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510-494-1999 tcv@tricityvoice.com tricityvoice.com November 19, 2024 Vol. 23 No. 47

# Fremont approves RV crackdown

CITY COUNCIL PASSES PROHIBITIVE PARKING ORDINANCE TO ELIMINATE ENCAMPMENTS

#### By PANASHE MATEMBA-MUTASA

On Tuesday, Fremont City Council passed an ordinance that will restrict oversized parking in residential areas. The ordinance was introduced by the council during their regular meeting on Oct. 8, and its stated goal is to build upon existing parking prohibition rules to eliminate RV encampments in the city.

"I'm concerned about safety," said council member Raj Salwan. "The council has taken this on because it's come from our residents who are very concerned about this issue."

The new ordinance prohibits vehicles from being parked for more than 72 hours in a residential neighborhood. Larger vehicles like RVs have additional restrictions, and they may not be parked within 100 feet of a residential line at any time. Failure to comply can result in vehicles being ticketed, towed and impounded.

Car-dwelling is popular among Fremont's homeless population, and a study released in May revealed that 66% of the city's homeless live in vehicles, an increase from 2019 when that figure was 49%. To combat this, the city has implemented various programs and initiatives, including the Safe Parking Host Site Program (SPHS) that was launched in January of 2022. SPHS serves as a safe transitional space for people living in their cars, and currently there are five faith-based organizations hosting space. Unfortunately, the program currently cannot accommodate RVs, so residents continued to complain about seeing RVs in their neighborhoods.

With this new ordinance set to clear the streets of encampments, city council officials say they feel hopeful that the city will feel safer in time. But not everyone is thrilled with the new law. Resident Katherine Rubie drafted a letter to the council on Nov. 12 expressing concern over the city's approach to RVs, calling the new ordinance a "very obvious decision to target the homeless."

"It is appalling to know our trusted leaders would create circumstances which would lead to additional hardship, stress and potentially further losses, rather than work towards real solutions that would benefit our unhoused folks," Rubie said.

Rubie also called out the council's refusal to expand the Safe Parking Program, saying she believes that to be a more humanitarian solution for RV dwellers. Additionally, she pointed out that it can be time consuming to monitor where vehicles are parked throughout the city and the times they've spent in one area. Ultimately, she thinks this will impact the police's response times to "more dangerous" matters.

"This is an enormous waste of manpower, energy, time and money, and will result in furthering already slow delays in responses to crimes," Rubie said.

The ordinance goes into effect on Dec. 12.



A study showed that 66% of Fremont's homeless population live in their vehicles. Photo by April Ramos



After efforts from pro- and anti-recall groups, Alameda County District Attorney Pamela Price was voted out of office after the Nov. 5 election. Photo courtesy of Pamela Price

# The fall of Pamela Price

PRO- AND ANTI-RECALL GROUPS REACT AND PREPARE FOR ALAMEDA COUNTY'S NEXT DISTRICT ATTORNEY

#### By PANASHE MATEMBA-MUTASA

"We needed to do something to stop the madness," said Carl Chan, a local public safety advocate.

Chan had been watching his city of Oakland deteriorate since he was in high school many years ago. Exhausted from the impact of violent crime, he dedicated his free time to community organizing. Little did he know that one day, he would help lead Alameda County's first ever recall election of a district attorney.

When D.A. Pamela Price was voted out by a sweeping majority on Nov. 5, it was a victory for the 4,000 volunteers who comprise Save Alameda for Everyone (SAFE). Led by Chan and violent crime victim advocate Brenda Grisham, SAFE formed in response to Price's approach to prosecution, which many believed was too "soft." In under a year, the organization collected more than 100,000 signatures on a petition to remove the D.A. Now, with recall election results in, the Alameda County Board of Supervisors prepares to appoint a replacement that will serve the two-year remainder of Price's term.

The SAFE team now feels they are one step closer to a less violent Alameda County. A report published by CrimeGrade shows that the county is in the 21st percentile nationwide for safety, meaning 79% of U.S. counties are safer and only 21% are more dangerous. The chances of being a victim of violent crime here can be as high as one in six in the central neighborhoods.

Chan reflected on his history as a community organizer, sharing that he felt compelled to embark on this journey as someone who personally knew many victims of violent crime and their families. As an

Asian American, Chan has also been on the front lines of local Stop Asian Hate efforts. In 2023, 1 in 3 Asian Americans faced racial abuse, a worrying trend that picked up steam a few years prior during the height of the COVID-19 pandemic. Many of the victims of anti-Asian hate crimes in the Bay Area have been elderly.

"I realized it was my responsibility to help stop this," Chan said.

Price has made claims that the community opposed her appointment due to her identity as a Black woman, but SAFE organizers deny this by pointing to their diverse body of volunteers. They say people of all ethnicities are tired of living their lives in fear of violent crime, and that being anti-Price was a safety decision, not a racial one.

