pre-internship course will be created to help students acquire the professional skills necessary for a successful career in STEM.

Faculty leads for this initiative, Suporn Chenhansa (CS) and Elizabeth Metzler (ESL), will play key roles in shaping and delivering these innovative curricula, ensuring that the integration of computer science and ESL is both effective and engaging for students.

Dr. Silverman, who played a crucial role in securing the grant and will be instrumental in the project’s implementation, expressed her gratitude for the support provided by the NSF. “This grant is a significant step forward in our mission to broaden participation in STEM fields by providing innovative and inclusive educational opportunities for our diverse student population,” Dr. Silverman stated. “We are grateful to the NSF for recognizing the potential impact of this project, and we look forward to empowering more students to pursue their dreams in computer science.”

Dr. Emily Dilger, CEO of Ignited, also shared her enthusiasm for the collaboration, stating, “We are thrilled to be a part of this groundbreaking project. The fact that this initiative was faculty-driven and grew out of the passion of educators who have previously participated in our programs is a testament to our shared dedication to making a meaningful impact. We are excited to contribute to a project that aligns so closely with our mission to empower educators and ultimately transform students’ futures.”

The three-year project began on September 1, 2024, and is expected to serve as a national model for enhancing STEM education at two-year colleges. By providing tailored support to ELL students and women, Ohlone College is committed to ensuring that every student has the opportunity to succeed in the rapidly evolving field of computer science.

Ohlone College has a longstanding tradition of providing innovative educational programs that prepare students for bright futures. This project underscores the College’s dedication to supporting students through various initiatives and programs, and it highlights the critical role of partnerships with organizations like the NSF and Ignited in making students’ dreams a reality.

For more information about the project or to learn how you can get involved, please contact Dr. Lori Silverman at lsilverman@ohlone.edu.

About Ignited: Ignited is a nonprofit organization dedicated to empowering educators to transform their students’ career trajectories. Since 1985, Ignited has been partnering with schools, colleges, and businesses to provide professional development experiences that connect industry leaders directly with teachers to translate transferrable skills and innovative thinking into K-14 classrooms, fostering a more innovative and prepared workforce for tomorrow.

Dr. Celina Barrios, Public Information Officer, cbarrios@ohlone.edu.

Colts stampede through Vegas

JAMES LOGAN HIGH SCHOOL VOLLEYBALL TEAM CLAIM BRONZE IN VEGAS CLASSIC

By **APRIL RAMOS**

On August 23 to August 24 James Logan High School’s girls’ volleyball team traveled to Las Vegas for the Vegas Classic Volleyball Tournament. The Union City high school came out in third place with teams from California, Utah, Nevada Idaho and Alaska.

With 32 teams in attendance, Logan climbed up to third place with a tournament record of 5-1. “It was our first time participating in the Vegas Classic and our expectation was to win the entire tournament,” shared the team’s head coach Matthew Guzman. “We played teams from Southern California, Utah, Alaska and Nevada. We strive to maintain a championship and winning standard in our volleyball program here at James Logan.”

According to Guzman, the team is made up of both returning players and newcomers. Returning players make up the core starting lineup. Since the Vegas Classic is a preseason tournament, winning was only one of the goals that the team set out to accomplish. “Some other goals were to use this tournament to gain experience and build chemistry within our team. It was a preseason tournament, so we were focused on competing at a high level and getting ready for the regular season,” explained Guzman.

Although the Colts were able to claim third place, Guzman explains that there are still challenges that the team faces. “At these high-level tournaments, our team is usually undersized compared to our competition. Our team doesn’t have any player taller than 5’10. We typically have to adjust and overcome defending taller teams with blockers over 6’0.”

Colts’ volleyball is still in the beginning



James Logan girls’ volleyball at the Vegas Classic Tournament. Photo courtesy of Matthew Guzman

stages of their season, not yet having started league play, but they have already set their sights on this year’s team goals. One goal is repeating their 2023-2024 season achievement of becoming undefeated Mission Valley Athletic League champions. Also winning a North Coast Section (NCS) championship which was last won in 2018 and qualifying for California Interscholastic Federation State championships.

In the team’s latest match on Thursday,

August 29 the Colts seem to be on track with their goals after having had a huge comeback win against defending NCS D1 champs, Foothill High School in Pleasanton. The match went to five sets with the following scores: 25-20, 16-25, 23-25, 25-22, 15-13.

