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Newark gets ready for the next big one

BASIC TRAINING CAN SAVE LIVES IN A CRISIS

By HUGO VERA

The official motto of the Boy Scouts of America is the words, “Be prepared.” The simple, yet direct message is also indicative of efforts from the City of Newark to ensure that its own citizens in the East Bay become and remain prepared for whatever challenges and calamities life may present.

Founded in March 2023, the City of Newark’s Emergency Preparedness Training Program has centered itself around three core principles: being prepared to help one’s local community, being prepared to help one’s neighbors and being prepared to help the community on a wide scale.

“Emergency preparedness is always essential. And one of the things that we as a city saw, especially during the pandemic, was that not all everyday people and businesses were equipped to respond to what was going on,” says City of Newark Emergency Service Coordinator Richard Martinez. “What we’ve seen since the implementation of this program is a resurgence of interest from the public on how to better prepare for natural disasters as well as just everyday emergencies.”

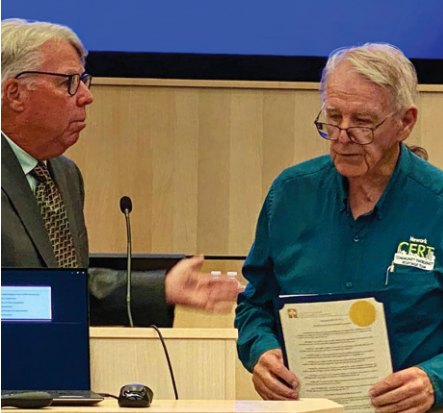
According to Martinez, an incident in which a Fremont resident underwent a medical emergency and ultimately passed away due to inadequate aid from bystanders attempting to help in 2022 was just one of many reminders of the dire consequences that can arise from a lack of emergency preparedness.

“When we think of emergencies we may tend to think of fires or earthquakes, but even just learning skills such as hands-only CPR [cardiopulmonary resuscitation] when a friend or neighbor undergoes a heart attack can make all the difference,” adds Martinez.

Those who participate in any number of the program’s seminars and workshops can learn essential and potentially life-saving skills such as drawing up evacuation routes for one’s home/business, establishing rally points, assembling disaster kits with essential items and administering immediate medical aid—such as the aforementioned CPR—until paramedics arrive.

For Naz Jaladin of the City of Newark’s Community Development Department, the number of residents educated by the program rising from 30—at the time of its inception—to now over 300 is a hallmark of progress that certainly will not dissipate.

“Through the use of city-wide announcements and partnerships with some of our local businesses, we’ve been able to increase awareness of CERT (Community



David Libby of Newark’s Emergency Preparedness Training Program accepts a proclamation from Mayor Michael Hannon. September is National Preparedness Month. Photo by Stephanie Gertsch

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Kathy Kimberlin is City of Fremont’s newly appointed District 3 representative. Photo courtesy of Kathy Kimberlin.

Fremont appoints new City Council member

COUNCIL WELCOMES KATHY KIMBERLIN AS NEW DISTRICT 3 REPRESENTATIVE

By PANASHE MATEMBA-MUTASA

Fremont City Council appointed 22-year resident and longtime community leader Kathy Kimberlin as the new council member for District 3 this past Tuesday.

During the council meeting on September 10, Kimberlin was officially sworn into office by the City of Fremont. She is replacing Jenny Kassan, who recently resigned as she helps her husband Vinnie Bacon run for mayor. The passionate newcomer expressed excitement about working alongside currently seated council members.

“I love Fremont,” Kimberlin said. “It’s not easy to make changes but if we work together we can.”

She will serve as council member for approximately two years. Her term is set to end November 2026.

Kimberlin’s swearing in follows her departure from her role as Assistant to District 1 Alameda County Supervisor David Haubert. She has also had leadership

roles with the Centerville Business and Community Association, Fremont Education Foundation, Fremont Chamber of Commerce, and in 2020 she founded the Tri-City Nonprofit Coalition. Moved by her unwavering commitment to public service, residents took the open public comment section to sing her praises.

“Kathy is a vigorous and enthusiastic devotee of community service,” said former Assistant City Attorney for the city Ted Bresler.

Kimberlin received the second-highest votes during the 2022 General Municipal Election, and said she felt the enthusiasm surrounding her last campaign and the impression she left on voters never left. Though she’s clashed with some residents on policy issues, she is hopeful her term will bring about a stronger Fremont.

“I ran on building community alongside my neighbors, and I try to do that every day,” she said.

Halloween season starts now—our roundup of activities

By STAFF

Every September, the East Bay gears up for spooky season with haunted houses, Halloween fairs, trick-or-treats and costume contests. Some events are fun for kids, while others deliver scares for teens and adults. We will continue running the Boo Calendar of Halloween events through October.

Fear Overload Scream Park is back at NewPark Mall, with two attractions for 2024: Darkmoor Penitentiary and Slotch Sanatorium. Plus additional attractions like an emporium of sinister Halloween merch. You get one small flashlight to survive. This mega scary haunt is for ages 13 and up.

Fear Overload Scream Park
Saturday, Sept 21 - Saturday, Nov 2
7pm - 10pm (times vary based on night)
NewPark Mall
2086 NewPark Mall, Newark
www.fearoverload.com
Tickets: \$24.99 - \$28.99

Pirates of Emerson has been running for 34 years—including during the pandemic when it switched to an equally scary drive-thru haunt. It’s not only the pirates: In addition to the classic theme, this year also has Demented Dolls, Halloween Hell and Seesawz Circus. The scares are real and recommended for ages 13 and up.

Pirates of Emerson
Saturday, Sept 27 - Saturday, Nov 2
7:05pm - 10pm (12am special nights)
Alameda County Fairgrounds, Gate 8
Corner of Bernal & Valley Ave., Pleasanton
www.piratesofemerson.com
Tickets: \$40 - \$100

Fremont’s favorite ghost house will be back on October 12. Organized by The Candlelighters, the haunted house and game carnival raise money for local nonprofit groups and projects. The walk through the historical Chadbourne Carriage House is more spooky than scary, but Good Fairies will escort the more nervous. Plus, there’s a lights-on tour and costume contest in October.

Fremont Ghost House: House of Fears
Saturday, Oct 12 - Wednesday, Oct 30
Weekdays: 6pm - 9pm (10pm Fridays)
Sat: 3pm - 10pm
Sun: 3pm - 9pm
candlelighters.com
Admission: \$5
Game tickets: \$1



Every year, the historical Chadbourne Carriage House gets a spooky makeover with a new theme. Photo by Stephanie Gertsch

continued on page 7

Gala Supports New MRI Imaging Technology for Washington Hospital



The first Top Hat Gala in 1986 brought together community members and leaders, business owners, philanthropists and other Silicon Valley partners to financially support Washington Hospital Healthcare System (WHHS) initiatives. In the 37 years since, the Foundation has raised millions to benefit WHHS programs and services. This year will be no different, as

Gala co-chairs Ramin Beygui, MD, FACS, and Sandeep Kunwar, MD, FACS, are personally and professionally committed to bringing the new MRI machine to the Healthcare System. Dr. Beygui is the medical director of Cardiothoracic Surgery at WHHS

“Your support at Top Hat will help bring this new advanced MRI technology to Washington Hospital and the greater Tri-City community,” Gemski continued. “We hope you will join us for another memorable celebration and share our commitment to provide high-quality, local health care to residents of the Tri-City Area.”

In March 2022, Gabby Oyler was home on break from her senior year at Sonoma State

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Coming Soon!



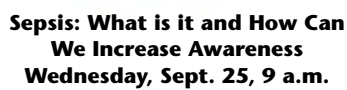
Fatigue, headaches and impaired cognitive function are all signs of apnea. Join this seminar to reclaim a restful night's sleep.



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.

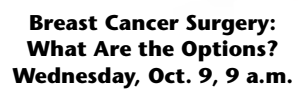


Recovering from a stroke can be overwhelming. Dr. Prabhjot Khalsa, medical co-director of Washington Hospital's Stroke Program, will address the health complications that may arise following a stroke.



Anyone can get an infection and almost any infection can lead to sepsis. Learn the signs and symptoms of this life-threatening condition.

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



From lumpectomies to mastectomies and breast reconstruction, this seminar provides a comprehensive understanding of surgical interventions.

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Shoulder Replacement Keeps Sonoma Ecologist Active

“My Only Regret is Not Doing it Sooner”



Back to enjoying the outdoors, Stephen Hansen is grateful for his new shoulder.

In addition to managing the Sonoma wildlife preserve he calls home, 76-year-old Stephen Hansen enjoys swimming, cycling 50 to 70 miles a week, cross-country skiing, and playing singles tennis. He heads an extraordinary family of ecologists that work to protect the earth. He and his wife are retired PhD ecologists; his daughter founded a nonprofit organization focused on climate change adaptation; and his son is an environmental scientist with the California Department of Fish and Wildlife. For the past several years, Stephen had to deal with pain and loss of mobility in his deteriorating shoulder. Now recovered from his December 2023 shoulder replacement, he is back doing all the things he loves, and his shoulder is pain free.

Stephen is one of many Northern California people of all ages who come to Washington Hospital’s Institute for Joint Restoration and Research (IJRR) for a comprehensive range of world-class shoulder treatments and surgeries performed by leading shoulder specialist and orthopedic surgeon John G. Costouros, MD, FACS, FAAOS.



Dr. Costouros’ career has been focused entirely on the shoulder, from educating patients and future doctors, mastering surgical techniques, and developing new technologies. In 2004, he was one of the first surgeons to bring reverse total shoulder replacement to the U.S. Dr. Costouros also performs traditional total shoulder replacement and less invasive stemless replacement. He is board certified and fellowship trained, and treats people of all ages and lifestyles including high school and college athletes, as well as local professionals like 49ers, Warriors and Giants players.

When searching for a shoulder surgeon, Stephen was referred to Dr. Costouros by his physical therapist and another surgeon. “Dr. Costouros’ practice works like clockwork. During the consultation, he answered all my questions even before I asked them,” Stephen said. “I also met with his physician assistant, Kevin Saska, who was wonderful. They gave me a comprehensive booklet describing what to do before and after surgery that was really helpful for my wife and me. At appointments we

always got in right away and it only took two weeks to schedule the surgery.”
Depending on the diagnosis, physical therapy can help manage some shoulder problems. Dr. Costouros uses cortisone and other injections to treat conditions like rotator cuff disease, frozen shoulder and arthritis. Surgery is discussed when other treatments fail to resolve pain and loss of function.

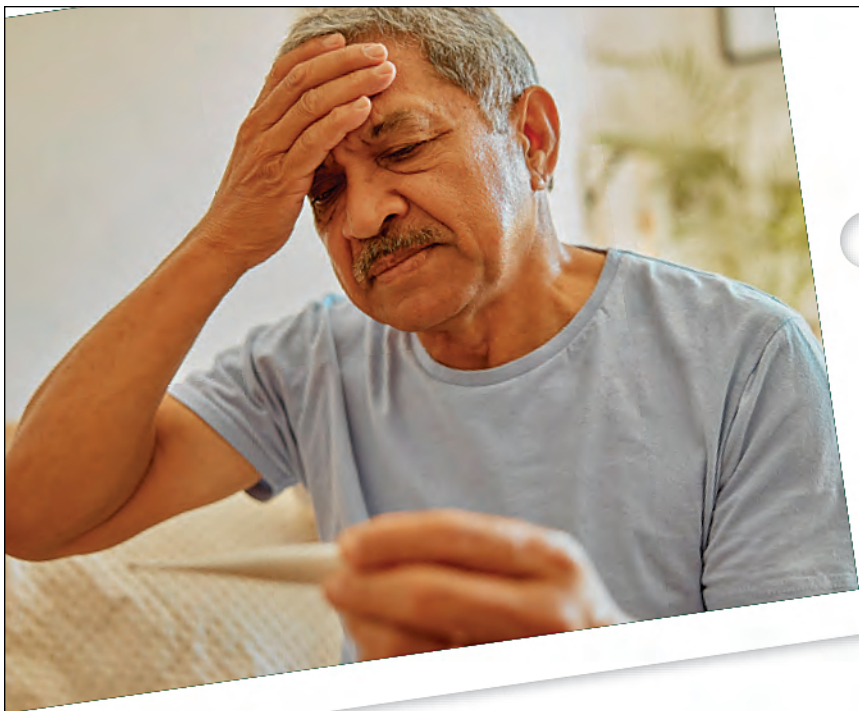
“I had been experiencing shoulder pain and stiffness for about eight years and did physical therapy in lieu of pursuing shoulder replacement surgery,” explained Stephen. “It wasn’t improving, but I kept kicking the can down the road because I heard shoulder surgery can come with unintended consequences. As it turned out, that was not the case at all. Thanks to Dr. Costouros and his excellent team—my surgery went smoothly and was relatively painless. Now my new shoulder works as well as the other one. My only regret is not doing it sooner.”

Advancements in surgical techniques have made shoulder replacement less invasive and more bone preserving. Also, anesthesia practices for pain control are improving, allowing patients to go home the same or next day. “I arrived at the Washington Outpatient Surgery Center at 7 a.m. the morning of surgery and left for home at 2 p.m. that day,” recalled Stephen. “I stopped taking the pain medications three days after surgery and did physical therapy twice a week as well as at-home exercises 30 minutes per day. After four months of rehab, I went right back to playing tennis with friends and forest thinning for wildfire control on the preserve. I couldn’t be happier with my new shoulder and I would highly recommend Dr. Costouros to others who may be putting off their shoulder replacement surgery.”

To learn more about Dr. Costouros or the Institute for Joint Restoration and Research at Washington Hospital, go to whhs.com/IJRR or scan the QR code below.