"I'm Black, how's race the issue when I'm

the same race as she is?" Grisham said.

But anti-recall groups vehemently
disagree. Danielle Motley-Lewis, president of
Black Women Organized for Political Action
(BWOPA), doesn't believe it's a coincidence
that the first and only Black woman elected
to be Alameda County's district attorney
has been ousted. An eight-year resident of
the Bay Area, Lewis said the issue of violent
crime predates Price's term, and that it was
mainly prejudice that led to her recalling.

"As we saw with the recent presidential election as well, society just holds Black women to a different standard," Lewis said. "If you dare buck the system as a Black woman, there will be efforts to silence you."

Looking to the future, Lewis says BWOPA is preparing to recommend a new candidate to the Alameda County Board of Supervisors. The organization has already identified three potentials who they will be interviewing in the near future. Lewis says she hopes to recommend a candidate centered on reform like Price. She believes that finding a district attorney committed to both tackling crime and improving the criminal justice system is essential.

"Pamela Price was touching on something that needed to be finished."

# Managing stress during the holidays Part I

# WHAT MAKES THE HOLIDAYS SO BLUE

#### By STEPHANIE UCHIDA

Who has a case of the holiday blues? More than you would think. A 2023 American Psychological Association survey showed that 89% of U.S. adults were stressed about something around the winter holiday season. Causes range from the season itself—with the cold and dark bringing on Seasonal Affective Disorder—to limited finances, family drama and logistics around planning events.

#### At-risk groups

Dr. Jacqueline Magno, a psychiatrist working with Kaiser Permanente out of Union City, pointed to finances as the biggest source of overall stress. In addition, certain groups have their own challenges. The emphasis on reunions and togetherness around the holidays takes a toll on people with social anxiety, especially if they're expected to organize and host the big gatherings. Likewise for people from high conflict families, reunions spark a sense of dread. Referring to college students, Magno says, "It can be a respite for them to be living in a different state or on campus, to avoid family members where there's a lot of conflict."

Gatherings can also be a minefield for recovering addicts, especially alcoholics, since meals tend to come with wine, champagne or mixed drinks. Magno says, "Sometimes just the sight of alcohol can trigger the brain to remember 'You liked me before." And alcohol isn't the only problem: The prevalence of fatty dishes and sugary drinks can be a stressor for those trying to lose weight, on a restricted diet or suffering from an eating disorder. Of course, the host should get to design the table. But coming up with affordable healthy options while also trying to satisfy everyone is another level of pressure.

The holidays are a time to break free from daily routines and schedules—but sometimes that means disrupted sleep, rest, meals and exercise. Everyone needs sleep and down time, but people with ADHD or autism especially need routines to regulate. For this reason, more behavioral issues can pop up during the holidays.

Finally, a time focused on reunions and togetherness can be tough for people who are grieving, dealing with the trauma of loss. They are even more aware that not everyone is "together" and can be tempted to isolate and fall deeper into depression and possibly self harm



Grey skies, cold weather, and early evenings can contribute to Seasonal Affective Disorder depression that appears or worsens in winter. Photo credit: Stephanie Uchida

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## Make Wellness Part of Your **Holiday Preparation**

Maintaining a healthy weight during the holidays doesn't mean skipping the fun foods.

There are many things to celebrate this holiday season, and good health is high on a lot of people's lists. But eating right and getting enough exercise can be challenging at this time of year. It is natural to want to treat yourself to the season's special offerings, and everyone has their favorites. Whether it is fudge, gingerbread cookies, or seasonal lattes, the calories from treats can add up fast.

"A healthy goal for most people is to maintain your current weight over the holidays," says Thomas Collins-Pallett, MD, a family medicine specialist with Washington Township Medical Foundation who is also board certified in obesity medicine. "It is important to be realistic. At this time of year, trying to lose weight may not be practical."

For maintaining weight, Dr. Collins-Pallett notes that exercise is key. "I tell my patients to make sure that they continue their exercise routines throughout the holidays to help them avoid gaining weight."

Even if you do not work out regularly, there are lots of ways to fit in physical



Thomas Collins-Pallett, MD

activity. Dr. Collins-Pallett encourages his patients to engage in a range of nonexercise physical activities to improve their metabolism—which is the rate at which a person burns calories. The medical term for this type of energy expenditure is nonexercise activity thermogenesis (NEAT). Everyday exertions like climbing stairs, walking, and even yardwork all contribute to NEAT. "Nonexercise activity thermogenesis can happen when we rake leaves or walk around a mall. These commonplace activities can contribute to burning calories and maintaining weight," he explains.