Coach Guzman shares, “[It was an] exciting game with back-and-forth rallies. Excellent play and competition from both teams.” The match’s standout players include co-captains McKenzie Anderson and

Leann Jung. Anderson, Junior outside hitter, had 18 kills and 37 digs. Jung, Junior setter, had 35 assists, 12 digs, 7 kills and 2 aces.

James Logan volleyball’s next game is an away game on Thursday, September 5 against Berkeley High School at 7pm.

To keep up with the Colts Volleyball’s upcoming season schedule, visit maxpreps.com.

Get ready for Run 4 Education

FREMONT EDUCATION FOUNDATION EVENT RAISES MONEY FOR SCHOOL DISTRICT

Submitted by **FREMONT EDUCATION FOUNDATION**

The 2024 Run 4 Education will take place on Sunday, November 3. The event raises funds for the Guy Emanuele Sports Fund, bringing grants for sports and equipment to ALL FUSD schools. The more we raise, the more fun we have, and the more our community and students benefit.

T-Shirt Design Contest

Fremont Education Foundation (FEF) is thrilled to present the very first T-shirt Design Contest open to all FUSD students. Let your imagination run wild and share your creativity with the community. The winning design will be featured on every 2024 Run 4 Ed t-shirt.

- Register at bit.ly/FEFtshirtdesign
- Submit design to Run4ed@fremont-education.org
- Deadline for submission is on **Sunday, September 8, 2024**

Registration is open with options for ALL abilities: Kids 1/4 & 1/2 mile run, 5K Walk/Run, 10K Run, Mama Eileen’s Course for All Abilities and Virtual Run

All Schools Challenge

- FUSD schools will receive funds for participating at various levels.
- Each school with 10-49 participants will receive \$100
- Each school with 50+ participants will receive \$200
- The school with the most participants will receive \$300

For more info, contact president@fremont-education.org
www.fremont-education.org
www.facebook.com/FremontEducationFoundation

Run 4 Education
Sunday, Nov 3
9am
Quarry Lakes
2100 Isherwood Way, Fremont
bit.ly/fefrun4edreg



FUDENNA BROS., INC.

Fremont's leader in small to medium office space

Short Term leases available

Perfect for startups
looking to keep costs down

- Allow for growth to larger office space within our properties
- 24/7 building access
 - Conference rooms available at no cost
 - Some Furniture available at no cost
 - Full service lease includes water, electric, janitorial, and nightly security patrol
 - No hidden fees
 - Close to Bart
 - Near 680/880



Contact Fudenna Bros. for more information
Phone: 510-657-6200
Email: customerservice@fudenna.com
Office located at 39823 Paseo Padre Pkwy. Fremont CA, 94538

continued from page 1

Nonprofit serving special needs community opens new center



Fremont Mayor Lily Mei (in blue blazer) and FCSN Co-Founder Anna Wang (to her left) are flanked by more than 40 FCSN members and community friends as they cut the ribbon.
Photo Credit: Victor Carvellas



The Dream Achievers are a group of talented autistic musicians. Photo Credit: Victor Carvellas



FCSN members welcome attendees at the grand opening. Photo Credit: Victor Carvellas



Fremont Mayor Lily Mei presents FCSN with a Certificate of Recognition.
Photo Credit: Victor Carvellas

Lily Mei, Assembly Members Alex Lee and Evan Low, State Senator Aisha Wahab and Alameda County Supervisor David Haubert.

With the new facility comes a need for more staff and volunteers. For information, visit fcsn1996.org. High school seniors and current college/graduate students who volunteer

or work full-time with FCSN are encouraged to apply for an FCSN scholarship.

Friends of Children with Special Needs
42080 Osgood Road, Fremont
510.739.6900
Visit fcsn1996.org/upcoming events for more information