“Thanks to Dr. Costouros and his excellent team—my surgery went smoothly and was relatively painless. Now my new shoulder works as well as the other one.”—Stephen Hansen



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Cyrus Shariat, MD
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continued from page 2

University. The 22-year-old lifelong Newark resident was looking forward to upcoming sorority events, graduation and traveling with friends. But just days before she was to return to school, Oyler woke up to numbness and tingling in her arm, unable to speak. Her mother rushed her to the Washington Hospital Emergency Department, where the triage nurse observed stroke symptoms. She initiated a stroke code, which prompted an initial CT scan, then an MRI. The tests showed Oyler had a previously undetected patent foramen ovale (PFO), a hole in the heart's wall that separates the upper chambers.

All babies have a PFO before birth to allow blood to bypass the lungs and go directly to the brain and body. In most people, the hole closes shortly after birth, but it remains open in 25% of the population. A PFO can cause a blood clot to travel from the right side of the heart to the left, which can lead to a transient ischemic attack (TIA or stroke) if the clot reaches the brain. People who have a PFO and have had an embolic

stroke of unknown cause may be at an increased risk for having a second stroke.

At risk of a second, more deadly stroke, Oyler was admitted to Washington Hospital for treatment of her stroke symptoms and to determine the best course of action to fix the hole. This meant being transported from the Morris Hyman Critical Care Pavilion to the Washington Outpatient Imaging Center at Washington West. The situation presented logistical challenges and testing delays and led to a lot of anxiety for Oyler and her family.

"They told us the first 48 hours after a TIA carries a 20% chance of a secondary attack," Oyler explained. "Without further testing, we couldn't know just what my prognosis was. So every time the doctors wanted to check things, I had to be taken from my ICU room by ambulance to Washington West for another MRI scan. Having a dedicated MRI machine right there would have made a big difference."

Once Oyler's diagnosis was confirmed and her stroke symptoms had largely subsided, she was released.

After staying home for a day, she returned to Santa Rosa to finish school, and then came home for what she calls her "summer of doctor appointments." In October 2022, Fremont interventional cardiologist Terence Lin, MD, FACC, FSCA, repaired the hole in her heart, giving her a new lease on life. She's philosophical about her stroke and grateful for her good outcome, but notes having a dedicated MRI machine on-site would have made the process easier and faster. These days, she works at a job she loves, enjoys time with family and friends, and stays focused on what is rather than what might have been.

"I was really born twice at Washington Hospital," the now 24-year-old said. "Once in December 1999, when I was born, and again in March 2022, when my life was saved." Gabby is no longer on the medication prescribed following her stroke, the hole in her heart is fixed and as she puts it, "I'm just normal now."

Gabby continued. "Washington Hospital is a special place and I'm incredibly grateful to everyone there for this normal life."



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Qualify for citizenship as a Permanent Resident

By **BARBARA WONG**

Becoming a U.S. citizen is a significant milestone for many immigrants, offering a range of benefits including the right to vote, eligibility for federal jobs and protection from deportation. If you are a U.S. permanent resident (also known as a Green Card holder), you may be eligible to apply for citizenship through a process called naturalization. This article will guide you through the key requirements and steps necessary to qualify for U.S. citizenship.

Permanent Resident Requirement

The first and most fundamental requirement of U.S. citizenship is that you must be a lawful permanent resident. This means you hold a Green Card, which demonstrates your legal right to live and work in the U.S. Before applying for citizenship, you must meet specific residency requirements:

General Rule: Most applicants must have been permanent residents for at least five years. However, there are some exceptions:

Marriage to a U.S. Citizen: If you are married to a U.S. citizen, you may be eligible to apply after just three years of permanent residency, provided you have been living in marital union with your spouse during that time.

Military: There are special provisions for those who have served in the U.S. military, which may allow for expedited citizenship.

During this period, you must also have maintained continuous residence in the U.S.

Continuous Residence: You must have lived in the U.S. continuously for five years before applying (or three years if married to a U.S. citizen). Absences of six months or more may disrupt your continuous residence unless you can prove that you did not intend to abandon your residency.

Physical Presence: In addition to continuous residence, you must have been physically present in the U.S. for at least 30 months out of the five years (or 18 months out of the three years if married to a U.S. citizen). Extended absences from the U.S., particularly those longer than six months but less than a year, may require you to provide evidence that you did not intend to abandon your residency.

In addition to physically being in the U.S., there are several more requirements:

Good Moral Character: To qualify for U.S. citizenship, you must demonstrate good moral character. This generally means that you have obeyed the law and have not been involved in any criminal activities or other behaviors that would reflect poorly on your character. Certain criminal convictions, such as those involving moral turpitude, drug offenses or aggravated felonies, can permanently bar you from obtaining citizenship.

It is important to note that USCIS (United States Citizenship and Immigration

Services) reviews your entire history, not just the five years immediately preceding your application. However, demonstrating a clean record during this time frame is crucial.

English Language Proficiency

U.S. citizenship applicants must demonstrate the ability to read, write and speak basic English. Certain applicants may be exempt from the English language requirement based on age and the length of time they have been permanent residents.

50/20 Rule: If you are 50 years old or older and have been a permanent resident for at least 20 years, you are exempt from the English language requirement but must still take the civics test in your native language.

55/15 Rule: If you are 55 years old or older and have been a permanent resident for at least 15 years, you are also exempt from the English requirement but must take the civics test in your native language.

Knowledge of U.S. Civics and History

In addition to the English language requirement, you must also demonstrate knowledge of U.S. history and government, commonly known as civics. The civics test includes up to ten questions, of which you must correctly answer six to pass. The questions cover a range of topics: U.S. government; structure and functions of the government, the Constitution, branches of government and elected officials.

Study materials, including a list of 100 potential questions, are available from USCIS to help you prepare.

Naturalization Interview and Oath Ceremony

Once your background check is complete, you will be scheduled for a naturalization interview with a USCIS officer. During the interview, you will be asked questions about your application and background, and you will take the English and civics tests. If your application is approved, you will be scheduled to attend an Oath of Allegiance ceremony, where you will officially become a U.S. citizen.

Becoming a U.S. citizen is a complex but rewarding process that requires careful preparation and adherence to the eligibility requirements. By ensuring that you meet the residency, moral character, language and civics knowledge criteria, and by following the application process diligently, you can successfully transition from a U.S. permanent resident to a U.S. citizen.

Barbara Wong is an attorney at Mission Law & Advocacy, P.C. and SW Law Group P.C. We provide free monthly legal clinics. If interested, please feel free to reach out to wong@missionlaws.com

Filipinos and allies visit Swalwell’s office

NONPROFIT URGES REPRESENTATIVE TO ENDORSE THE PHILIPPINE HUMAN RIGHTS ACT



Members of Malaya Union City; East Bay Democratic Socialists of America; Hayward Community Coalition and Pilipino American Society for Education with Desiree Broom, District Chief of Staff and Foreign Affairs Advisor for Congressman Swalwell’s office in Castro Valley and Mallory De Lauro, Senior Advisor/ Counsel in their Washington, D.C. office. Photo taken August 20, 2024 in Swalwell’s Castro Valley office. Photo Courtesy of Malaya Union City.

Submitted by
MALAYA UNION CITY

Malaya Union City visited Congressman Eric Swalwell’s office on August 20, 2024 to talk about the Philippine Human Rights Act (PHRA). The PHRA campaign is one of many ways the organization advocates for the Filipino community.

Malaya Union City was formed in 2020 as the Anti-Terror Law was passed in the Philippines. This law unfairly labeled activists, journalists and anyone expressing dissent towards the government as “terrorists.” Those that were “red-tagged” in this way faced harassment and were illegally arrested.

The organization was formerly known as Malaya Tri-City but changed to Malaya Union City to reflect the large Filipino population.

Roughly one in five residents in Union City are Filipino.

In addition to the PHRA campaign, Malaya Union City is campaigning for workers’ rights by advocating for more accessible Assistance to Nationals funds for Filipino migrants in distress and by helping Filipino migrants and dual citizens with overseas voter registration.

The Philippines is one of the deadliest countries for land defenders, journalists and trade unionists. The number of killings under the previous Duterte regime, infamous for its deadly war on drugs, has risen to 30,000. However, since 2016, the U.S. has provided \$550 million dollars in military aid to Duterte and implemented paltry human rights restrictions and oversight.

The Philippine human rights

situation has only worsened under the current Marcos-Duterte administration, which is why progressive Filipinos and allies have continued to call for the passage of the PHRA and a rejection of the Philippine Enhanced Resilience Act (PERA).

The PHRA would introduce legislation “to suspend United States security assistance with the Philippines until such time as human rights violations by Philippine security forces cease and the responsible state forces are held accountable.” PERA seeks to do the opposite by providing more aid to Philippine military forces, which have a long track record of human rights abuses.

Since 2020, Malaya Union City has engaged in legislative work with Rep. Swalwell to urge him to endorse the PHRA. Malaya

successfully got Swalwell to endorse the 2020 and 2022 versions of PHRA. Malaya met with Swalwell’s office this year to urge him to endorse the current version.

The visit took place in Swalwell’s Castro Valley district office. Malaya Union City members were joined by members of East Bay Democratic Socialists of America, Hayward Community Coalition, and Pilipino American Society for Education.

The group met with Desiree Broom, District Chief of Staff and Foreign Affairs Advisor for Congressman Swalwell’s office in Castro Valley and Mallory De Lauro, Senior Advisor/ Counsel in their Washington, D.C. office.

During the meeting, speakers covered a range of topics. Malaya member Jordan talked about

the human rights situation in the Philippines and corruption under the current Marcos Jr. administration. Member Kristiana talked about the organization’s work with migrant Filipinos and how they can benefit from money being redirected towards human rights.

Other topics included the climate of teachers and schools in the Philippines, and the bombings happening in the country. Malaya member Roelle spoke about the journalists who are also being targeted by the Philippine government including Brandon Lee, who survived an assassination attempt by the armed forces in the country.

Their efforts to gain support for the PHRA seemed promising. Members set up a deadline for Swalwell’s advisors to respond to their stance on the PHRA. Representative De Lauro said she will relay information to Rep. Swalwell.

“I think it was a good opportunity [to be heard]. I was most inspired by how during this round we were able to bring in more contacts outside of Malaya Union City, especially non-Filipinos who felt compelled to speak on the human rights situation in the Philippines,” Jordan said, continuing, “Even though we didn’t get a yes or no, we will continue to hold the office accountable and continue to build within the community.”

Learn about PHRA at: humanrightspsh.org

If you have questions or would like to get involved in the Union City PHRA campaign, contact Malaya at malaya.unioncity@gmail.com, or on Instagram and Facebook @malaya.unioncity.

FREMONT HOLDS SAFETY FAIR

Submitted by **CITY OF FREMONT**

Co-hosted by the Fremont Fire Department and Fremont Police Department, the Public Safety Fair aims to inform community members about safety services and education, including fire prevention, crime prevention and available local resources for public health and safety.

During this event, we will be showcasing our fire and police vehicles and equipment, including our fire engines, patrol cars, the mobile command vehicle, SWAT vehicle, just to name a few. Kids can practice safe bicycling and scooter riding at the Bike Rodeo where they will walk, ride and roll through “Safe Moves City” with intersections, crosswalks, bike lanes, traffic signs and more! Several other city departments and many outside agencies will also be participating. Come explore public safety resources and chat with our command staff!

Our event is designed for community members of all ages and will feature many exhibits, food, information sessions with Q&A (ASL interpreters available) and giveaways.

Public Safety Fair
Saturday, Oct 5
11am - 2pm
Parking lot between Police Department and Fremont Library
2100 Stevenson Blvd., Fremont

Locals recognized for their accomplishments

By **STAFF**

People around the East Bay have been working hard! Here are a few to highlight:

Evanka Parekh, a junior at Mission San Jose High School, reached out to the paper about her nonprofit Return Gifts, which distributes period products to girls and women who need them. The organization has donated to Fremont Family Resource Center, SAVE (Safe Alternatives to Violent Environments, EBAC (East Bay Agency for Children in Oakland), and the Boys and Girls Club of America in San Jose. The City of Fremont recognized Return Gifts for donating 2,000 products to the Family Resource Center during Summer Break, 2024. Parekh hopes to distribute 15,000 more products by the end of 2024 and add 10 more volunteers to their team. Learn more at: www.returngifts.org.

Over at Ohlone College, Dr. Lori Silverman—Dean of the Science, Technology, Engineering, and Math (STEM) division—has published a chapter of her work in the third edition of College Student Retention: Formula for Student Success, edited by Alan Seidman of Walden University. According to a press release from the college, the book explores how educators, especially in community colleges, can encourage students to complete higher education and support student goals. The third edition is available for purchase on Amazon. www.amazon.com/College-Student-Retention-Formula-Success/dp/1475872356

The East Bay Regional Park District announced that General Manager Sabrina Landreth has hired Max Korten as Deputy General Manager. Korten has lived in the East Bay for 15 years, and has previously worked as natural

resources program director for Conservation Corps North Bay and as a backcountry ranger and trail crew supervisor for the Bureau of Land Management and the U.S. Forest Service. Korten’s first day in his role will be October 8. www.ebparks.org

San Leandro has appointed a new Assistant City Manager. City Manager Janelle Cameron appointed T. Michael Yuen to his new executive role. Yuen’s responsibilities include overseeing the city’s Finance, Information Technology, Human Resources, Library and Recreation & Parks departments. According to the city’s press release, Yuen will also be leading the implementing a new enterprise resource planning system.

continued from page 1

Halloween is on its way...

Summer’s over, but Fremont Street Eats with Food Truck Mafia will still be running on Friday nights, concluding on October 18 with a trick-or-treat themed night. Wear a costume!