"Try to incorporate physical pursuits into the time you spend with family and friends. Activities like walks together can build memories just like holiday meals," says Dr. Collins-Pallett. "For myself, being around people I care about is the best part of the season's festivities."

Dr. Collins-Pallett offers these simple suggestions for enjoying the holidays without overeating:

Be mindful and slow down: When you are eating, try to be aware of when you start to feel full. I tell my patients to stop eating before they are full. You should aim to feel 70 or 80% satisfied. Twenty minutes later, you may find that you have actually had enough. But if after waiting you still feel hungry, you can eat a little bit more.

Plan ahead and make a budget for foods higher in calories: No food or



drinks should be entirely off-limits for calorie reasons. The trick is to keep your portions small for dishes that are highest in calories. Before a meal starts, make a plan that includes eating plenty of lowcalorie vegetables to fill you up. If you are less hungry, you will be better able to manage what you eat during the rest of the meal. The advice I give to my patients is to have an alcohol budget that they decide on in advance. Alcohol is high in calories and drinking too much can diminish your resolve to stick to your eating plan. Usually, two drinks is a good budget, but it depends on the person.

Drink plenty of water and get enough sleep: Staying hydrated and getting enough sleep are always good for your health. Sometimes thirst can be mistaken for hunger, and coupled with alcohol can lead to overindulging. Being tired can make it harder to manage your blood sugar. The CDC warns that when you are sleep deprived, you crave foods that are higher in fat and sugar.

Make time to exercise: The holidays can be stressful for some, and stress can contribute to overeating. Exercise reduces stress and burns calories. Partake in any

activity that gets you moving such as dancing, caroling, or walking through decorated neighborhoods.

The good news is by planning ahead, being mindful of portion size, budgeting alcohol and sweets, and engaging in physical activities, you can keep from gaining weight. But, if you do put on a pound or two over the holidays, Dr. Collins-Pallett says, "Don't stress out about it. Keep the big picture in mind. The holidays should be about enjoying yourself and being with people you care about. You can work on taking off the extra weight in the months that followbut be sure you do!"

The CDC website, www.cdc.gov provides additional resources about meal planning and calorie control under the Healthy Eating for a Healthy Weight section. For more information about Dr. Collins-Pallett, scan the below QR code.



"Try to incorporate physical pursuits into the time you spend with family and friends."-Thomas Collins-Pallett, MD



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loved ones. Dr. Krishna Suri explains what it means when palliative care is offered.





#### **Managing Diabetes**

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

#### Coming Soon!



#### **Safely Home After Hip Replacement** Wednesday, Nov. 20, 9 a.m.

With increased experience and technology, same-day discharge after hip replacement is becoming more common. Join this seminar to hear the benefits of recovering at home—safely.

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#### **Events Information**

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





#### **Coping with Grief and Bereavement During the Holidays** Wednesday, Dec. 4, 9 a.m.

Explore how grief can impact our mental health during the holiday season and strategies for

- Diabetes Education
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# Don't Let Stress Steal Your Holidays

Local psychiatrist advises how to avoid overload



"The holidays are a high-stress period for many people, often caused by financial pressures, family issues, or the loss of a loved one." -Seema Sehgal, MD



Seema Sehgal, MD

The holidays are touted as a season of joy and happiness—but is that really true for all individuals?

No, says Dr. Seema Sehgal, a psychiatrist at Washington Township Medical Foundation (WTMF) Department of Psychiatry and Behavioral Science. "The holidays are a high-stress period for many people, often caused by financial pressures, family issues, the loss of a loved one, or just the need to 'keep up with the Jones' in terms of socializing, gift giving, or even something as simple as sending out holiday cards."

Some worry that they must give gifts to friends and family members—even if they can't afford to do so. Others feel pressured to attend holiday parties when they'd rather stay at home or have a quiet dinner with close friends. "We fall into this trap of feeling we must have the 'perfect' holiday just like at other times of the year when we feel we must have the 'perfect' vacation or the 'perfect' dinner party," Dr. Sehgal notes.

There are methods to navigate mental health during the holiday season. One of the things Dr. Sehgal recommends is taking time to think about what aspect of the holidays is the most stressful for you and, conversely, what do you like best about the holiday season. "Ask yourself: what do I really want to remember about this holiday season; what is the one activity that will bring me the most pleasure?"

#### Make a Plan

Dr. Sehgal suggests sitting down well in advance of the holidays to develop a plan on how to approach and manage the season. Encourage your family members to think about what it is they would most like to remember about this holiday season when, a month later, they look back on the holiday. "Such an exercise can help children understand that they can't have it all during the holidays. We all have to make choices

as to where to invest our time, energy and resources—this includes children," she explains. Consider putting yourself first in making your plan. Ask yourself, "What kind of holiday do I want?" Set reasonable and achievable goals.