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 530-262-2177		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 tcv@tricityvoice.com	
MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION Welcomes YOU! We are a spirital 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	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	
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.		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	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	
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.		SAN LEANDRO HISTORICAL RAILWAY SOCIETY OPEN HOUSE The SLHRS models the Southern Pacific from Oakland to just east of Norden using a tri-level Donner Pass helix. Public invited every Sat. 10AM - 2:30PM 1302 Orchard Ave, San Leandro San Leandro G&O trains in back garden. New members & Model Railroad donations accepted. Visit us at www.slhrs.org	
50th Year Homecraft Fair Oct 2, 3, 4, 5 Wed - Sat Hours: 10:00 am - 4:00 pm 1608 Via Sarita, San Lorenzo, 94580 Follow Sign on Bockman Road	AAUW EMPOWERS WOMEN Since 1961, provider of women's graduate education scholarships in Tri-Cities, advancing gender equity for women and girls through research, education, and advocacy. https://fremont-ca.aauw.net aauwfremontbranch@gmail.com JOIN US!	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		
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	SENIOR SOCIAL ACTIVITIES Friendly & fun group open to men & women. Variety of activities: Bocce ball, Day trips, BBQ, Dinner, Wine tasting and more. Free newsletter. For information 925-803-1313 510-303-1055	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		
Living Hope Foursquare Church 7160 Graham Ave Newark CA Welcomes You Sunday Worship Times English: 10:30am - 12:30pm Tagalog 2:00pm - 4:00pm Join our worship and study of God's Word. www.newlivinghope.org	LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP! Zoom meeting 4th Saturday of the month (off July & Dec) 2:00-4:00 PM Great speakers! * All genres! * Critique groups available! Email scottfrombayside@yahoo.com for Zoom link before the meeting. Writers' Salon meets 4th Monday of the month (occasional exceptions) Join us via Zoom 7:00-9:00 PM Read, discuss or just listen. Email up.dragonfly.com@gmail.com for Zoom link before the meeting. Everyone is welcome! www.cwc-fremontareawriters.org			
BINGO BINGO BINGO Niles Canyon Mobile Estates 711 Old Canyon Road, Fremont (Niles District) The FIRST MONDAY of Every month 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		Mt Eden HS Music Dept. Flea Market 2300 Panama St. Hayward, CA 94545 When: Every 4th Saturday of the month -6am set up, 7am-3:30pm open to the public Where: Mt. Eden HS student parking lot Cost: \$30 per vendor (pay cash only at the gate) Contact Info: officialmehsband@gmail.com Starts 7/27, 8/24, 9/28, 10/26		Mistletoe Madness Will be accepting vendors as of July 1, 2024 Show is November 30 10am-4pm Marina Community Center on Wicks Boulevard Email: mmchristmasfair@aol.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	Mission Peak Choirs is Hiring! Two part-time salaried positions available for our 2024-25 season! We are looking for a new collaborative pianist and a new managing director! Mission Peak Chamber Singers is a non-profit community choir organization based in Fremont. We consist of two ensembles, the Chamber Singers and the People's Choir. anyone interested to find out more at our website: https://www.chambersingers.org/jobs			
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		Yard Sale: 9/21/24 32309 Ruth Ct. Union City. The early bird gets the worm 0730am till 12:00pm All items gently used/New Holiday items available.	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

Labor Day

EDITORIAL FROM
WILLIAM MARSHAK,
EDITOR-IN-CHIEF EMERITUS

What else would we run this week, but an editorial on labor day? In this article that originally ran on August 31, 2010, Bill Marshak discusses the importance of workers rights, an ever-relevant issue. I did a stint in retail nearly 10 years ago, and even a few months opened my eyes to how service workers are treated as disposable both by their companies and by customers. During the 2020 pandemic, it turned out many of the lowest paid and least respected workers were essential to the supply chain. When there's demand for the results of labor (for example In-N-Out burgers), the workers deserve respect too. — Stephanie Gertsch

The Federal holiday most closely associated with the end of summer is not related to length of days except in a tangential manner. Labor Day is recognition of the chaotic and often adversarial nature of business. As a free and capitalistic society, we pay homage to entrepreneurial initiative which, in theory, recognizes the fruits of hard, honest labor. In practice however, at times there is little

Social Security Matters

Ask Rusty—Federal Retiree Asks About His Social Security

By RUSSELL GLOOR, NATIONAL SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Dear Rusty: I retired with a (gross) \$4,600 per month Civil Service Retirement System (CSRS) annuity from the US Postal Service in December 2022. I am 66 and will attain full retirement age in November of this year. I know at that point I will not be subject to the “earnings” test, but I will be affected by the dreaded “government offset.” I have earned enough quarters and will be eligible for a small Social Security benefit. First question: will my SS benefit just be reduced, or will it be eliminated? Second: will it make a difference if I apply in November or when I turn 70? I am currently working part-time and paying Social Security FICA taxes. Third: if my SS is being eliminated, do I even have to apply? Fourth and last: I am married, filing jointly and my wife is currently receiving SS benefits (only). Could I also be affected by the “windfall” provision if my wife predeceased me? Signed: Upset to Offset and Downfall to Windfall