Fremont Street Eats Trick-or-Treat
Friday, Oct 18
5pm - 9pm
Downtown Event Center
3500 Capitol Ave., Fremont
www.fremont.gov

The best spooky tales are the ones rooted in reality, and Hayward’s Historical buildings Meek Mansion and McConaghy House are home to many spirit sightings. Tours are recommended for ages 14 and up. For those who want to do some actual ghost hunting, join a paranormal investigation at Meek House on November 2 (Tickets \$75, intended for ages 18 and up).

Beyond the Veil
Meek Mansion: Oct 18 & 19
McConaghy House: Oct 25 & 26
6:15pm, 7:30pm, 8:45pm
510.581.0223
www.haywardareahistory.org/beyond-the-veil
Tickets: \$30 General, \$25 Hayward Area Historical Society Members

The Haunted Train will come to Ardenwood Farm for two weekends in October (18-20 and 25-27). This spooky-not-scary nighttime adventure is designed for families with children under 12. The train will wind through Halloween displays, and the Witch of Ardenwood will make an appearance.

Haunted Train
Oct 18, 19, 20; Oct 25, 26, 27
7pm (trains run every 30 minutes)
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
510.544.2797
www.spctr.org
Tickets: \$16

Union City will hold a 5K Run and Walk—with a twist. For spooky season, runners can take on the Zombie Challenge and try to make it through the course without “zombies” stealing their flags. After the race is over, join a raffle and costume contest.

The Running Dead 5K Fun Run and Walk
Saturday, Oct 19
9am
Civic Center/City Hall
34009 Alvarado Niles Road., Union City
www.runsignup.com (search Union City Running Dead)
Registration: \$27.50 - \$38.10

Newark’s Howl-o-Ween is the place to show off the fashionable or spooky dog costumes. The event includes giveaways, photo booth, resource fair and pet costume contest.

Howl-o-Ween
Saturday, Oct 19
10am - 12:30pm
NewBark Dog Park
35501 Cedar Blvd., Newark

Hayward will turn the Matt Jimenez Community Center into a spooky but safe family-friendly haunted house the last two weekends of October. Plus, join a carnival on October 25 for games and a costume contest.

Haunted House and Halloween Spooktacular
Haunted House: Oct 23 - 25 & Oct 27-30,
7:15pm - 9:15pm
Spooktacular Carnival: Saturday, Oct 25;
11am - 4pm
Matt Jimenez Community Center
28200 Ruus Road., Hayward
www.haywardrec.org

September 21 is Day of Peace

LOCAL ORGANIZATIONS
GATHER FOR PRAYER
AND REFLECTION

By STAFF

The UN established September 21 as an “International Day of Peace,” and the first observance occurred in 1982. There are two events to join in the East Bay: one organized by Fremont Human Relations Commission, Tri-City Interfaith Council, Pax Chisti and Compassionate Fremont will take place in Fremont. The other, organized by the East Bay Regional Park District, will take place at Lake Chabot on September 27.



At the Ardenwood Haunted Train, small kids can enjoy safe and spooky fun. Photo Courtesy of Jacque Burgess

Haunted House Admission \$5, Carnival FREE

Newark is having their second Floating Pumpkin Patch, where families can combine the traditional choosing of a pumpkin to carve with a day at the indoor swim center. Admission includes one pumpkin, two hours at the pool, goodie bag and pumpkin decorating.

Newark Floating Pumpkin Patch
Friday, Oct 25
5pm - 7pm
Silliman Family Aquatic Center
6800 Mowry Ave., Newark
Tickets: \$10 Residents, \$12 non-residents

Every year, Milpitas holds Pumpkins in the Park—and this year’s event will include bounce houses, trick-or-treating, a costume contest, rock climbing wall and even a petting zoo. Admission is free, but a pumpkin pass is required for premium activities.

Pumpkins in the Park
Saturday, Oct 26
10am - 2pm
Cardoza Park
Kennedy Drive and Park Victoria Drive, Milpitas
cityofmilpitas.simplerix.com
Pumpkin Pass: \$17

Union City’s annual carnival will have games, a costume contest and old-fashioned fun with only a few ghouls lurking in the shadows. The event is open to kids ages 1-13, plus their parents.

Halloween Carnival
Sunday, Oct 27
1pm - 4pm
Ruggieri Senior Center
33997 Alvarado-Niles Rd., Union City
Admission: \$10

Pacific Commons is holding their Halloween Spooktacular the day before Halloween. The event includes a face painter, balloon artist and free goodie bags while supplies last.

Halloween Spooktacular
Wednesday, Oct 30
4pm - 6pm
Pacific Commons
43440 Boscell Rd., Fremont

Fremont observance
Saturday, Sept 21
10am Peace Walk
11am Peace Prayers
12pm Peace Wave
Peace Terrace
Corner of Lowry Rd. & Alvarado Blvd., Fremont
Park District Observance
Friday, Sept 27
5pm - 8pm
Lake Chabot Regional Park
17600 Lake Chabot Rd., Castro Valley
www.ebparks.org/international-day-of-peace



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Self-care at work

By ANNE CHAN, PHD, MFT

Many of us clock in at work, get into a zone of productivity, and forget about attending to self-care during the workday. The end result? We feel exhausted, both physically and emotionally at the end of the long workday. We might even be disgruntled when we come home. Here’s the good news—it doesn’t take a lot of time to practice self-care during the workday. In fact, most of my suggestions take less than a minute and cost nothing. Incorporating just a few of the strategies below will help maintain your energy and sense of well-being so that you can spend your workday feeling well-balanced.

Let’s take care of common misconceptions first. Some might believe it is somehow wrong to take care of themselves while at work. Others think self-care equates to going to the spa or to an ashram. If your boss encourages visits to the spa, go for it! In reality, nothing elaborate is necessary. Rather, self-care means catching a few moments to take care of your basic needs so that you can be your best possible self, both for you and for your employer and customers.

Taking care of your body, mind and spirit has been shown to boost confidence, productivity and happiness. It’s not self-indulgent to take care of yourself—think of it as doing all the necessary things you need to maintain a well-functioning body and mind. Without self-care, you are like a cell phone that is steadily going down in battery charge. With self-care, you are recharging yourself in tiny increments throughout the day so that you are not completely spent when you clock out.

Below are my favorite self-care strategies that I utilize myself. Pick one from each category as a start and try to incorporate more as you get used to doing self-care throughout your day.

Self-Care for Your Body

Have an assortment of healthy snacks at your desk so you can eat nutritiously rather than reach out for that box of day-old donuts in the lunchroom.

Do one minute stretch breaks every 45 minutes or so. If you’re staring at a computer all day, your entire body is likely to be scrunched up and lack circulation. Your eyes, neck, and shoulders, hands, and arms are also likely to be strained from having been in the same position for too long. Set a timer for 45 minutes or less and take one minute to stand up, stretch and look near and far. Optometrists will tell you to take an eye break every 20 minutes if you are starting at a computer screen for long stretches at a time.

Whenever possible, walk outside for your breaks. Getting some sun, breathing fresh air, and looking at greenery have all been shown to improve our health, both physically and mentally. Even a brisk walk

around the block can do wonders for your health. So ditch the social media scrolling, get out and get moving!

Move when you can. Sneaking exercise in at work is easier than you think. Take the stairs rather than the elevator. Park furthest away from the entrance so you can get a longer walk into the office. Choose different routes when walking from one room to another.

Self-Care for Your Mental Health

Do a one-minute meditation at work. You don’t even have to close your eyes to do this. Take just sixty seconds to breathe in and out intentionally, letting go of any intrusive thoughts.

Whenever someone says a nice thing about you or sends you a compliment, keep a record of it in a separate folder. This will come in handy when it is time for your annual review. This folder will also be a great pick-me-up when you are having a bad day and need a boost of confidence.

Learn to say “No” in a professional way to unreasonable requests.

Consider having a live plant in your workspace. Plants have been shown to improve psychological well-being in a surprisingly number of ways.

Have a wind down routine at work. Most of us wind down before going to bed – we might brush our teeth, floss and read a novel. These rituals help prepare your body and mind for rest. You can do the same at work five minutes before the end of the day. Create a wind down routine that helps you put the day to rest and get ready for the next day. For instance, I like to spend the last five minutes of my day clearing my desk space, and setting out a folder of things to do for the next day. This helps me feel like I have finished off my work and am prepared for tomorrow.

If you are a commuter, take a pause before entering your home. Take a minute or two to be by yourself, listen to one good song or say a short prayer. This will help center yourself and adjust to life back at home.

Change out of your work clothes and into something cozy and comfy. This tells your body and mind that you are out of the work zone.

The American poet, activist and writer Audre Lorde said it well: “I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.” In these times of stress and overwork, particularly here in Silicon Valley, take time to maintain your health, happiness and sanity at work.

Anne Chan is a career consultant and licensed psychotherapist in California. She specializes in helping people find happiness in their careers and lives. You can reach her at annechantcv@gmail.com © Anne Chan, 2024

FREE E-Waste Drop-Off event at Logan High School

Submitted by TRI-CED
COMMUNITY RECYCLING

Tri-CED Community Recycling will host a FREE Electronic Waste (E-Waste) Drop-Off event on Saturday, September 21 at James Logan High School’s main parking lot on Alvarado-Niles Road. Our E-Waste events are provided at no additional cost to residents on behalf of UC Recycles and held in partnership with Civicorps, a fellow local non-profit workforce training program for young adults. We welcome

all Union City residents to participate in recycling their unwanted E-Waste safely and responsibly.

Acceptable E-Waste items for recycling include: Television sets (all sizes), computer monitors, laptop computers, computer hard drives, computer keyboards and mice, printers (excluding industrial size), cell phones/old phones, DVD players, VCRs, stereo equipment, and fax machines (excluding industrial size). For a full list of acceptable items, please visit: www.Tri-CED.org.

Please note that the following items are prohibited and will not be collected at this event: Household hazardous waste (HHW), kitchen appliances, microwave ovens, vacuum Cleaners, light bulbs and fluorescent tubes. Visit resource.stopwaste.org to learn how to properly dispose of these items. Tri-CED Community Recycling www.Tri-CED.org

FREE E-Waste Drop-Off
Saturday, Sept 21
8am - 2pm
James Logan High School
1800 H St., Union City
resource.stopwaste.org

Classifieds Deadline: Noon Thursday
510-494-1999 | tcv@tricityvoice.com

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& ref job #7425301

continued from page 1

Newark trains citizens in live-saving skills



David Libby (Far left, at podium) has been a member of CERT for 23 years. He is joined by (left to right) Kelly Jo Pyle, Rudy Kelly, Yamel Medina, Richard Martinez, Mayor Hannon. Photo by Stephanie Gertsch

Emergency Response Team) training and we hope to expand," says Jaladin.

"Emergency preparedness doesn't just start with the community; it starts on an individual level," concludes Martinez. "With this program and our CERT training, we hope to empower everyone in our community to have the power to do something when disaster strikes."

In addition to various events within Newark's City Council, the Newark Emergency Preparedness Program has a full schedule of CERT-related classes coming up in Fall 2024.

For a complete schedule of all upcoming and cost-free CERT classes and links to additional resources, visit www.newark.org.

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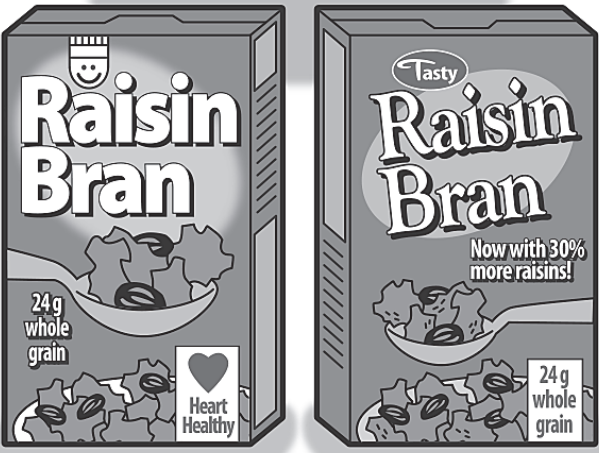
Puzzle answers, recipes, videos and more at www.kidscoop.com
© 2024 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 40, No. 42

Can a Cereal Box Save the World?



With the projects on this page, you can find new uses for empty cereal boxes. That will help reduce the amount of waste that goes into landfills, and make fun and useful gifts for family and friends at the same time! Will it save the world? Well, it's a start!

How many differences can you spot between these two boxes of cereal?

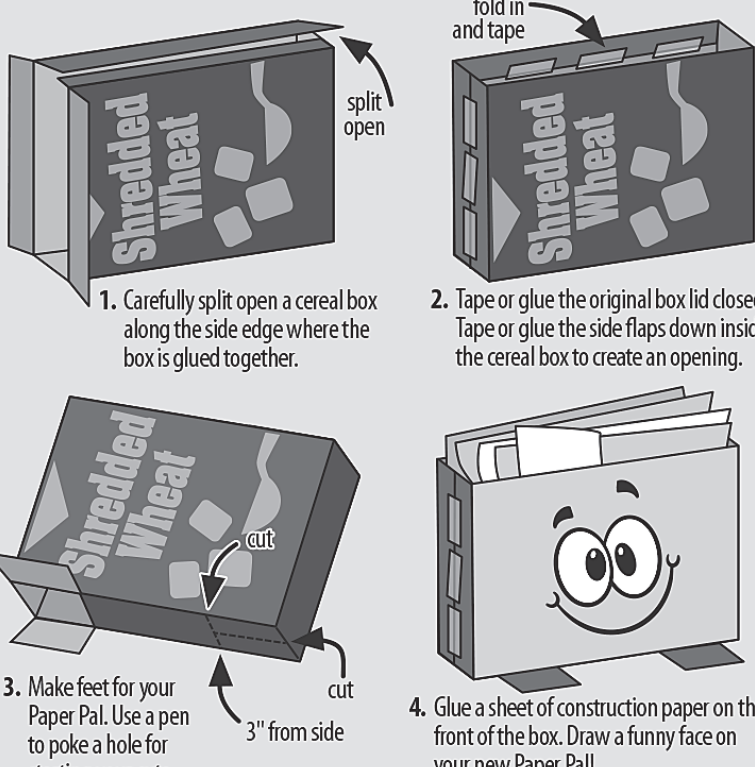


Make a Paper Pal

Follow the directions to make a simple holder that helps people collect school and office paper for recycling. You can make one or more Paper Pals and give them to your friends and family.