#### **Self-care**

Dr. Sehgal also reminds us of the importance of self-care. "Self-care is not a luxury. Exercising, getting quality sleep, eating right and meditating, are all examples of self-care that we need to practice on a regular basis—especially during the busy and high-stress holiday season."

Self-care may be as simple as avoiding overindulgence in alcohol or foods that are high in fat or sugar. Self-care can also include practicing gratitude. When writing holiday cards for example, express gratitude for support you have received over the past year. Write fewer, but more meaningful cards. And an unusual idea is to write yourself a card, capturing what challenges you have overcome and congratulating yourself on the growth and wisdom you have gained.

Relaxation activities including meditation or outdoor walks are simple forms of self-care. Dr. Sehgal describes nature as "the biggest stress absorber."

#### **Dealing with Grief or Loss**

Remembering those we have lost whether that year or not-can also be a difficult part of the holiday season. Many people feel that others who are joyfully celebrating cannot understand loss. It is important, however, to reshape the narrative, to be able to include happy memories to celebrate those who are no

Finally, Dr. Sehgal advises us to avoid the "Happiness Trap" and remember that no one is 100% happy, 100% of the time. During this holiday season, identify your needs and set your personal limits.

For more information on the WTMF Behavioral Health program visit https:// www.mywtmf.com/services/psychiatrybehavioral-sciences/. To view Dr. Sehgal's presentation, scan the below QR code.





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Wednesday, Dec. 4 9 a.m.

### **Coping with Grief and Bereavement During the Holidays**

While the holiday season is often a time of joy and celebration, it can also be a time of stress and depression for many people who have lost a loved one. During this seminar, we will explore how grief can impact our mental health during the holiday season and strategies for coping with these challenges.



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# 90th anniversary of East Bay Regional Parks

SENATOR NANCY SKINNER, ASSEMBLYMEMBER REBECCA BAUER-KAHAN RECOGNIZE PARK'S MILESTONE

Submitted by DAVE MASON

The East Bay Regional Park District celebrated its 90th Anniversary on Wednesday, Nov. 13, 2024, at the Regional Parks Botanic Garden with the presentation of resolutions by State Senator Nancy Skinner and Assemblymember Rebecca Bauer-Kahan. The resolutions recognize the Park District's contributions over the past 90 years and its important role in the East Bay providing access to nature close to home for the three million residents in Alameda and Contra Costa counties.

"For many people, East Bay Regional Parks have provided a lifetime of memories," said East Bay Regional Park District General Manager Sabrina Landreth. "Whether it's taking a first hike, catching a first fish, or feeding animals at the Little Farm, many of us have lasting memories and a deep appreciation for East Bay Regional Parks."

The Park District's story began in the late 1920s when thousands of acres of watershed land in the East Bay hills became available for development. Civic leaders came together with an ambitious vision to preserve the land forever and balance environmental conservation with public enjoyment. In 1934, during the Great Depression, a measure was placed on the ballot to create the East Bay Regional Park District and provide funding for land preservation. The measure passed with 71% voter approval.

Today, the Park District has 73 Regional Parks and is the largest regional park district in the nation.

"For the past 90 years, the East Bay Regional Park District has preserved and protected open space and provided safe and welcoming parks for recreation, conservation, and enjoying nature in Alameda and Contra Costa counties," said East Bay Regional Park District Board President Elizabeth Echols. "Today, we are the largest regional park district in the country with over 126,000 acres of parklands, 55 miles of shoreline, and over 1,330 miles of trails available for hiking, biking, swimming, horseback riding, boating, fishing, picnicking, camping, and nature discovery."

Two East Bay Regional Park District champions—State Senator Nancy Skinner and Assemblymember Rebecca Bauer-Kahan—presented resolutions at the event. Both are key supporters of the Park District in Sacramento and have secured much needed funding for Regional Parks, environmental restoration and wildfire protection.

Senator Nancy Skinner secured \$36 million in the 2022-23 budget for acquisition and clean-up of Point Molate Regional Park in Richmond and \$10 million in the 2021-22 budget to address tree

mortality on Park District lands, a public safety emergency. These funds are currently helping remove dead and dying trees from East Bay Regional Parks.

Assemblymember Bauer-Kahan secured \$4 million in the 2019-20 state budget for restoration of Alder and Leatherwood Creek in Robert Sibley Volcanic Regional Preserve. The Alder and Leatherwood Creek project restored 3,000 feet of culverted creek to more natural conditions and is the largest creek restoration project in the Park District's 90-year history. The area provides restored natural habitat for special-status or protected species and improved water quality and streamflow in the creek channel for rainbow trout.

Assemblymember Bauer-Kahan also secured \$3.5 million for the Park District in the 2021-22 state budget for wildfire protection equipment, including equipment for the Park District's new helicopter, which is relied upon as a tool to put out fires.