Dear Upset: You are correct that when you reach your full retirement age (FRA) in November you will no longer be subject to Social Security’s “earnings test,” which limits how much you can earn while collecting early benefits. But if you apply for your Social Security to start in November, your SS benefits will be affected by the Windfall Elimination

distinction between the amount of wealth and how it was attained. In the quest for money, power and prestige, historical and contemporary examples abound of worker abuse even though such employment was and still is critical to the creation of wealth. Long hours and poor compensation are a legacy filled with sweatshops, child labor and poor working conditions. These business practices were common leading up to the establishment of unions in the United States. The struggle between “haves” and “have-nots” is often disruptive and unruly; unions offer powerful representation for working people. Those in power, enjoying wealth and luxurious lifestyles, have been reluctant to relinquish their position while others, striving for an equitable piece of the action, find strength through the power of consolidation... a union. The birth of unions in this country has been a brutal and uneven process but one that brings a degree of balance to the workplace. Attributes of war have been present in this struggle; Labor Day was declared to lessen the intense pain of the particularly bloody and brutal Pullman strike in 1894. There is nothing foreign about unions. Our nation is based on the concept of a union formed to defy existing social, political and military structures. The Preamble to the United States Constitution states:

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America. While many societies throughout the world limit movement through economic and social class by birth, skin color, religion and other external factors, in our celebration of Labor Day, the United States recognizes the ideal of strength and fairness through group actions. Those who achieve economic power through the labor of others may accumulate wealth, but must recognize the contribution of partners in the enterprise—labor—to achieve their goals. Labor unions are not perfect, suffering internal problems of corruption and greed, but throughout the struggle between labor and management, they have been a voice that cannot be ignored. In an increasingly complex world in which business challenges are constantly changing, balance at workplaces is essential. Labor Day is a time to reflect on the formation of our nation and the value of those who continue to be world leaders as a productive workforce.

Provision (WEP) due to your non-covered CSRS pension (because you didn't pay into SS while earning your CSRS pension). As you may know, only those federal employees who retired under CSRS (Civil Service Retirement System) are affected by WEP; newer Federal employees who retire under the more recent FERS (Federal Employee Retirement Program) program are not affected. Because of your CSRS pension, your Social Security benefit will be reduced, but not eliminated. The amount of reduction will be based on the number of years of non-government employment you had (where you paid into Social Security). Usually, those who have spent a lifetime earning a pension without contributing to SS, but who have a separately earned SS pension, will see their SS benefit cut approximately in half. To answer your second question, your benefit will, indeed, continue to grow if you wait until you are age 70 to claim Social Security. Benefits taken after one's full retirement age earn “delayed retirement credits” (DRCs), which add to your final benefit amount. Your benefit will still be reduced by WEP, but your final amount will be more because you waited longer to claim. Re your third question, your SS benefit will only be reduced (not eliminated), so it's always worthwhile to apply. Otherwise, you are

forfeiting Social Security money you are entitled to. And lastly, if your wife dies before you, your CSRS pension will also cause another provision called the Government Pension Offset (GPO) provision to apply. The GPO will reduce your surviving spouse benefits by 2/3rds of the amount of your government CSRS pension, which will likely eliminate any spousal benefit you are entitled to (except the so-called “death benefit” – which is a one-time lump sum \$255 benefit paid to a surviving spouse). This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org

A second elephant calf in 2 weeks is born at a California zoo

ASSOCIATED PRESS

The second elephant calf in two weeks has been born at a California zoo. African elephant Amahle gave birth early Monday morning, according to the Fresno Chaffee Zoo. The event came 10 days after Amahle's mother, Nolvazi, gave birth to another male calf. The new additions are the first elephants born at the zoo, about 150 miles (240 kilometers) southeast of San Francisco, which has embarked on a program to breed elephants in the hope that they can be seen by zoogoers in years to come. “To have two healthy calves is a historic milestone,” Jon Forrest Dohlin, the zoo's chief executive, said in a statement Tuesday.