Stuff You'll Need:

- cereal box
- scissors
- tape or glue stick
- construction paper
- pen



- Carefully split open a cereal box along the side edge where the box is glued together.
- Tape or glue the original box lid closed. Tape or glue the side flaps down inside the cereal box to create an opening.
- Make feet for your Paper Pal. Use a pen to poke a hole for starting your cuts.
- Glue a sheet of construction paper on the front of the box. Draw a funny face on your new Paper Pal!

Can You Guess?

How many sheets of paper will your Paper Pal hold? Write your guess, or estimate here: _____

Once your Paper Pal is full, count the number of sheets of paper it holds. How close was your guess? _____

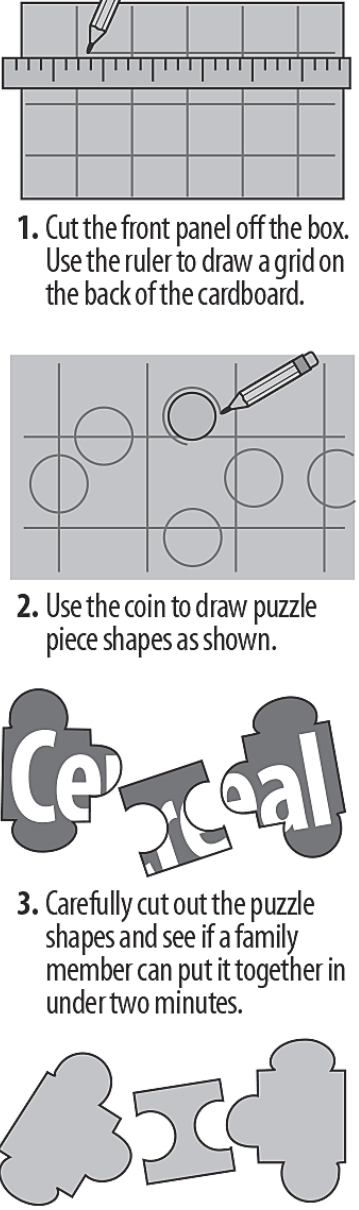
Standards Link: Follow written instructions.

Kid Scoop Together

Make a Cereal Box Puzzle

Stuff You'll Need:

- cereal box
- scissors
- ruler
- adult helper
- pencil
- coin



- Cut the front panel off the box. Use the ruler to draw a grid on the back of the cardboard.
- Use the coin to draw puzzle piece shapes as shown.
- Carefully cut out the puzzle shapes and see if a family member can put it together in under two minutes.
- If the puzzle is too easy, have them try assembling it with the blank cardboard side up!

Cereal Box Matching Game

Create a game that's fun and challenging for all ages.

Stuff You'll Need:

- two identical cereal boxes
- scissors
- ruler
- pencil
- adult helper



- Carefully cut the front panel off each box.
- Have an adult help you measure 2" x 4" rectangles* on the blank side of the cardboard. Repeat for the second box.
- Carefully cut out the rectangles from both boxes to create the game cards. Be sure each card has an exact duplicate.
- Shuffle the cards and place them face down in rows. Take turns turning over two cards at a time to create pairs.
- If you make a match, keep those two cards. The person with the most cards wins.

***NOTE:** Cards can be cut to any size as long as you end up with TWO identical matching sets. For a bigger challenge, use the back panels of each box, too!

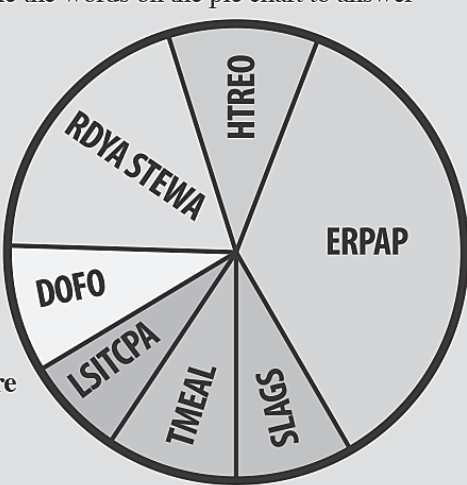
Kid Scoop Puzzler

Nearly everything we throw away ends up in a landfill. And landfills are filling up. By recycling, you can send less trash to the landfill. Unscramble the words on the pie chart to answer these questions:

What do we toss the most?

How many different kinds of trash are in landfills?

Do landfills have more yard waste or glass?



Standards Link: Math: Interpret information using graphs.

Double Double Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

BLANK
BOXES
CEREAL
COUNT
CUT
DRAW
ESTIMATE
FACE
HOLES
PAPER
RECYCLE
REDUCE
RULER
TAPE
WASTE

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

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

FROM THE Kid Scoop LESSON LIBRARY

New and Better?

Find three items in today's newspaper that you think were NOT around 15 years ago. What advantages does each offer? What disadvantages? Are there more advantages or disadvantages?

Standards Link: Use the newspaper to locate information.



What kind of cereal is the smartest of all?

ANSWER: Raisin Bran!

Write On! Reuse It!

Can you think of some creative ways to reuse plastic containers or cardboard boxes? Write your ideas and include instructions.

California man arrested after allegedly assaulting flight attendants after takeoff

ASSOCIATED PRESS

A Northern California man has been arrested on a federal complaint alleging he assaulted Frontier Airlines flight attendants after takeoff, forcing the San Francisco-bound flight to divert to another airport, federal authorities announced Thursday.

The Fremont man, 30, is charged with interference with flight crew members and attendants, said the U.S. Justice Department in a news release. He was arrested Wednesday.

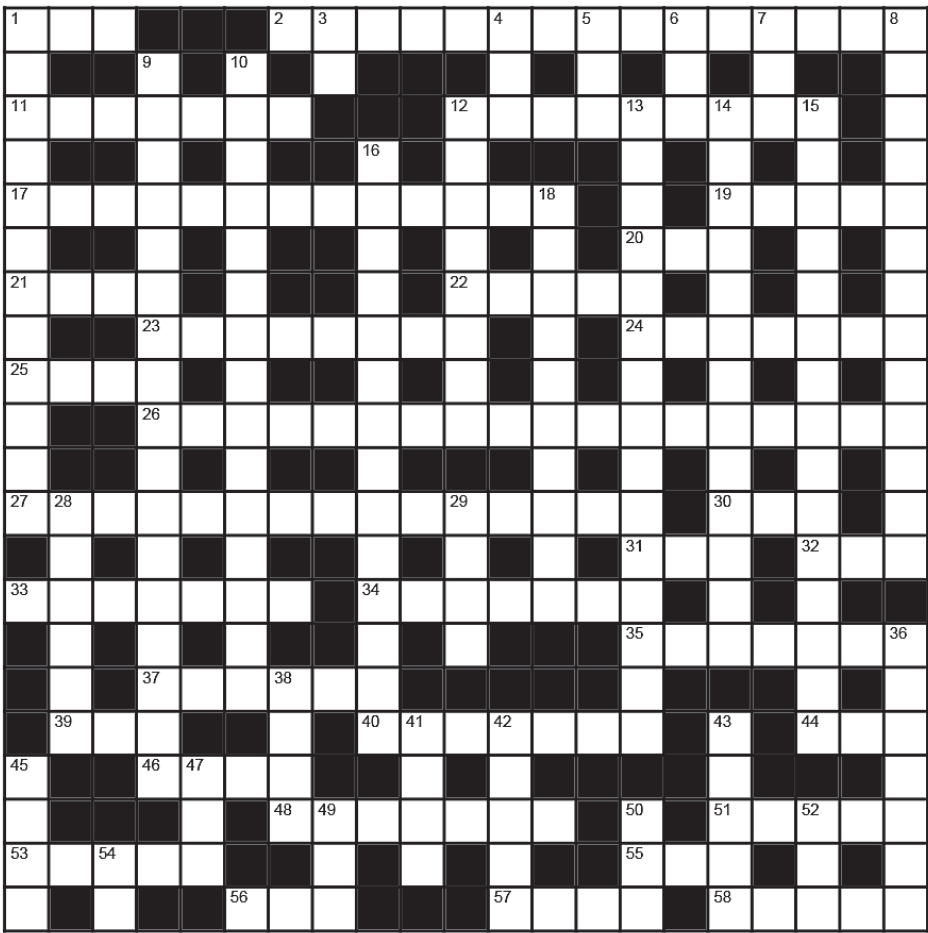
The passenger allegedly shouted obscenities at flight attendants, attempted to choke a flight attendant, kicked another attendant in the leg and said he was going to kill everybody on the Sept. 9 flight out of John Wayne Airport in Santa Ana.

Passengers helped restrain the man, and the flight was diverted to Ontario International Airport because crew did not feel safe trying to put him back in his seat.

He faces a statutory maximum sentence of 20 years in federal prison.

Mind Twisters

Crossword Puzzle



- Across

1

1980s Christian rocker Rick, formerly of The Outlaws (3)

2

Thoroughly (4,2,3,6)

11

Acrimonious activity (7)

12

Endorse (9)

17

One unlikely to be passive-aggressive (6,7)

19

Acclaim (5)

20

France’s 200 m.p.h. train (3)

21

Cold, in Cadiz (4)

22

“Garden of Earthly Delights” artist (5)

23

“My fault!” (3,5)

24

Masters (7)

25

Babylonian god (4)

26

Barack Obama’s alma mater (8,10)

27

It takes time (7,8)

30

Letters for Elizabeth (3)

31

Montreal baseballer (3)

32

Heads overseas? (3)

33

Leans against (5,2)

34

Fischer foe (7)

35

Ancient region of France (7)
- 37

Actress Britton of “Nashville” (6)
- 39

Draft org. (3)
- 40

Drop (7)
- 44

Literary monogram (3)
- 46

Disney’s “___ and the Detectives” (4)
- 48

Prances about (7)
- 51

“___ a Song of Bethlehem”:
2 wds. (5)
- 53

Actor Joslyn (5)
- 55

Novelist Rand (3)
- 56

E or G, e.g. (3)
- 57

Column crossers (4)
- 58

Basketball position (5)

Down

1

*Newspaper listing (10,2)

3

“No kidding!” (2)

4

“___ moment” (3)

5

Med. plan (3)

6

Beauty (3)

7

Wine: Prefix (3)

8

The Nine Tailors author (7,6)

9

Meson or tachyon (9,8)

10

Occasionally (4,2,1,4,4)

12

Swedish turnip (8)

13

Island off Cape Cod (7,8)

14

Height enhancers (8,5)

15

Boring (4,2,9)

16

Like some suits (6-8)

18

Scotch and Drambuie drinks (5,5)

28

Author Waugh (6)

29

___ room (4)

36

Exacted satisfaction for (7)

38

Lagerlöf’s “The Wonderful Adventures of ___” (4)

41

Bounce back, in a way (4)

42

“Two and a Half Men” star (5)

43

___ friends (5)

45

Austrian city (4)

47

Atlas abbr. (3)

49

It may finish second (3)

50

Italian pies, slangily (3)

52

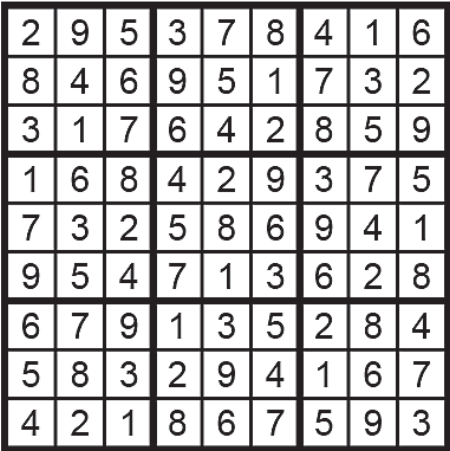
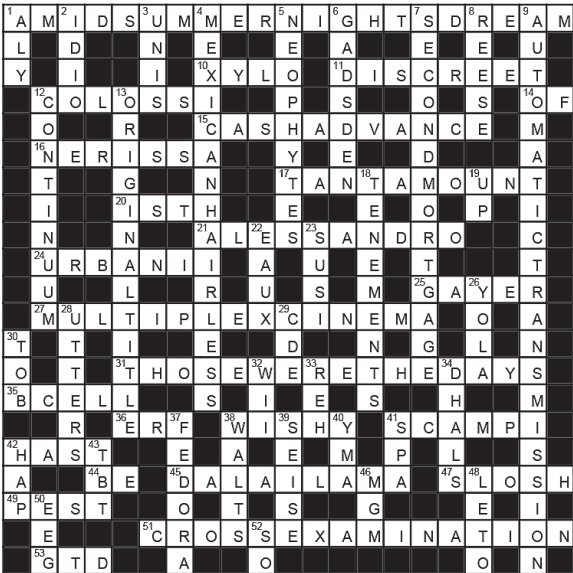
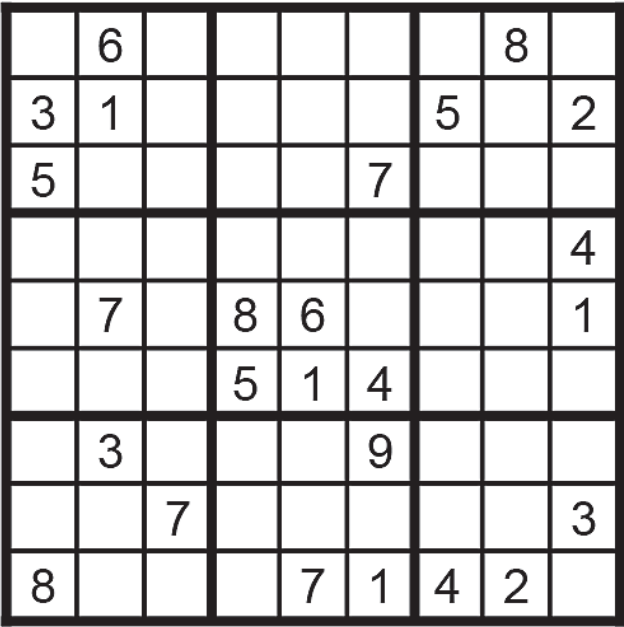
Destructive 1982 Pacific hurricane named for the Hawaiian frigatebird (3)

54

Behold (2)

Sudoku:

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



Tri-City Stargazer FOR WEEK OF SEPTEMBER 17, 2024

All Signs: Good news! We have the green light to buy all forms of ground transportation plus cell phones and computers. Meanwhile, the highlight of this week is a Lunar Eclipse on Tuesday the 17th at 25° in Pisces. Harsh realities will be revealed, and we will no longer be able to kid ourselves about an unpleasant truth we’ve been trying to ignore. This is because this Lunar Eclipse takes place between romantic, illusionary Pisces and grounded, rational Virgo. Oscar Wilde said, “If one tells the truth, one is sure, sooner or later, to be found out.”