Said Assemblymember Rebecca Bauer-Kahan, "This park system not only enhances our quality of life but also exemplifies our shared commitment to conserving California's natural heritage for future generations.

For more information about the Park District's 90th Anniversary, visit www.ebparks.org/celebrating-

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This vintage photo shows the parks in the 1940s. Photo courtesy of East Bay Regional Park District



Senator Nancy Skinner and Assemblymember Rebecca Bauer-Kahan present resolutions to recognize the East Bay Regional Park District's contributions to the community. Photo courtesy of East Bay Regional Park District

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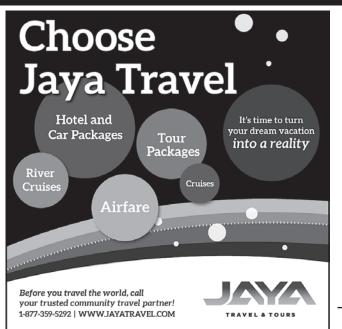


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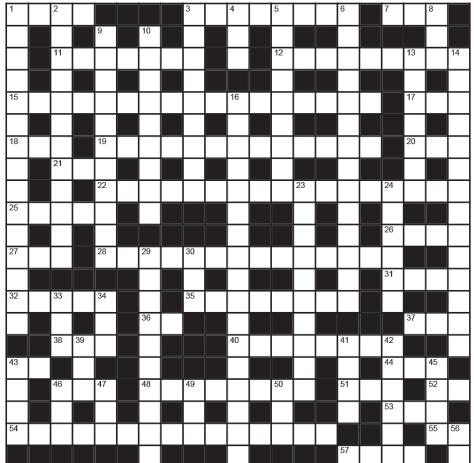
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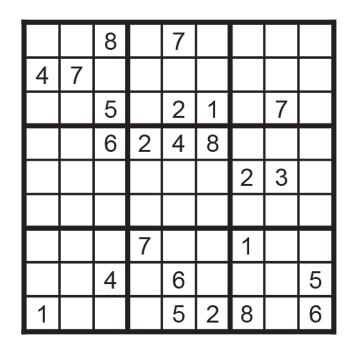
# Wind Twisters

#### **Crossword Puzzle**



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



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	34			55	36			
			57					
Across		40	Walks all over (8)	9	Oater ambusher (11)			
1	Big blowout (4)	43	"No kidding!" (2)	10	Nearly (4,5)			
3	Striking (8)	44	Japanese volcano (3)	13	"I Love Lucy" surname (7)			
<i>3</i>	3 ( )		, ,		, , , ,			
/	Debating side: Abbr. (3)	46	paradox (direct challenge	14	News report about numismatists			
11	Serious errors (4-3)		to the "Copenhagen		and philatelists? (10,4)			
12	Kind of exercise (9)		interpretation" of quantum	16	Fun? (12,5)			
15	Term from astrophysics that		physics); Abbr. (3)	23	Bits of schmaltz (3,7)			
	describes the stretching of	48	Bridge bids (2-6)	24	Blotto (6)			
	objects in very strong	51	Fa follower (3)	29	Of the same opinion (4-6)			
	gravitational fields (17)	52	3.14 (2)	30	Publishers' hirees, for short (3)			
17	de-sac (3)	53	Stringed instrument: Abbr. (3)	33	Engine speed, for short (3)			
18	Ceiling (3)	54	Feature of some watches (5,6-4)	34	" rang?" (3)			
19	Lack of an alternative (7,6)	55	Behold (2)	39	Lift (3)			
20	Bemoan (3)	57	"Bye now" (4)	41	Back talk (4)			
21	Calypso offshoot (3)			42	Drug associated with Miley			
22	Final-appeal venue (5,2,4,6)				Cyrus (6)			
25	Squarely (5)	Down		43	Aces, sometimes (4)			
26	"Back in the" (4)	1	Green veggies despised by	45	"How Mehta Got Kissed,			

many (not me - try frying them

Joseph of \_\_\_ (follower of Jesus)

Dispense freely, as criticism

Freight-hauling trucks (6,8)

in butter) (8,7)

(4,2,3)

6

Unharmed (4,3,5)

Gold: Prefix (3-)

Memo letters (3)

# Tri-City Stargazer For WEEK OF NOVEMBER 19, 2024

Got Wild, and Got a Life"

the news) (4)

Also (3)

Devon river (3)

"That hurt!" (2)

Pitcher, of a sort (3)

(Kaavya Viswanathan novel in

Myanmar monetary unit (3)

All Signs: Pluto changes signs every 250 years. In 2023, Pluto returned to Aquarius for three months. This year, Pluto was in Aquarius for nine months. Next year, Pluto will stay in Aquarius for 20 years. Meanwhile, Pluto in Aquarius is about "power to the people." Unions and university protests will gain strength. Before this, Pluto was in Capricorn encouraging a top-down power structure and an accumulation of wealth. Pluto in Aquarius will also bring advances in science and technology. The last time Pluto was in Aquarius, we had the French and American Revolutions and the beginning of the Industrial Revolution. It also brought the smallpox vaccine and the discovery of Uranus.