“We cannot wait for the public to see the new additions to our herd and share in our excitement.” The elephants and their calves will continue to be monitored behind the scenes for now, Dohlin said. While the zoo expanded its exhibit in anticipation of growing its herd, some animal activists have opposed the breeding program, saying elephants shouldn't be in zoos because of their complex needs. In 2022, the zoo brought in male elephant Mabu hoping he'd breed with the two females. The future of elephants — which have relatively few offspring and a 22-month gestation period — in zoos hinges largely on breeding.

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Social Security Matters

Ask Rusty—Does Some of my Social Security Payment Include Repayment of my Contributions?

By RUSSELL GLOOR, NATIONAL SOCIAL SECURITY ADVISOR, AMAC FOUNDATION

Dear Rusty: I have a question about my Social Security benefits. Would I be correct to assume that part of the monthly Social Security income I get is a repayment of what I contributed to the fund while I was working? If so, how much of my monthly benefit payment is my own money coming back to me? Signed: Curious Beneficiary

Dear Curious: I'm afraid that is not how Social Security works. The money you contribute to Social Security during your working years does not go into a special account to be repaid to you. Rather, the Social Security taxes you pay while working are used to pay benefits to all those currently receiving Social Security benefits. The system is, in effect, a "pay as you go" program where all those currently contributing help pay benefits for all those now receiving. What your contributions do, however, is earn you "quarter credits" and, when you have enough credits, you become eligible for Social Security retirement benefits for life. Generally, someone must have about 40 quarters (about 10 years) contributing to Social Security to be eligible for SS retirement benefits.

How much you receive monthly is determined not by how much you contributed but, rather, by how much

your work earnings were over your lifetime. You will get a percentage of your average pre-retirement work income as your monthly Social Security payment, but that is also affected by your age when you claim benefits. It is your average lifetime earnings (adjusted for inflation) which determines your "Primary Insurance Amount" (or "PIA"). Your PIA is what you get at your Social Security full retirement age (FRA), but your age when you claim benefits determines if you get more or less than your PIA. Claiming SS before your FRA means a smaller monthly benefit, while waiting longer than your FRA means a benefit higher than your PIA. (SS benefits reach maximum at age 70). FYI, each person's FRA is different based on the year they were born, but full retirement age today is between age 66 and 67. When you claim benefits relative to your FRA determines how much of your PIA you will receive each month.

So, your contributions to Social Security aren't used to determine your monthly benefit amount, but your average lifetime work earnings and age when you claim are. Nevertheless, you may be interested to know that most people get back everything they have personally contributed to Social Security within about three to five years of collecting their benefits. In that sense, Social

Security is an exceptionally good deal, since most Americans now collect benefits for about two decades. And therein lies much of Social Security's financial dilemma—people are now collecting benefits for many more years than the current program is designed to support. And that is what Congress needs to fix as soon as possible. The Social Security trust funds (which now provide supplemental money to pay benefits) are projected to be depleted around 2033, which will mean a cut in everyone's monthly Social Security payment, unless Congress acts soon to reform the program and restore it to fiscal solvency.

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

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The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice.)

PUBLIC NOTICES

or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on OCTOBER 2, 2024 at 10:15 (PACIFIC TIME) in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Petitioner: WILLIAM J. OSBORNE, 850 LUCIANLAKE DRIVE, SUMTER, SC 29154, Telephone: 803-236-0856 9/3, 9/10, 9/17/24

CNS-3846934#

NOTICE OF PETITION TO ADMINISTER ESTATE OF BERNARD BLUEFORD, SR. CASE NO. RP22132856

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: BERNARD BLUEFORD AKA BERNARD BLUEFORD, SR.

A Petition for Probate has been filed by JOYCE R. BLUEFORD in the Superior Court of California, County of ALAMEDA. The Petition for Probate requests that JOYCE R. BLUEFORD be appointed as personal representative to administer the estate of the decedent.

The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice

or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on 9/13/2024 at 9:45 A.M. in Dept. 202 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

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Attorney for Petitioner: G. SCOTT HAISLET, 3445 MT. DIABLO BLVD., LAFAYETTE, CA 94549, Telephone: 925-283-1031 8/27, 9/3, 9/10/24

CNS-3845188#

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APN: 482-0010-014-00 TS No.: CA05000521-23-1 TO No.: 230578929-CA-VOI NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d) (1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 1, 2018. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 19, 2024 at 09:00 AM, Fallon Street Steps, Alameda County Courthouse, 1225 Fallon Street, Oakland, CA 94612, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on August 6, 2018 as instrument No. 2018153764, of official records in the Office of the Recorder of Alameda County, California, executed by HANS KENDALL DIRIC, AN UNMARRIED MAN, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for