Aries the Ram (March 21-April 20):
You want to be efficient and productive, which is why you’re striving to make every action count. Mental work will be easy to do because you won’t overlook details. You want everything done perfectly. You’re making lists; and you want your planning to give you a sense of purpose. However, you might have to work for someone else right now. Their needs might supersede yours. The Lunar Eclipse this week will bring something to a head. You might suspect that you’re being taken advantage of, or that you’re being a martyr without realizing it. Whatever the case, you want it to stop. You’re going to look out for your own interests, not because you’re being selfish, but because you respect yourself.

Taurus the Bull (April 21-May 20):
This is a tough week for romance because if you have been kidding yourself (and who doesn’t kid themselves when they’re in love?) the truth of something is now apparent. This revelation could be about a lover, a friend, a group—or related to your kids. Your challenge is how to handle this new information with grace and fairness. Obviously, you can’t ignore the facts. This means you can start to look for a solution that hopefully, embraces a better future for everyone.

Gemini the Twins (May 21-June 20):
Tuesday’s Lunar Eclipse will highlight your relations with authority figures. Family discussions are taking place, perhaps about home repairs. Meanwhile, people notice you. (Some even know personal

details about your private life.) Nevertheless, when this Full Moon peaks, something will be revealed—perhaps your attitude to authority figures in the family? You might see that you’re rebellious? A myriad of things can occur that will be revealing. Fortunately, you will benefit from this knowledge because lucky Jupiter is in your sign giving you wisdom; plus, Saturn will make you see clearly what is working and what isn’t.

Cancer the Crab (June 21-July 21):
Mars is in your sign right now boosting your energy and drive! You’ll be quick to defend yourself and the rights of others. Meanwhile, pay attention to everything you say and do, especially in the beginning of the week, because Tuesday’s Lunar Eclipse can introduce accident-prone influences. A mishap could be physical or verbal. You might disagree with teachers. You might have arguments about politics, religion or racial issues. Closer to home, you might argue with siblings and relatives. With the energy of Mars in your sign, you might appear insensitive to others.

Leo the Lion (July 22-August 22):
The Lunar Eclipse this week is about your finances, your earnings and your cash flow as well as inheritances, debt and shared property. You are generous. You’re quick to pick up the tab. You like to entertain plus buy whatever pleases you. (Admittedly, you can save -- but you have to be motivated.) This week you will see the truth of something that you’ve been denying related to your wealth, how you spend your money or how others relate to you because

of your wealth. Better to know the truth than to live with illusion.

Virgo the Virgin (August 23-September 22):
Tuesday’s Lunar Eclipse is taking place opposite your sign. This puts a highlight on your closest relationships—business partners, spouses and close friends. Furthermore, it means you will see aspects of these relationships that you weren’t aware of before. Or you refused to admit to yourself that they existed. In either case – this week the truth is apparent.

Libra the Scales (September 23-October 22):
This week a hidden secret might be revealed to you because of the Lunar Eclipse, and the fact that the Sun and Mercury are “hiding” in your chart. It could be minor. Or perhaps, it’s a self-revelation that lets you see behavior that is self-defeating and not serving your best interests? If this happens, you’re fortunate. It initially is a sobering realization. Nevertheless, any knowledge about how you behave that can help you to improve your relationships is a good thing.

Scorpio the Scorpion (October 23-November 21):
This week travel plans continue to appeal; lucky Scorpios will do something to get a change of scenery. Meanwhile, Tuesday’s Lunar Eclipse might force you to acknowledge some truth about friendships that you had either not been aware of before, or you had simply chosen to ignore. Nevertheless, these truths are now apparent and they might affect how you view a friend. You might see this person does not have your best interests at heart. Or this might take place with a romantic

connection. You have to decide what you want to do.

Sagittarius the Archer (November 22-December 21):
Tuesday’s Lunar Eclipse might make you feel you’re caught in a tug-of-war between trying to keep home and family happy versus meeting the demands of your career. You will find ways to compromise. Alternatively, you might see that you don’t want to compromise, and this is a new truth for you to deal with. You see the price you have to pay to keep others happy. (Especially if there are disputes about shared property and inheritances.) More than any other sign, you value the truth. You hate pretension. Be grateful that you have a better idea of what the situation is.

Capricorn the Goat (December 22-January 19):
Pay attention to everything you say and do this week because this particular Lunar Eclipse is accident-prone for your sign. Move slowly with awareness. Likewise, think before you speak so that you have no regrets. A truth will be revealed to you this week: something you have refused to see or have never grasped the full picture before. It could relate to siblings and relatives, religious beliefs, or rules and regulations. Tension with partners and close friends might be the result. This year a residential move or job changes are likely.

Aquarius the Water Bearer (January 20-February 18):
Brace yourself because this week’s Lunar Eclipse might reveal financial information you were not aware of or didn’t want to acknowledge. This could relate

to your earnings and cash flow, but more likely, it relates to your relationship with debt, inheritances and the wealth and resources of someone else. This is a solid time for you. You’re working hard; plus, you’re enjoying good times, especially with children. Therefore, use whatever financial revelations arise and make them work for you. In the bigger picture, this might create more freedom and independence for you.

Pisces the Fish (February 19-March 20):
The Lunar Eclipse this week will be challenging for you because it takes place in your sign. The truth of a close relationship will be revealed to you. You might realize that someone was using you. You tend to idealize your closest relationships and refuse to see the shortcomings of others, especially when they’re misrepresenting themselves. Obviously, it’s in your own best interest to see the motives of those who are close to you. Life is too short to spend with people who don’t love you.



By Georgia Nicols
www.georgianicols.com.

Home & Garden

Grow some pain relief in gardens, containers

MINT, SAGE AND OTHER PLANTS CONTAIN PAIN-FIGHTING PROPERTIES



Mint helps headaches and makes a refreshing tea. Photo courtesy of MelindaMyers.com



Sour Cherries help muscle pain and inflammation. Photo courtesy of MelindaMyers.com



Harvest peppers when fully colored. The capsaicin they contain fights pain. Photo courtesy of MelindaMyers.com



Sage leaves can be brewed into tea to soothe sore, irritated throats. Photo courtesy of MelindaMyers.com

By MELINDA MYERS

Ease your way through the busy summer season with the help of some pain-relieving and anti-inflammatory garden produce. Add them to your garden or containers or purchase the produce at your local farmer's market.

Refresh and rejuvenate yourself with a cup of mint-infused tea or ice water. Mint also helps relieve headaches and general aches and pain. Contain this vigorous perennial herb by growing it in a container to prevent it from overtaking your garden beds. Take advantage of these benefits year-round by starting a few plants at the end of the growing season. Root a few cuttings to plant and grow in a sunny window.

Add sage tea to your list of favorite brews. Just harvest a few leaves, add hot water and brew a bit of sore throat relief. Sage tea has long been used to soothe scratchy and irritated throats and showed positive results in a 2006 clinical trial. Grow this herb in the garden or a container. It thrives in a sunny spot with well-drained soil. Harvest leaves as needed throughout the season. Regular harvesting encourages more growth for future harvests. Harvest as much as one-third of the plant, to preserve and enjoy the benefits year-round.

You may have used a topical pain relief cream that contained capsaicin. This is the spicy element in chili, jalapeno, habanero and cayenne peppers and is a natural pain-fighting tool often used to help treat backaches, arthritis and muscle pain. Hot peppers are ready to harvest when they are fully colored. Ask friends to share their harvest or purchase hot peppers at a farmer's market if your garden lacks this plant.

Grow and use ginger to help reduce inflammation and combat migraines, muscle pain, arthritis and post-workout or post-gardening soreness. Plus, it helps fight nausea so common during a summer filled with barbeques and celebrations. Grow it in a pot outdoors or sunny window alongside your other indoor plants. Ginger is a tropical plant, but you can find plants or rhizomes, the part you eat, at many garden centers or online plant retailers. Or try rooting the rhizomes you purchase at the grocery store to start new plants.

Sour cherries are credited with managing muscle pain and inflammation. They are loaded with disease-fighting chemicals and antioxidants and help fight inflammation and relieve pain. Growing a cherry tree may not be practical or possible but purchase plenty when they are in season. Juice,

dry and preserve them to enjoy their health benefits all year. If space allows, consider planting a sour cherry tree in your backyard. Sour cherries do need a cold period with air temperatures between 34 and 45 degrees to initiate flowering for fruit development. Consult your local extension service for help selecting the best variety for your region. It takes several years for cherry plants to start producing fruit, but watching your tree grow into maturity and bear its first crop is part of the joy of gardening. Just be sure to protect the harvest from hungry birds.

When growing these you'll soon discover it's not just the plants that provide relief. Just the simple act of tending your garden and harvesting can elevate your mood, lower your blood pressure, and start you on the road to feeling better.

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.

The ACWD Connection



HELP SHAPE THE FUTURE OF WATER: TAKE A WATER AFFORDABILITY SURVEY

Alameda County Water District has partnered with the Center for Water Security and Affordability to survey residents in Fremont, Newark and Union City to understand better the financial challenges customers face when paying their water bills. Your input may inform the development of new policies and programs that could help your household have more affordable and consistent access to water.

Scan the QR code or complete the survey online at acwd.org/cares. To request a paper copy of the survey and postage-paid return envelope, please leave a voicemail with your address at (510) 668-4227 or (510) 668-4252.





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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 collection of Bay Area bird photography. The story of native wildlife is more complex, as nature symbolizes constancy 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 engineering 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 movement. Cherryland Community Center

278 Hampton Road, Hayward 510.626.8522
For babies, toddlers, kids, and preschoolers.
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\$
11:15am - 1:00pm
Celebrate the cultural roots and traditional life of various countries. Age Well Center at South Fremont 47111 Mission Falls Ct., Fremont 510.742.7529
In English and Chinese.
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.
Fridays
Chinese Calligraphy Social R
2pm – 2:30pm
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. This is a drop-in program; no registration is required. Disabled accessible. Ardenwood admission fee applies. Ardenwood Farms 34600 Ardenwood Blvd., Fremont 510.544.2797
Thursdays
Chinese Music Ensemble R
2pm - 2:30pm
Open to all who are interested in performing traditional Chinese music. First and third Thursdays. Age Well Center at Lake Elizabeth 40086 Paseo Padre Pkwy., Fremont 510.790.6606
Thursdays
The Peaceful Poets
5pm - 8pm
Join a Milpitas-based group of writ-

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

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 – Saturday, October 5
Women Create Space juried exhibition
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
10:30am - 11:00am
Picture book story time Banter Bookshop 3768 Capitol Ave. Ste. F, Fremont 510.565.1004 bit.ly/3VFpbpc
Fridays, August 23 - September 27
Pacific Commons Concert Series
7pm – 9pm
9/27: Foreverland (Michael Jackson Tribute) The Block Plaza 43806 Pacific Commons Blvd., Fremont 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 entertainment 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.