46

49

50

#### **Aries the Ram** (March 21-April 20):

Accepted (3)

Late (5)

Thrill rides (6,8)

Decorative case (4)

Goulash containers (8)

Michael Jackson role) (2)

Initialism for the series of

"Avengers" movies (3)

"Captain \_\_\_" (1986

"Tarzan" extra (3)

27

28

31

32

35

36

37

38

For the next four weeks, you want to expand your world! You want adventure and fresh stimulation! You want to meet new people and study new ideas. Right now, you have lovely career opportunities and a chance for recognition because your public image is enhanced. It is easy to work in harmony with others. Creative and artistic projects will particularly appeal. Enjoy networking. Work to restore order at home because activity on the home front due to visiting guests, renovations and being too busy have created chaos.

#### Taurus the Bull (April 21-May 20):

You'll feel intense and passionate about intimate relationships and bonding with others in the next four weeks. This is a time of self-discovery and inner transformation. You might be drawn to mysticism, occult studies, astrology, tarot and psychology. You might also focus on financial matters, especially shared property and inheritances, taxes and debt. Meanwhile, opportunities to travel will delight you. Go after what you want because your ability to communicate is strong.

#### **Gemini the Twins** (May 21-June 20):

There's a strong spotlight on your partnerships and close relationships in the next four weeks including romantic and business partnerships. This is because you feel a need for companionship. Meanwhile, you have more objectivity to see your relationships, and this will give you insights about your and others' needs. This can promote healing in your

relationships, as well as exploring sensuality. Meanwhile, gifts and favors will come your way. It's a good time to ask for a loan or mortgage. You're working hard to earn money and you're buying stuff.

#### **Cancer the Crab** (June 21-July 21):

You feel bold and proactive with fiery Mars in your sign. This is a blessing that comes once every two years and stays for about six weeks. You want to get organized and accomplish as much as possible. And you want to be healthy, which is why you might focus on exercise, self-care and diet in the next several weeks. Because you're working so hard, challenges with coworkers might arise. They might feel threatened. Be tolerant and patient. Focus on service to others. Fortunately, relations with partners are smooth and cozy.

#### Leo the Lion (July 22-August 22):

You'll be confident and playful in the next four weeks. You're willing to take risks and explore whatever brings you joy. Romance and flirtations will spark your interest in love and attraction to others, making new romance possible. Grab every chance to enjoy hobbies and be enthusiastic about leisure projects. Interactions with kids will be more positive and carefree. Celebrate what makes you unique. Meanwhile, interactions with coworkers are warm and supportive. (A work-related romance will begin for some.)

#### Virgo the Virgin

(August 23-September 22): Your focus is shifting to home and family. Nevertheless, your desire for privacy and solitude will be stronger in the next several weeks.

Take time to reconnect with family traditions. Family discussions, especially about home repairs will take place. However, this is also a great time for creativity, romance and playfulness! Venus is in one of the most fun parts of your chart boosting your creative expression and bringing opportunities to have fun! You can deepen connections with children. Hobbies and leisure activities will appeal.

#### **Libra the Scales**

(September 23-October 22): Short trips and tiny adventures will delight you in the next four weeks because your curiosity is heightened. You might take courses or explore new ideas in a casual way. Your need to communicate will be stronger, which is why this is a good time to connect with neighbors, colleagues, friends and family. Meanwhile, enjoy entertaining at home. You might redecorate and want to show off your digs. (Most Librans have an attractive, elegant home environment.) Meanwhile, your ambition is aroused!

#### Scorpio the Scorpion

(October 23-November 21): You'll have a stronger focus on finances and material security in the next four weeks. You might review your budget, increase savings or think about moneymaking ideas. Personally, you'll enjoy an increased sense of self-worth and confidence, which goes hand-in-hand with your desire for more stability and security. Fortunately, your ability to communicate to others is enhanced, which means you are diplomatic. Likewise, you will have a heightened appreciation for your

daily surroundings.

#### Sagittarius the Archer (November 22-December 21):

This week the Sun moves into your sign to stay for four weeks. This happens once a year, and it's your chance to recharge your batteries for the rest of the year. The Sun will boost your energy and confidence, and attract people and favorable situations. Because of your increased confidence, you'll start to think of future goals. You might want to start new projects or make lifestyle changes. Another lovely piece of news is that you can attract money, resources and favors from others. In turn, you will spend money buying pretty things for yourself and loved ones.