CMG MORTGAGE, INC., DBA DIVERSIFIED MORTGAGE GROUP as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 4053 HORNER STREET, UNION CITY, CA 94587 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 made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$726,459.67 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. 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. 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 wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Auction.com at 800.280.2832 for information regarding the Trustee's Sale or visit the Internet Website address www.Auction.com for information regarding the sale of this property, using the file number assigned to this case, CA05000521-23-1. 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 Website. The best way to verify postponement information is to attend the scheduled sale. Notice to Tenant NOTICE TO TENANT FOR FORECLOSURES AFTER 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 800.280.2832, or visit this internet website www.Auction.com, using the file number assigned to this case CA05000521-23-1 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: August 15, 2024 MTC Financial Inc. dba Trustee Corps TS No. CA05000521-23-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 711 949.252.8300 By: Bobbie La Fower, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Auction.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Auction.com at 800.280.2832 NPP0464339 To: TRI-CITY VOICE 08/27/2024, 09/03/2024, 09/10/2024 8/27, 9/3, 9/10/24

CNS-3845244#

APN: 087-0097-009-00 TS No.: 24-07791CA TSG Order No.: 240184494-CA-VOI NOTICE OF TRUSTEE SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED DECEMBER 1, 2005. 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. Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded December 21, 2005 as Document No.: 2005541404 of Official Records in the office of the Recorder of Alameda County, California, executed by: Kim Sin Chhoeur and Soda Niem, wife and husband, as Trustor, will be sold AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash (payable in full at time of sale by cash, a cashier's check drawn by 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). 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, and as more fully described in the above referenced deed of trust. Sale Date: September 17, 2024 Sale Time: 12:00 PM Sale Location: At the Fallon Street entrance to the County Courthouse, 1225 Fallon Street, Oakland, CA 94612 2 File No.: 24-07791CA The street address and other common designation, if any, of the real property described above is purported to be: 34265 Aspen Loop, Union City, CA 94587. 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 made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s),

advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$463,908.19 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. 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, (800) 758-8052 for information regarding the trustee's sale or visit this internet website, www.xome.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 24-07791CA. 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 website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: 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 (800) 758-8052, or visit this internet website www.xome.com, using the file number assigned to this case 24-07791CA 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. 3 File No.: 24-07791CA 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.xome.com or Call: (800) 758-8052. Dated: August 13, 2024 By: Omar Solorzano Foreclosure Associate Affinia Default Services, LLC 3011 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0464059 To: TRI-CITY VOICE 08/27/2024, 09/03/2024, 09/10/2024 8/27, 9/3, 9/10/24

CNS-3844793#

EarthTalk®

From the Editors of E - The Environmental Magazine

How Green is JD Vance?

By PRAVIT KOCHAR

Dear EarthTalk: Where does J.D. Vance, Trump's V.P. pick, stand on climate and environmental issues? -- Robert O., Bowie, MD

As the political climate intensifies, understanding the environmental stance of key political figures like Vance, author of "Hillbilly Elegy" and an Ohio Republican Senator, becomes crucial. His position on environmental issues and climate change could significantly influence future policies and regulations.

Vance's public statements indicate a distrust of climate science and a preference for policies that favor economic growth over environmental protection. He often criticizes what he sees as environmental regulation overreach, saying it stifles economic opportunities, particularly in traditional energy sectors.

Initially, Vance was openly skeptical about climate change. However, his stance has intensified over time, particularly as he has received significant financial contributions from the

oil industry. Recently, he has made statements acknowledging the reality of climate change, but he remains critical of aggressive climate policies, preferring more moderate approaches. He argues that fossil fuels are essential for economic growth, and has criticized renewable energies, suggesting they are unreliable and economically unviable. His legislative actions reflect this stance, as he has supported bills that favor the expansion of oil and gas drilling and opposed measures that would significantly invest in renewable energy.

Vance opposes significant environmental regulations, viewing them as impediments to economic progress. He has been a vocal advocate for deregulation, particularly in sectors related to traditional energy production. His support for deregulation efforts is evident in his legislative record, where he has backed initiatives aimed at rolling back environmental protections established in previous administrations.

Vance's financial portfolio reveals investments in both traditional and green energies, creating a complex picture of his financial interests. This strategy could suggest a pragmatic approach to energy policy, but raises questions about potential conflicts of interest. Critics say his financial interests

may unduly influence his political stance; especially given the large contributions he's received from the oil industry.