Arts & Entertainment

Saturdays
Teen Cohort for Outdoor Education R\$
10am – 4pm
Meet new friends, build outdoor skills, and get to know your community 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
Sundays, August 25 – September 29
Concerts in the Park
1pm – 5pm
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
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. Donation accepted. Larry Orozco Teen Workshop 33623 Mission Blvd., Union City 510.675.5487 www.unioncity.org/723/Larry-O-Teen-Workshop RobertS@unioncity.org
Second and fourth Sundays of the month

UPCOMING EVENTS

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

Saturday, September 21
OHS Chalk Art in the Park
10am – 3pm
Join us for a fundraiser event for Ohlone Humane Society. Receive a goodie bag with talk with each donation, and create sidewalk art. 37592 Niles Blvd., Fremont Ohlonehumanesociety.org

Saturday, September 21
Latinx /Hispanic Heritage Month Art Showcase
12-4pm
Local artists, art, music, vendors and refreshments! Studio 11 Gallery 34626 11th St., Union City (Behind Union City BART) 510.675.5445 ErinE@unioncity.org www.unioncity.org/589/Arts-Culture-Studio-11

Saturday, September 21
College lists! A college preparation workshop
11am – 2pm
College Lists! is a workshop for current high school seniors where participants get a one-on-one meeting with an experienced college consultant. Castro Valley Library 3600 Norbridge Ave., Castro Valley 510.667.7900

Monday, September 23
Harmony Fusion Chorus Open Rehearsal Night
7 - 9:30pm
Harmony Fusion hosts open auditions 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

Tuesday, September 24
Start Smart: Teen Driver Program
6pm - 8pm
CHP officers discuss traffic collision avoidance techniques, collision causing factors, driver/parent responsibilities and seatbelt usage. For ages of 15 - 19 and their parents/guardians. A parent/guardian is required to attend. Registration required. Castro Valley Library 3600 Norbridge Ave., Castro Valley www.aclibrary.org
Free

Union City hosts Mutt Strut 2024
FUN, FURRY FRIENDS AND PHILANTHROPY

Dogs will don costumes in preparation for Halloween. Photo courtesy of Jeri Johnstone.
Submitted by JERI JOHNSTONE
Attention all pet lovers and their four-legged friends! The New Haven Schools Foundation (NHSF) invites you to join the fun and make a difference at

the Mutt Strut 2024. Set against the stunning backdrop of the historic Masonic Homes in Union City, the September 28 event promises a day filled with excitement, community spirit and canine companionship.
Registration begins at 8am. Enjoy coffee and breakfast burritos as you mingle with fellow community members and their furry companions. At 9am, Union City Mayor Carol Dutra-Vernaci will kick off the Mutt Strut, joined by the beloved characters Goofy and Pluto. Take a scenic walk or run with your dog along a route that meanders through the picturesque hillside. As you walk the ridge of the Masonic Homes campus, be sure to stop at designated lookout points for breathtaking views of the Tri-Cities and Bay.
For those who prefer a leisurely pace, festivities continue at the park at the base of the hill. Even after the parade, the fun doesn't end. Capture memorable moments with your pet at the dog house and pet kissing booth. Connect with local organizations, including Washington Hospital's WOOF dogs, Canid Roots (Silicon Valley's first subscription-based raw dog food company), Masonic Homes, and Washington Hospital Healthcare Systems.
Fun and Games
The entertainment kicks off with the "Pet Trick" contest, where your pet can show off their skills on our playground equipment. The Costume Contest is always a crowd-pleaser, along with other games like the hot dog eating contest, with options for dogs of all sizes.

Supporting a Worthy Cause
While the event is all about fun, its true impact lies in supporting local education. All proceeds from Mutt Strut directly benefit programs to support students and teachers in the New Haven Unified School District (NHUSD). This year's event is sponsored by Masonic Homes of California, Al and Marsha Badella, Washington Township Medical Foundation, Washington Hospital Healthcare System, Carol Dutra-Vernaci and Tri-City Voice.
Participant Perks
All participants will receive breakfast, an event t-shirt and a goody bag (while supplies last). For more information or to purchase tickets, visit www.muttstrut.org.
Mutt Strut Saturday, Sept 28 8am - 12pm
Masonic Homes 34400 Mission Blvd., Union City
www.muttstrut.org
Tickets: \$35 for individuals with one dog; \$55 for a family package

OPINION

With the Autumnal Equinox and an election coming up, this editorial from September 5, 2006, by Bill Marshak seemed perfect for our September 17 issue! (Not to mention the opening of this year's Pirates of Emerson Haunted House at the Alameda County Fairgrounds.) - Staff

September, month of our equinox

By WILLIAM MARSHAK, EDITOR-IN-CHIEF EMERITUS

This is the month when our planet wobbles and tilts so that on the 23rd (this year) it faces equally (equatorially speaking) toward the sun. We call it the autumnal equinox in the northern hemisphere, and it signals the beginning, astronomically speaking, of our fall and winter months when the hours we spend looking away from our local star outnumber those spent peering at it. Earth inhabitants who reside in the southern hemisphere, Australians for instance, call this same moment the “vernal” equinox as they head for their summer months. Those guys always seem to always have their own slant on things anyhow, but what can you expect from

people who carry on their lives sticking to our motherball called Earth upside down? (They probably have the same view of us “northerners.”)

September holidays and celebrations range from Patriot Day, a solemn remembrance of a shocking international atrocity to celebratory occasions including our local Celebrate Fremont and Newark Days, international Oktoberfest and the Chinese August Moon Festival to zany stuff such as September 19th "Talk Like a Pirate Day" in which we all should address each other with "Aho, me hearty" rather than a simple "hello." This is a month of possibilities. Four months left on the calendar, the last third of the year, allows enough time to think and act on significant issues while reminding us that the clock is running quickly toward a new year.

This same month of September marks the revival of many political happenings including elections looming only two months away. With most vacations a memory and city councils back in full swing, the focus for many citizens moves with the seasonal change toward school, workplace and home-related issues. We have plenty to consider in the greater Tri-City area to keep us busy trying to resolve problems of schools, housing, transportation, government funding, etc. etc. etc.

September will host opening salvos of many political campaigns coupled with rising awareness of the public that we are closing in on the next general election. TCV plans to focus on local candidates and issues in an October edition approximately two weeks prior to Election Day. Our tradition is to provide information to our readers so they can easily understand and evaluate their voting choices in an informed manner and make up their own minds about whom and what best represents their interests.

Although some issues may cause editorial comment, most are left for our readers' critical review, not for a veiled and secretive editorial board to decide and advocate.

As obscure and murky as some issues become with political spin and “no spin,” we can always look at some phrases used by sailors in the 17th century to feel better about the nonsensical jargon that sometimes fills newsprint, internet and airwaves. For instance:

Lift the skin up, and put into the bunt the slack of the clews (not too taut), the leech and foot-rope, and body of the sail; being careful not to let it get forward under or hang down abaft. Then haul your bunt well up on the yard, smoothing the skin and bringing it down well abaft, and make fast the bunt gasket round the mast, and the jigger, if there be one, to the tie.

--The Seaman's Manual (1844), by Richard Henry Dana, Jr.

Or how about Sir Henry Mainwaring's (a former pirate) instructions:

If the ship go before the wind, or as they term it, betwixt two sheets, then he who conds uses these terms to him at the helm: Starboard, larboard, the helm amidships... If the ship go by a wind, or a quarter winds, they say aloof, or keep your loof, or fall not off, wear no more, keep her to, touch the wind, have a care of the lee-latch. all these do imply the same in a manner, are to bid him at the helm to keep her near the wind.

Source: www.answers.com/topic/talk-like-a-pirate-day

Harland, John, Seamanship in the Age of Sail

Well, shiver me timbers!

Look out for September events

By STAFF

There are events coming up later in September that we're excited about. Here are a few, and how to join them.

Tickets for Ardenwood's Haunted Train are on sale now at. This nighttime ride through sets and dressed up characters is only spooky, not scary. Last year, they sold out within a few days. Get yours at www.eventbrite.com/e/haunted-train-2024-tickets-1006224914807.

Dads are stepping up—literally. Hayward's “Million Fathers March”—taking place on Friday, September 20—encourages dads, uncles, grandpas and other guardians to accompany their kids to school. Learn more about Hayward Unified School District's resources for fathers at www.husd.us/fathers.

September 20 is also the Harvest Moon—and Milpitas' Lantern Festival at the Civic Center Plaza starting at 6pm. Purchase your own lantern-making kit and celebrate Vietnamese culture with performances from Viet Youth Group, Viet Steps and Vietcoustic. Not to mention purchasing some snacks from Saigon Street Food Truck. www.milpitas.gov

Donate to the Ohlone Humane Society—by making some chalk art! Purchase a goodie bag filled with chalk and choose a sidewalk square at Niles Town Plaza to decorate. The event runs 10am - 3pm on September 21. Pet and family-friendly event! ohlonehumanesociety.org

Also on September 21, Niles will hold their Oktoberfest slightly early. One \$45 ticket buys a beer glass, beer ticket, sausage and pretzel. Children under 12 and under are free. Join at

Veterans Memorial Hall on 2nd Street. www.niles.org/annual-events/oktoberfest

There's still time to submit your writing to the Flash Fiction Contest! The deadline is by the end of the day on Monday, September 23, and on that Saturday you can read all the submissions posted on the columns at Half-Price Books—and vote for your favorites. Entries must be 300 words or fewer, and this fall's theme is Frogs. Whether you're kissing them, dissecting them or plagued by them, there's much to write about. Send entries to fcacwriters@gmail.com. Learn more at: www.fremontculturalartscouncil.org

EarthTalk Q&A

How to remove pesticide residue from fruits and vegetables



A recent report found that 20% of 59 different produce categories posed significant health risks to consumers despite current pesticide limits. Credit: Pexels.com.

By TIM WEIGHART

Dear EarthTalk: What's the most effective way to remove pesticide residues from fruits and vegetables that I buy at the supermarket?

—R.L.J., Kansas City, KS

For many decades now, pesticides have been a vital tool for farmers to ensure that their harvests aren't overgrown by weeds or eaten by pests. As a result, pesticides remain prevalent today, in spite of the many health risks that pesticide residues still pose to people consuming fruits and vegetables. It's worth noting that the U.S. Food and Drug Administration (FDA) has placed limits on the amount of pesticide residue found on produce—called “tolerances”—to ensure that people will most likely not be impacted by harmful “persistent organic pollutants” (POPs) such as glyphosate and atrazine. However, it's still important to make individual efforts to clean produce to further protect your personal health and safety.

A recent report from the American Chemical Society analyzed data provided by the U.S. Department of Agriculture (USDA) and found that 20 percent of 59 different

produce categories posed significant health risks to consumers despite current pesticide limits. The researchers developed new methods for finding and removing traces of pesticides from produce, as they found that traditional methods of cleaning produce were insufficient. Most notably, the report posits that pesticides go beyond the produce's surface to leach into the food, meaning that washing may not be as effective. Further research is needed to determine the full risks and implications of current pesticide limits. Regardless, all produce should be cleaned thoroughly before consumption.

There are varied opinions on the best methods for removing pesticide residues from produce, and no method is 100 percent effective. Rinsing produce is somewhat helpful for cleaning off dirt and germs, but soaking their fruits and vegetables in warm vinegar or salt solutions may be better; however, some sources claim that exposure to these solutions may allow chemicals to form more complex, equally dangerous chemical compounds, so always follow soaking with thorough rinsing. Finally, peeling or boiling produce can be highly effective in removing residues, though you will suffer a loss of nutrients.

Of course, the only way to significantly reduce your exposure to food-borne synthetic chemicals is by buying organic, as organic foods are not grown with the assistance of hazardous pesticides. You might have to pay a little more, but isn't your health and peace of mind worth it?

CONTACTS

National Pesticide Information Center's Advice For Removing Pesticide Residue: npic.orst.edu/faq/fruitwash.html

Recent Scientific Report Finds That Recommended Residue Limits Still Too High : www.theguardian.com/environment/article/2024/aug/08/clean-fruit-vegetables-pesticides

How To Remove Pesticide Residues From Your Produce: www.canr.msu.edu/news/how-to-series-removing-pesticide-residue

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CHOOSING THE RIGHT MEMORY LOSS CARE PROVIDER

GOOD CARE INCLUDES ensuring safety and meeting basic needs; it also means finding care providers that treat the whole person and providing an environment that allows the person to feel independent and safe.

GETTING STARTED: ASSESSING CARE NEEDS

The first step is determining the care needs of the person with dementia. Whenever possible, involve the person living with dementia in care decisions.

How much care a person needs depends on many factors, including how independently they can walk, eat, use the restroom, and bathe. During the early stages, the person with dementia may still live independently, but in the middle stages, 24-hour supervision will be needed. In the late stages, round-the-clock care becomes more intensive. Ask yourself:

Safety: Is the person living with dementia safe? What type of supervision is necessary? Does the person require supervision for activities such as cooking or using certain appliances?

Health: Does the health of the person with dementia require specialized care? Do they require help with medications?

Care: Does the person with dementia need more care than they are receiving right now? Is caring for the person becoming difficult for you? Can you physically manage providing the care needed?

Social engagement: Is the person with dementia engaged in meaningful activities during the day?

CONTACTING PROVIDERS

Once you have a clear idea of the type of care needed, ask others for referrals. Once you have a list of possible providers, call them. Describe your situation and explain what you would like from a care service. Ask questions regarding qualifications,



types of services offered, cost, and hours of availability.

SCREENING PROVIDERS

After you have gotten referrals and narrowed your options, screen your care providers. You want to find a provider you trust and who interacts well with the person living with dementia. When you interview potential providers, have a list of questions to ask. Here are some basics to get you started:

- Does the care provider offer the specific services the person with dementia needs?
- How are care plans created and reviewed? The family and the person living with dementia, if able, should be involved.
- Is the staff trained in dementia care or have experience in working with someone with dementia? Are those credentials verified?
- Does the agency, service provider or care facility conduct background checks on all staff?
- What is the procedure if the care provider is sick, on vacation or quits?

Ask the care provider for at least three references. Contact the families and ask about their experience, the care the person

received and any concerns they had.

For adult day/respite care providers or long-term care providers, arrange a meeting with staff and take time to look around. Are individuals involved in activities? What is your overall feeling about the environment? For in-home help, ask if the care provider can come to your home to meet you and the person with Alzheimer's. Does the care provider interact and communicate well with the person with Alzheimer's?

These are all important parts of finding the right care provider for you or your loved one. ♦

MEMORY CARE IN UNION CITY

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TRANSITIONS

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PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. 24CV097089
Superior Court of California, County of ALAMEDA
Petition of: DEBRA L. SETTLE for Change of Name

TO ALL INTERESTED PERSONS:
Petitioner DEBRA L. SETTLE filed a petition with this court for a decree changing names as follows: DEBORAH LEE SETTLE to DEBRA LEE HUDDLESON

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: OCTOBER 04, 2024, Time: 9:30AM, Dept.: 1B, Room: --

The address of the court is 1221 OAK ST., OAKLAND, CA 94612
(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.)