#### **Capricorn the Goat**

(December 22-January 19): Because your birthday is a month away, this means your personal year is coming to an end. The next four weeks are an ideal time for self-reflection. How do you want your new year (birthday to birthday) to be different from this last year? Don't worry if you're low-energy. This is because the Sun is hiding in your chart. Meanwhile, Venus makes you attractive and charming to everyone! This is a great time to buy wardrobe items for yourself. Be patient with partners and close friends because with Mars opposite your sign, it's easy to feel annoyed.

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

This is a popular month for you! Make a point of getting out and interacting with others more than usual. Contact old and current friends. Join clubs, groups, or committees. In fact, your interaction with someone younger might make you modify your

future goals. Speaking of which, this is an excellent time to set goals. You'll find it easy to work hard in the next several weeks because you're motivated and have the energy. Nevertheless, take time to party and socialize.

#### Pisces the Fish (February 19-March 20):

Once a year, the Sun sits at the top of your chart for four weeks, and this is happening now. It symbolizes that you are being thrust in the spotlight of the Sun and this light is flattering! This is why others are impressed with you, even if you don't do anything special. Naturally, many of you will be asked to take on increased responsibilities. Because this is an excellent time to talk to bosses, supervisors and superiors, don't hesitate to share your ideas. You feel confident, and will enjoy sports, interactions with kids and



By Georgia Nicols www.georgianicols.com.

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Learn more at kp.org/medicare

You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings call TTY 711. Kaiser Foundation Health Plan, Inc. 393 E. Walnut St. Pasadena, CA 91188-8514

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tim@gavin-law.com



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#### **Letters Policy**

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

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Gratis (no habra colecta)



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# We're Back!

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5:30 pm: Doors Open–Flashboard & Lightning6:30 pm: 10 Regular Bingo Games \$400& 2 Special Bingo Games \$500

Flashboard Games pay as much as \$1,199.
So. Alameda Co. Buddhist Church

More info: **510-471-2581 www.SACBC.org** 

32975 Alvarado-Niles Rd., Union City, CA

# Community Bulletin Board

#### **SIMINOFF DAYLIGHT MASONIC LODGE No. 850**

Meets on 2nd Monday
Of Every Month, At 1:30 PM
In Siminoff Masonic Center
on campus of
Masonic Homes of California
34400 Mission Blvd. Union City CA 94587
530-262-2177

# FREMONT PATHFINDER BRANCH 59 SONS IN RETIREMENT!! Retired men! Come and have lunch on us and join the best retiree group in Fremont!

We meet at the Fremont Elks Lodge at noon on the 3rd Wednesday of every month. In addition to engaging and entertaining luncheon programs and fabulous conversation, we offer a veritable plethora of activities for retired men. Golf, Bocce Ball, Poker, Bowling, Walking, Bridge, Couples Wine Tasting, Music and much, much more. Call, write, or email for your free lunch! Big Sir Rob Ingebretson, 48232 Cottonwood Street, Fremont, CA 94539; robingy@comcast.net; 510-657-7828.

#### Transfiguration Church Christmas Holiday Boutique

4000 E. Castro Valley Blvd., Castro Valley 94552
Saturday, November 23 2:30p.m. -5:30p.m.
Sunday, November 24 8:15 a.m. - 1:00 p.m.
Come peruse and shop early for the Holidays!
Lots of handmade gifts, yummy baked goods and an awesome White Elephant table to purchase from.
Event is free! If you have any questions Contact: Vivian Zaleski at scrapper37@gmail.com

#### MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION

Welcomes YOU!

We are a spirital community of open minds, nurturing growth and healing in ourselves, and all people. Together we strive to live compassionately and courageously as we work to build a nonviolent, just sustainable world. We welcome you and your family. Programming for children at the same time as Service, every 2nd Sunday of the month. We meet Sundays at 10 a.m. in Cole Hall, located at 2950 Washington Blvd. in Fremont and online at www.mpuuc.org/Zoom

Learn more about us at www.mpuuc.org

# Fremont Stamp Club Meet 2nd Thurs. each month Cultural Arts Center

3375 Country Dr., Fremont Interesting discussions, trade, silent auction fremontstampclub@gmail.com www.fremontstampclub.org Steve (510) 461-3431

#### Living Hope Foursquare Church 7160 Graham Ave Newark CA

Welcomes You Sunday Worship Times English: 10:30am - 12:30pm Tagalog 2:00pm - 4:00pm Join our worship and study of God's Word. www.newlivinghope.org

### LOVE to WRITE? WANT to WRITE? WRITER'S BLOCK? Fremont Area Writers (FAW) is here to HELP!

Zoom meeting 4th Saturday of the month (off July & Dec) 2:00-4:00 PM

Great speakers! \* All genres! \* Critique groups available!