Environmental advocacy groups have been critical of Vance's stances on climate and environment. Public opinion on Vance's environmental stance is mixed, with some voters supporting his pro-economic growth agenda while others are wary of his skepticism toward climate change and environmental regulations.

As Vice President, J.D. Vance's stance on environmental and climate issues could have substantial implications for future legislation.

CONTACTS: How J.D. Vance stacks up on energy, environment issues, <https://www.eenews.net/articles/how-j-d-vance-stacks-up-on-energy-environment-issues>.

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.

Niles Essanay September schedule

SILENT FILMS AND SHORTS COMING UP THIS MONTH!

Submitted by NILES ESSANAY FILM MUSEUM

Saturday, Sept 7

7:30pm

It's Turpin Time! Celebrate one of the original Essanay players, Ben Turpin! Versus Sledge Hammers (1915, Essanay, 35mm)
A Studio Stampede (1917, Vogue Pictures)
A Clever Dummy (1917, Keystone/Sennett)
She Said No (1928, Weiss Brothers)

Sunday, Sept 8

3pm

Laurel & Hardy Talkie Matinee: Day Two of our Celebration of Ben Turpin
Our Wife (1931) Laurel & Hardy
Keystone Hotel (1935) Ben Turpin
Saps At Sea (1940) Laurel & Hardy

Friday, Sept 13

7:30pm

Odyssey Film Institute Presents: Meet John Doe (1941, Frank Capra productions) Gary Cooper and Barbara Stanwyck star in Frank Capra's 1941 film about a penniless drifter that's recruited by an ambitious columnist to impersonate a non-existent person who said he'd be committing suicide as a protest.

Preceded by a vintage cartoon and trailers! All on 16mm film!

Saturday, Sept 14

7:30pm

The Strong Man (1925, First National Pictures)
After receiving a letter from an American girl he's never met, a Belgian soldier travels to America to find her. Starring Harry Langdon and directed by Frank Capra

Preceded by Shorts:

The Ocean Hop (1927, Disney) Oswald the Lucky Rabbit
The King of the Kongo (1929, D, Mascot Pictures) Chapter 8: Sentenced to Death

Saturday, Sept 21

7:30pm

Comedy Shorts Night
The Idle Class (1921, First National) Charlie Chaplin, Edna Purviance
Good Night, Nurse (1918, Comique) Roscoe "Fatty" Arbuckle, Buster Keaton
Why Pick On Me? (1918, Rolin) Harold Lloyd
Flying Elephants (1928, Roach) Laurel & Hardy

Saturday, Sept 28

7:30pm

While The City Sleeps (1928, MGM) A tough New York cop is determined to bring down a crook who has always managed to provide an alibi. Directed by Rowland V. Lee and Starring Lon Chaney.
Preceded by Shorts:
Great Guns (1927, Disney) Oswald the Lucky Rabbit
The King of the Kongo (1929, D, Mascot Pictures)
Chapter 9: Desperate Chances

Niles Film Museum

37417 Niles Blvd., Fremont

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<https://nilesfilmmuseum.org/>

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Gilbert E. Trujillo
Resident of Alameda
November 26, 1972 – August 23, 2024

Peter Pai
Resident of Hayward
October 26, 1954 – August 21, 2024

Wesley T. Ross
Resident of Hayward
August 17, 1924 – August 22, 20240

Janet Marie DiPaola
Resident of Fremont
May 24, 1941 – August 17, 2024

Dr. John P. Cummings
Resident of Fremont
June 28, 1933 – August 8, 2024

Karen Marie Jones
Resident of San Francisco
September 20, 1957 – August 6, 2024

Luseane F. Vilingia
Resident of Fremont
May 10, 1937 – August 11, 2024

Donna Francis
Resident of Fremont
July 19, 1945 – August 10, 2024

Jo Ann M. Brown
Resident of Union City
December 30, 1943 – August 9, 2024

Samuel Rutland, Jr.
Resident of Fremont
September 16, 1942 - August 7, 2024



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Reddemma Pamidi
Resident of Fremont
July 1, 1945 – August 26, 2024