A copy of this Order to Show Cause must be published at least once each week for four successive weeks before the date set for hearing on the petition in a newspaper of general circulation, printed in this county: WHATS HAPPENING TRI-CITY VOICE
Date: AUG 14, 2024
THOMAS NIXON
Judge of the Superior Court
9/10, 9/17, 9/24, 10/1/24

CNS-3850094#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. 24CV030617
Superior Court of California, County of ALAMEDA
Petition of: GINA MARIE SALAZAR for Change of Name

TO ALL INTERESTED PERSONS:
Petitioner GINA MARIE SALAZAR filed a petition with this court for a decree changing names as follows: GINA MARIE GUEVARA to GINA MARIE SALAZAR

The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 10/18/2024, Time: 9:30AM, Dept.: 1B, Room: --

The address of the court is 1225 FALLON ST., OAKLAND, CA 94612
(To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.)

A copy of this Order to Show Cause must be published at least once each week for four successive weeks before the date set for hearing on the petition in a newspaper of general circulation, printed in this county:
Date: JUNE 21, 2024
THOMAS J. NIXON
Judge of the Superior Court
9/3, 9/10, 9/17, 9/24/24

CNS-3847885#

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 609121

Fictitious Business Name(s):
BROW ENVY LLC, 43473 BOSCELL RD STE 25, FREMONT, CA 94538, County of ALAMEDA
MAILING ADDRESS: 226 MISSION TIERRA PL., FREMONT, CA 94539

Registrant(s):
BROWN ENVY LLC, 43473 BOSCELL RD STE 25, FREMONT, CA 94538, County of ALAMEDA
Business conducted by: A LIMITED LIABILITY COMPANY

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ BROW ENVY LLC
This statement was filed with the County Clerk of Alameda County on 09/06/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/17, 9/24, 10/1, 10/8/24

CNS-3852443#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 609149

Fictitious Business Name(s):
STARTER HEALTH LLC, 514 STALEY AVE., HAYWARD, CA 94541, County of ALAMEDA

Registrant(s):
STARTER HEALTH LLC, 514 STALEY AVE., HAYWARD, CA 94541, County of ALAMEDA

Business conducted by: A LIMITED LIABILITY COMPANY

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ FRANCISCO RODRIGUEZ
This statement was filed with the County Clerk of Alameda County on 09/06/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/17, 9/24, 10/1, 10/8/24

CNS-3851960#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608696

Fictitious Business Name(s):
NATYA NINADA, PERFORMING ARTS FOUNDATION, 955 BAJADA CT, FREMONT, CA 94539 County of ALAMEDA

Registrant(s):
SNEHALATHA VIVEKA, 955 BAJADA CT, FREMONT, CA 94539

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on 06/14/2012.

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

This statement was filed with the County Clerk of Alameda County on 08/19/2024.

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/17, 9/24, 10/1, 10/8/24

CNS-3851958#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608864

Fictitious Business Name(s):
ROSITA'S DESIGNS CRAFTS & ACCESSORIES, 1767 84TH AVENUE, OAKLAND, CA 94621 County of ALAMEDA

Registrant(s):
FUENTES ARIAS DILMA ESPERANZA, 1767 84TH AVENUE, OAKLAND, CA 94621

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on 08/23/2024.

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

This statement was filed with the County Clerk of Alameda County on 08/23/2024.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/10, 9/17, 9/24, 10/1/24

CNS-3850097#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608990

Fictitious Business Name(s):
SHY GREEN ANT, 33691 MELLO WAY, FREMONT, CA 94555 County of ALAMEDA

MAILING ADDRESS: PO BOX 1563 , UNION CITY, CA 94587

Registrant(s):
GARY SNETHEN, 33691 MELLO WAY, FREMONT, CA 94555

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on N/A.

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

This statement was filed with the County Clerk of Alameda County on 08/29/2024.

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/10, 9/17, 9/24, 10/1/24

CNS-3850096#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608902

Fictitious Business Name(s):
JY CONSULTING & TOURS, 34108 BOWLING GREEN COMMON, FREMONT, CA 94555, County of ALAMEDA

Registrant(s):
KWANG MIN CHOI, 34108 BOWLING GREENS COMMON, FREMONT, CA 94555

Business conducted by: AN INDIVIDUAL

The registrant began to transact business using the fictitious business name(s) listed above on N/A

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

This statement was filed with the County Clerk of Alameda County on 08/26/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/3, 9/10, 9/17, 9/24/24

CNS-3848286#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608897

Fictitious Business Name(s):
AUTO EMPORIUM, 44730 S GRIMMER BLVD. #101/E, FREMONT, CA 94538, County of ALAMEDA

MAILING ADDRESS: 28740 VISTA GRANDE DR., HAYWARD, CA 94544

Registrant(s):
MUHAMMAD IMRAN, 28740 VISTA GRANDE DR., HAYWARD, CA 94544

Business conducted by: AN INDIVIDUAL

The registrant began to transact business using the fictitious business name(s) listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ MUHAMMAD IMRAN

This statement was filed with the County Clerk of Alameda County on 08/26/2024

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

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CNS-3848284#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608727

Fictitious Business Name(s):
TACOS EL KICHO, 2000 36TH AVE APT 110, OAKLAND, CA 94601 County of ALAMEDA

Registrant(s):
OSEGUERA NAVARRO JOSE ANTONIO, 2000 36TH AVE APT 110, OAKLAND, CA 94601

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on 08/16/2024.

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

This statement was filed with the County Clerk of Alameda County on 08/19/2024.

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after

any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 9/3, 9/10, 9/17, 9/24/24

CNS-3847878#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608713

Fictitious Business Name(s):
AUTOMOTIVE 2000, 528 JACKSON ST., HAYWARD, CA 94544, County of ALAMEDA

Registrant(s):
CHRISTIE NGUYEN, 528 JACKSON ST., HAYWARD, CA 94544

DANNY NGUYEN, 528 JACKSON ST., HAYWARD, CA 94544

Business conducted by: MARRIED COUPLE

The registrant began to transact business using the fictitious business name(s) listed above on 02/01/2000

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

This statement was filed with the County Clerk of Alameda County on 08/19/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/27, 9/3, 9/10, 9/17/24

CNS-3846162#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608717

Fictitious Business Name(s):
HAVEN, 34871 SNAKE RIVER PL, FREMONT, CA 94555, County of ALAMEDA

MAILING ADDRESS: 702 ROYAL GLEN DR., SAN JOSE, CA 95133

Registrant(s):
MICHAEL JAMES WRIGHT JR., 34871 SNAKE RIVER PL, FREMONT, CA 94555

KAILINI MARIAH THOMPSON, 34871 SNAKE RIVER PL, FREMONT, CA 94555

Business conducted by: A JOINT VENTURE

The registrant began to transact business using the fictitious business name(s) listed above on 08/19/2024

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

This statement was filed with the County Clerk of Alameda County on 08/19/2024

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/27, 9/3, 9/10, 9/17/24

CNS-3846158#

FICTITIOUS BUSINESS NAME STATEMENT

File No. 608363

Fictitious Business Name(s):
REED TECHNICAL SERVICES LLC, 8553 WAVESIDE WAY 8553 WAVESIDE WAY, NEWARK, CA 94560 - 3488 County of ALAMEDA

Registrant(s):
REED TECHNICAL SERVICES LLC, 8553 WAVESIDE WAY, NEWARK, CA 94560

Business conducted by: a limited liability company

The registrant began to transact business using the fictitious business name(s) listed above on N/A.

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

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

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

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 8/27, 9/3, 9/10, 9/17/24

CNS-3845197#

GOVERNMENT

CITY COUNCIL OF UNION CITY
NOTICE OF ADOPTION OF AN ORDINANCE

NOTICE IS HEREBY GIVEN that the City Council of the City of Union City, on **Tuesday, September 10, 2024**, passed and adopted the following Ordinance:

Ordinance No. 925-24

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF UNION CITY REPEALING CHAPTER 2.22 "YOUTH COMMISSION" OF THE UNION CITY MUNICIPAL CODE

The ordinance was approved by the following vote:

AYES: 5
Councilmembers Patiño, Sakakihara, Singh, Vice Mayor Wang, and Mayor Dutra-Vernaci

NOES: 0

None

ABSTAIN: 0

None

ABSENT: 0

None

SUMMARY OF ORDINANCE: The proposed Ordinance repeals Chapter 2.22 "Youth Commission" of the Union City Municipal Code, for the Youth Commission to function more effectively and continue to serve its purposes as a non-Brown Act body.

This Summary was prepared by the City Clerk pursuant to Government Code § 36933.

DATED: Wednesday, September 11, 2024

/s/Thai Nam Pham, MMC, CPMC
City Clerk
9/17/24

CNS-3852569#

NOTICE TO CONTRACTORS

Sealed bids will be received in the Office of Purchasing Services at 3300 Capitol Ave., Bldg. B, Fremont, California, up to the hour of 2:00 PM on October 1, 2024, at which date, time and place the bids will be opened publicly and the dollar amounts of each bid will be read aloud.

The bids will be opened by Purchasing and the initiating department representative. A preliminary bid result will be posted on the City's website the same day by 4:00 p.m.

Centerville Complete Streets Improvement Project PWC 8346

BIDDERS' CONFERENCE: A conference will be held on Thursday September 19, 2024, at 9:00 a.m., at the following location: Niles Conference Room (first floor) City of Fremont Development Services/Permit Center - 39550 Liberty Street, Fremont, CA 94538, to acquaint all prospective bidders with the Contract Documents and the Worksite. The bidders' conference is not mandatory.

Plans, special provisions and standard proposal forms to be used for bidding on this project can be obtained for a non-refundable fee at ARC San

Jose located at 2070 Ringwood Avenue, San Jose, CA 95131 via Phone(408) 295-5770 or email: sanjose@e-arc.com or through Planwellat www.e-arc.com/location/santa-clara . Please reference BID #25-009 No partial sets will be issued, cost is non-refundable.Call to confirm availability of copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at j

PUBLIC NOTICES

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#
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WACC Girl’s Flag Football Jamboree

NINE WEST ALAMEDA COUNTY CONFERENCE TEAMS COMPETE IN THE SECOND-ANNUAL JAMBOREE



WACC girls’ flag football teams compete on the Mt. Eden High School field for second annual Jamboree. Photo by Vidyuth Sridhar

By VIDYUTH SRIDHAR

The West Alameda County Conference (WACC) held their second-annual girls’ flag football Varsity Jamboree Saturday, September 14 at Mount Eden High School in Hayward. Nine WACC high schools competed against each other in preseason scrimmages.

After the California Interscholastic Federation (CIF) approved girls’ flag football as a new sport for the 2023-24 season, WACC held an inaugural jamboree last year to help teams find preseason opponents.

“Because it was a new sport, everybody was having a hard time trying to get some preseason games,” Gary Duran, a jamboree organizer and Mount Eden’s athletic director,

said. “So, we said, ‘if we bring all the schools in, and they can play multiple teams in one day, that would be a great opportunity.’”

This year, the event returned due to popular demand, with Alameda, Arroyo, Castro Valley, Hayward, Encinal, Mount Eden, Piedmont, San Leandro and Tennyson high schools all opting to participate.

With flag football’s novelty as an official high school sport, athletes often have no prior experience. As a result, teams focused on familiarizing players in preparation for the jamboree.

“A lot of girls had fear just trying something new,” Mount Eden head coach Ty Tobin said. “[I showed] them the game, using some film from YouTube and Instagram, and some cool moves they can do

when they get confident with learning the game.”

In addition to gaining exposure, athletes dove into flag football’s fundamentals heading into the jamboree.

“A lot of the players are new, but our team learns new things really quickly, so we just went straight into it,” said Tyra Drake, a wide receiver on Tennyson High School’s (Hayward) team. “Over the summer we ran routes a lot, and did a lot of defensive [work].”

During the event, each team played at least three matches — showing their potential, as well as inexperience.

“Arroyo High School had some crazy defense, not going to lie,” Kevin Alvarez Garcia, a spectator, said. “But [all the teams]

still have to work on the basics, and move on from there.”

Despite the sport’s learning curve, many are optimistic about the future of flag football in the WACC and California.

“I think it’s one of the fastest growing sports in the area, and I see it becoming a mainstay in fall sports for the ladies’ side of CIF,” Duran said.

Coaches, players and fans also hope to see more girls participate in ensuing seasons.

“My message to girls is give it a try,” Tobin said. “Be okay with being uncomfortable, because through that [discomfort], you’re going to find out just how good you really are.”

Cal State East Bay finishes tournament with 3-1 victory



Cal State Easy Bay Pioneers win early season game. Photo courtesy of CSUEB Athletic Communications. Justine Willard/KLC Fotos

Submitted by CSUEB ATHLETIC COMMUNICATIONS

Cal State East Bay’s women’s volleyball concluded the 2024 Route 92 Volleyball Classic on a high note, defeating Concordia University Irvine 3-1 (25-17, 25-20, 21-25, 25-12) on Saturday afternoon at Pioneer Gymnasium.

Set 1: East Bay took control early, closing out the set with a 5-point run. Fane Paua had two service aces and a kill in the final stretch.

Set 2: The Pioneers overcame an early deficit with an impressive 11-2 run to pull away, maintaining their lead to win 25-20 after a kill from Lexi Pagani.

Set 3: Concordia fought back, taking the set 25-21 and extending the match.

Set 4: Cal State East Bay reasserted their dominance, cruising to a 25-12 victory to clinch the match with a block from Mia Jordan and Pi’ilani Carvalho.

Notable Stats

- Pagani and Jordan led the offense with 14 kills each.

- Jordan achieved a remarkable .778 attack percentage with no errors.
- Kale’a Kuamo’o, the CCAA leader in digs through two weeks of action this season, contributed 16 digs to the victory.
- Alexandria Gloria and Pagani each served up four aces, with Gloria tied for second in the CCAA with 15 total aces this season.

Match Summary

Head Coach Kimberly Lambert expressed her satisfaction with the team’s progress: “The team demonstrated a ton of positive growth over the course of the last two weeks of preseason. We’re looking forward to seeing how they’ll continue to develop going into conference play.”

Records

Cal State East Bay: 5-3
Concordia University Irvine: 5-3
The Pioneers will kick off their CCAA campaign against Chico State on Friday, September 20, at 6 p.m.

ROBERT “BOB” KATHAIN SR

December 28, 1938 – August 31, 2024



Robert “Bob” Kathain Sr., was born December 28, 1938 in Oakland, California to George and Beatrice Kathain. Bob was raised in Oakland before he settled in Fremont, California. Bob passed away at Kaiser Fremont on August 31, 2024 surrounded by his loved ones.

Bob fell in love with his best friend’s sister Ortencia Mary while in high school. They were married June 25, 1957, and were happily together for over 67 years. They were blessed with 5 children.

Bob loved the outdoors. He and the family spent many summers at their cabin in Dorrington enjoying nature, spending time at the lake, hiking, and more. He enjoyed traveling and visited many places including Germany, Austria, Italy, Mexico, Hawaii, France, and the Holy Land.

If you asked his family they would describe him as a loving family man, devoted to his faith, with a wicked sense of humor. He was a skilled craftsman who loved working with sheet metal, copper, and wood.

Bob graduated Laney College in 1963 as a Journeyman and completed an apprenticeship in Sheet Metal. Bob worked in the heating and air industry for over 65 years, opening his own business in 1976, naming it for his wife, O.K. Heating, Air, & Sheetmetal. He was a hardworking businessman, who even after his son took over the family business was still working creating custom pieces for his business, colleagues, family, and friends. He worked until just a few short years ago.

Bob was a longtime parishioner and supporter of the Our Lady of Guadalupe Parish.

Bob is survived by his wife Ortencia Mary Kathain; Children Robert, John and Nellie, his 14 grandchildren; 20 great-grandchildren; his dog Gracie, his sister Julie, his nieces, his nephews, and many loving family and friends.

Bob is preceded in death by his children Vickie and Matt, his parents, his brother Max, his sisters Louise and Dorothy, his daughters-in-law Cindy and Rhonda; and many loving family members who greeted him at heaven’s gate.

Visitation and viewing will take place Friday, September 20, 2024 from 4:00 p.m. to 8:00 p.m., with the Rosary starting at 6:30 p.m. followed by words in memoriam at the Fremont Memorial Chapel — 3723 Peralta Blvd., Fremont, CA 94536. All are welcome to say a few words or to share a memory.

Funeral Mass will take place on Saturday, September 21, 2024, 10:00 a.m. at Our Lady of Guadalupe, 41933 Blacow Rd., Fremont, CA 94538. Burial to follow at Holy Sepulchre Cemetery, in the Holy Family section, 26320 Mission Blvd., Hayward, CA 94544.

Birth

LIFE CORNERSTONES

Marriage

Obituaries

For more information
510-494-1999
tcv@tricityvoice.com



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www.fremontmemorialchapel.com

Dorothy Gutierrez
Resident of Union City
September 1, 1973 - September 4, 2024

Abel Martins
Resident of Newark
December 2, 1980 - September 13, 2024

Rafael S. Guzman
Resident of Newark
October 24, 1934 - September 10, 2024

Deborah Susan Ward
Resident of Fremont
May 26, 1956 - September 9, 2024

Manuel Filipe
Resident of Newark
June 25, 1946 - September 4, 2024

Patricia J. Allen
Resident of Fremont
August 14, 1951 - September 5, 2024

Robert "Bob" Kathain, Sr.
Resident of Fremont
December 28, 1938 - August 31, 2024

Lavern M. Wahilani
Resident of Hemet
January 21, 1962 - August 28, 2024

Elaine M. Garcia
Resident of Union City
April 27, 1938 - August 31, 2024

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, 2024

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



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Jacquetta Hoelscher
Resident of Fremont
January 29, 1949 - September 11, 2024

Ann Bush
Resident of Fremont
February 10, 1940 - September 11, 2024

Theodore Green Jr.
Resident of Fremont
June 30, 1946 - September 9, 2024

Vidyasagar Angalakuditi
Resident of Milpitas
June 3, 1978 - September 8, 2024

Asha Dhawan
Resident of Castro Valley
August 14, 1948 - September 5, 2024

Nehakumari Trivedi
Resident of India
October 9, 1965 - September 4, 2024

Sundararajan Krishnan
Resident of Union City
May 29, 1943 - September 4, 2024

Sivaram Makkapati
Resident of Alameda
December 22, 1993 - September 2, 2024

Linda Pyle
Resident of Fremont
October 20, 1950 - September 2, 2024

Swarajyalaxmi Rallapalli
Resident of Fremont
November 20, 1948 - September 2, 2024

Robert Fegley
Resident of Union City
October 12, 1940 - September 1, 2024

Nirmala Tiku
Resident of Lathrop
March 10, 1942 - September 1, 2024

Prabhakar Gajarampalli
Resident of San Jose
August 5, 1952 - August 31, 2024

Mario Morales
Resident of Newark
May 3, 1946 - August 29, 2024

Dylan Reagan
Resident of Fremont
October 13, 2007 - August 28, 2024

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

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

PATRICIA JOAN ALLEN

August 14, 1951 – September 5, 2024



The world lost a truly bright light when Patricia Joan Allen, 73, passed away on September 5, 2024. She was surrounded by family in the comfort of her Fremont, CA home.

Patty was a curious and avid learner with a rich intellectual life. Raised in Winneconne, WI, she received her undergraduate and graduate degrees in English at the University of Wisconsin, Madison. Following her father's guidance to "use your mind for the benefit of mankind," she achieved a remarkable teaching career shaping thousands of students during her 40 years as an English instructor at Mission San Jose High School in Fremont, James Logan High School in Union City, and at five community colleges across the country. She was dedicated to helping her students find their passions, develop their voices and sense of self, and appreciate literature as a means of cultivating empathy and a deeper understanding of our shared humanity.

Patty will be remembered for her warm and generous spirit, empathetic ear, and ability to foster vibrant communities all around her. In her later years, she was involved in several book clubs, her local Alpha Delta Kappa and P.E.O. Sisterhood chapters, which sought to advance educational opportunities for young women, the American Association of University Women, and neighborhood volunteer organization Greater Niles Village.

Patty was always the first to volunteer her time and energy and for years organized an annual Mission San Jose High School field trip to the Oregon Shakespeare Festival. She kept in touch with numerous family and friends across the country, most notably through her much anticipated Christmas letters. More than just a good listener, Patty made those in her presence feel appreciated and valued. Her personal and professional life epitomized George Eliot's philosophy in Middlemarch that "The growing good of the world is partly dependent on unhistoric acts; and that things are not so ill with you and me as they might have been is half owing to the number who lived faithfully a hidden life."

She will be greatly missed by her husband of nearly 50 years, Jeffrey Allen; daughters Katharine (Evan), Elizabeth, and Jessamyn (Chris); as well as her dear grandsons; and sisters Barb Harrison, Jean Wiegand, Linda Vadnais, and Mary Darling. She was preceded in death by her parents, Marjorie and William Krings, and sister Joan Domke.

Patty will be buried in her beloved hometown. Her family will announce a celebration of life in Fremont on her CaringBridge page later this month. She remains in our hearts, for "Unable are the Loved to die / For Love is Immortality."



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a life
well lived



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Lynda at 707.353.1148
or LifeTributes@Weekly's.com
tricityvoice.com/obituaries

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California Coastal Cleanup Day celebrates 40th anniversary



Cleaning up trash around our waterways is crucial to keeping the Bay clean. Photo Credit: Victor Carvellas. Photo Credit: Victor Carvellas

By DAVID R. NEWMAN

On September 21, thousands of volunteers across the state will take part in California Coastal Cleanup Day. Now in its 40th year, California Coastal Cleanup Day has grown to become the country's largest annual volunteer event, where participants remove hundreds of thousands of pounds of trash from the state's beaches, lakes and waterways. Organized and run by the California Coastal Commission, the event not only reduces litter dramatically, but also provides important data that can be used to affect public policy. As an example, plastic bags were the 5th most common item of trash collected in 1998. This caused the state to ban plastic bags in 2016, and the following year plastic bags disappeared from the top 10 most common items collected. The movement has spread across the globe. An International Coastal Cleanup managed by the Ocean Conservancy now takes place in almost every state and in over 100 countries, and has become the world's largest volunteer event related to the marine environment. Join the effort to protect wildlife and preserve our natural spaces by taking trash out of the environment. Volunteer with your family, friends, coworkers, school groups and service clubs. For more information visit: coastal.ca.gov

Listing of Local Cleanups

These listings are for local cleanups occurring on September 21, from 9am - 12pm. Registration is required. There is also a waiver of liability available at coastal.ca.gov

which you can fill out online or print out and sign. Confirmation will be required at the site.

FREMONT
Organizer: City of Fremont Environmental Services Division
Contact: Sabrina Siebert / 510.552.3675 / ssiebert@fremont.gov
Website: www.fremont.gov/government/departments/environmental-services/events/coastal-cleanup-day
Register: apm.activecommunities.com/fremont/Activity_Search/13889
What To Bring: reusable water bottle, service learning/community service forms, if applicable; optional: bucket(s) from home, work gloves
Locations:
Tule Ponds
South side of Walnut Ave. across from east side of Fremont BART
38679 Hastings Street
Central Park
40500 Paseo Padre Pkwy
Central Park Watercraft Crew
40500 Paseo Padre Pkwy
Bring your own manually-propelled watercraft in good condition, paddle(s)/oar(s), and Coast Guard-approved life jackets for anyone who would be in your vessel at one time.
Central Park Sorting Stewards
40500 Paseo Padre Pkwy
Sign up for the Saturday event at Site C (8:45am - 12:15pm) OR for a smaller site (9am - 12pm), AND enroll in the extra training, or contact Sabrina to make other arrangements
Almond Avenue & Lee Street

3865 Almond Avenue
Grimmer Boulevard & Blacow Road
41800 Blacow Road
Blacow Road near Fremont Boulevard
42240 Fremont Boulevard
Delaware Drive & Sumter Avenue
3868 Delaware Drive

HAYWARD
Organizer: East Bay Regional Park District
Contact: EBRPD Volunteer Services / 510.544.2229 / volunteers@ebparks.org
Website: www.ebparks.org/get-involved/volunteer/coastal-cleanup
Register: ebrpd.samaritan.com/custom/501/opp_details/10009
What To Bring: Come with work clothes that are weather appropriate, sun protection and a reusable water bottle.
Locations:
Hayward Regional Shoreline
3050 West Winton Avenue
Please meet staff at the end of West Winton Road. It is a bit of a walk to the shoreline, but it is mostly level. Please be prepared for possibly windy conditions.

SAN LEANDRO
Organizer: Engineers & Scientists Acting Locally (ESAL)
Contact: Cynthia Prieto-Diaz / 650.391.8118 / cynthiaprietodiaz@gmail.com
Website: www.esal.us
Register: docs.google.com/forms/d/1FAIpQLSfpoHTzbW-qaLA1DqFcC-2HLqtFYEOvKWxG3AAqez-fUVplgQ/viewform
What To Bring: Water bottles, sunscreen, phone (if wanting to collect data)

Locations:
Marina Inn
68 Monarch Bay Drive
Post clean-up resource fair, prizes for trash collected, and snow cones

CASTRO VALLEY
Organizer: Alameda County Unincorporated Area Clean Water Program
Contact: Allison Rodacker / 925.453.3862 / allison.rodacker@acrcd.org
Website: www.cleanwaterprogram.org
Register: www.ticketleap.events/tickets/alameda-county-unincorporated-area-cwp-volunteers/coastal-cleanup-day-2024
What To Bring: Wear work clothes, sturdy shoes and bring gloves if you have them. They'll provide trash pick up gear, tools and gloves to loan. Bring water and a snack.
Locations:
Castro Valley Creek Trail
3625 Castro Valley Boulevard

MILPITAS
Organizer: Creek Connections Action Group
Contact: Samantha Vergara / 408.586.2617 / svergara@milpitas.gov
Website: www.cleanacreek.org
Register: cleanacreek.org/upcoming-events
What To Bring: Gloves, garbage bags, litter sticks, and other cleanup supplies, will be provided on-site. Fill up and bring your reusable water bottle. Wear comfortable clothing, long pants and closed-toe shoes, a hat and sunscreen.
Locations:
Los Coches Creek
94 Dempsey Road

Non-Profit Talent2Give combats childhood hunger through youth art initiative



Talent2Give has held previous events at local venues such as Baldies Cafe. Photo Courtesy of Jiya Kohar.

Submitted by JIYA KOHAR

Talent2Give, a nonprofit founded by American High School Sophomore Jiya Kohar, harnesses the creative talents of young artists to raise funds for this vital cause. In Kohar's words, "Talent2Give's mission is to ensure that every child has access to the nutrition they deserve.

Your involvement not only helps combat childhood hunger but also celebrates the incredible talents of our young artists." By collaborating with young artists to host art sales at local restaurants, cafes, and even conduct door-to-door sales, Kohar and her team have successfully donated all proceeds from their summer 2024 events to Kids Against Hunger.

The organization's next event at Los Gatos Coffee Roasting Company invites coffee lovers and art enthusiasts to support the cause. Attendees can purchase unique artworks and shimmery recycled swag crafted by budding local artists, knowing that every purchase directly benefits children in need. For more information, email talent2Give@gmail.com or visit

<https://Talent2Give.org/>

Art Sale and Fundraiser Against Hunger Saturday, Sept 21 3pm - 5pm
Los Gatos Coffee Roasting Company
101 W Main St, Los Gatos