Sancho Martinez
Resident of Fremont
March 7, 1973 – August 25, 2024

Sabita Jagtiani
Resident of San Jose
June 20, 1947 – August 25, 2024

Swarn Virk
Resident of Milpitas
November 21, 1932 – August 24, 2024

Nanubhai Mistry
Resident of Lathrop
July 20, 1945 – August 22, 2024

Narinder Bhanot
Resident of Hillsborough
January 2, 1937 – August 21, 2024

Aida Chanco
Resident of Fremont
May 15, 1926 – August 20, 2024

Lesli Griffiths
Resident of Newark
October 29, 1970 – August 20, 2024

Sandra Tyler
Resident of Fremont
September 2, 1964 – August 19, 2024

Alexandria Ortegon
Resident of Hayward
August 19, 1972 – August 19, 2024

Kuppuswamy Ramaswamy
Resident of Hayward
May 20, 1933 – August 19, 2024

Kunda Mhatre
Resident of San Leandro
June 1, 1939 – August 19, 2024

Ana Nguyen
Resident of Milpitas
July 2, 1933 – August 18, 2024

Dale Eads
Resident of Hayward
December 16, 1954 – August 17, 2024

Helen Drobshoff
Resident of Fremont
October 15, 1926 – August 17, 2024

Thanh Le
Resident of Fremont
May 20, 1935 – August 16, 2024

Terry Mahon
Resident of Fremont
November 12, 1959 – August 13, 2024

GRACE MARGARET
RANKIN

August 19, 1934 – July 7, 2024



Grace Margaret Rankin gently passed away on July 7, 2024. She is survived by her sister Barbara (Gord) Wright, her brother Jim (Barb) Carstairs, her brother-in-law Bill (Paula) Rankin, her children, John (Mary), Bonnie, and Tom (Marie) Rankin, her grandchildren Carter Rankin, Gillian (Geoff) Townsend, Cody Baeta, and Hannah Rankin, and her great-grandchildren Graham and Garrett Townsend. Grace was born in Vancouver, BC, Canada on August 19, 1934. Grace studied to be an RN (nurse). She immigrated shortly after marrying John (Jack) Rankin. Grace and Jack moved to Fremont in 1965 and raised their children in the Irvington community. Grace worked at Washington Hospital for a few years. In the early 1970s she and Jack started a Quik Stop Market in Union City, which they operated until retirement in 1988. They spent most of their retirement years as full-time RVers based in Coarsegold, CA, traveling throughout North America. Grace was a founding member of the Fremont Art Association. Her paintings are hung on the walls of many homes and businesses. Her paintings have been shown in many galleries in California. She taught classes in Fremont, throughout the state, and around the world, including Scotland, Italy, and on cruise ships. A celebration of life will be held on September 13, 2024, at 2:30 p.m. at the Niles Discovery Church in the Niles district of Fremont.

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tricityvoice.com/obituaries

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continued from page 1

PHOTOGRAPHY EXHIBIT CAPTURES STORY OF BIRDS



“The Fly Off” by May Chen



“A Nest is a Home” by May Chen



May Chen with ‘Tantrum’ diptych. Credit: Stephanie Gertsch



“The Ground Dwellers” by May Chen



“Freedom and the World” by May Chen

25 pairs in the entire Bay Area. This is a severe demise of the species.” The owls in the photo are all banded, as the species is federally protected under the Migratory Bird Treaty Act.

Freedom and the World

Two young Osprey siblings venture out of the nest for the first time—only to land on razor barbed wire. “They learn,” Chen laughs. “They learn, next time I’ll go a little farther.” She expands, “This is freedom in reality. There’s always something where you need to compromise or get used to it.” This is an image of conservation success. Migratory birds, Ospreys, had been declining in numbers due to the pesticide DDT. After the U.S. Environmental Protection Agency banned DDT (www.sfbayospreys.org), Ospreys rebounded and their numbers have been increasing in the Bay Area over the past 10-15 years.

Birds are often a measure of the health of the overall environment—they feel the effects of pollution before we humans do, and by studying and protecting them, we can protect ourselves. “The whole message is we’re all part of nature. I can see year by year the numbers of these birds decreasing,” says Chen. She adds, “I want people to see how beautiful, how funny, how neat [birds] are. And then do something.”

Handouts at the exhibit cover some of the risks to wildlife, such as letting dogs roam off leash, or letting cats outside. Chen also recommends people look up San Francisco Bay Bird Observatory for more ways to help wildlife: www.sfbbo.org.

Amazing Grace
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Reception
Saturday, Sept 14
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