Email **scottfrombayside@yahoo.com**for Zoom link before the meeting.
Writers' Salon meets 4th Monday of the month
(occasional exceptions)

Join us via Zoom 7:00-9:00 PM Read, discuss or just listen.

Email up.dragonfly.com@gmail.com for Zoom link before the meeting.

Everyone is welcome! www.cwc-fremontareawriters.org

#### BINGO BINGO BINGO

Niles Canyon Mobile Estates
711 Old Canyon Road, Fremont (Niles District)
The FIRST MONDAY of Every month
Doors Open @ 6:00 PM Games Start @ 7:00 PM
\$7.00 - 6 pack; \$1.00 Bonanza; \$1.00 Blackout; \$1.00
Hot Ball; \$2.00 Daubers

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www.firstchurchfremont.org

See our website to meet us on Zoom

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We play a 9-game tournament
We welcome experienced players
and will work with new players
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Serious Mental Illness

#### Free 8-week course for caregivers of someone with a serious mental illness

starting Jan 4, 2025, from 9:00-11:30 in Fremont. Registration Form at: https://bit.ly/4h8ev0s Contact: Joe Rose at 510-255-3903 or F2F@NAMlacs.org

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### Shout out to your community

Our readers can post information including:

# Announcements For sale Garage sales Group meetings

Lost and found

**Activities** 

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

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

#### The "NO" List:

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

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#### NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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every month except December at the Masonic Home on Mission Blvd, Union City

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www.NARFE.org or 800-456-8410 (5am-2pm PT M-F) or leave msg for Jeannie at 510-792-6327

#### ROTARY CLUB OF NEWARK CA

Meets on Tuesdays from 12:15 PM to 1:30 PM at Doubletree Hotel, 39900 Balentine Dr., Newark, CA 94560 Conference Room 3

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Members share camaraderie, fun and self-service in helping others throughout the Tri-City area and beyond.

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Open for public tours \$4 adults, \$2 Children (7-13) on the:
 First Wednesday of each month, and
 Third Sunday of each month from 1 PM to 4 PM.
 Groups of six or more need to make a reservation
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 We will enforce current local CDC Guidelines
 All tours are Docent led and last about one hour.
 More information and group reservations email
 mphf.secretary@gmail.com

#### Soroptimist of the East Bay 19th Annual Holiday Boutique Saturday, November 23, 2024 10:00am to 4:00pm

Hill and Valley Women's Club 1808 B Street, Hayward, CA Hand Crafted Gift Items, Holiday Decor, Jewelry, Wardrobe Accessories, Handcrafted Cards, Woodworking, Pampered Chef, Pottery, Knitted/Crocheted Items, Tupperware, Raffle Prizes, and much, much more!

### TRI-CITIES WOMEN'S CLUB

Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 – Cards & Games 11:30 – Lunch 1:00 – Program & Meeting Group meeting monthly/bimonthly; bridge, lunch bunch,Rummikub, bocce ball & book club. For more info, call 510-673-0877

### **FREMONT COIN CLUB**Established 1971

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# Honor Roll

#### University of Maryland Global Campus Summer 2024 Graduates

Leandro Anonuevo of Hayward, Associate of Arts Nancy Garrison of Milpitas, Master of Science in Management University of Maryland Global Campus President's List Kabita Kunwar of Fremont

Order of the Engineer Inductee, Rensselaer Polytechnic Institute

Nathan Streater of Fremont

Campaign for College Opportunity, Excellence in Placement Honoree
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Campuswide Transfer-Level Math Success Ohlone College, Fremont Classifieds Deadline: Noon Thursday 510-494-1999 | tcv@tricityvoice.com

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#### **Business Analyst**

(Job# BA0924) sought by Orange Beacon Marketing LLC in Fremont, CA, offerd: \$97,219/yr: Extract & analyze data for potential bus. expansion. Use trend analysis & predictive modeling to identify growth opportunities & visualize these findings in reports & dashboards. Integrate cross-functional efforts & work w/ partners to optimize & enhance our collaborations & integrations. Assist in project mgmt for selected projects. Convert roadmap features into digestible user stories, define configuration specs, & ensure quality assurance throughout the project lifecycle. Analyze process issues & bottlenecks to make improvements & identify automation opportunities. Collaborate w/ the Product Mgr on roadmap planning & prioritization. Perform data discovery, analysis, & modeling to provide insights that influence bus. decisions & strategies. Regmts: Master's Deg in, Bus. Analytics, Statistics, Math, or rltd field. Knowl of utilizing SQL & d/base mgmt. Allows telecommuting in the Bay Area in CA

**Apply, mail CV w/ job# to** Alec, 4450 Enterprise St, Ste. 107, Fremont, CA 94538.

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# Interfaith Thanksgiving Service focuses on kindness



The Venerable Bhante Theravamsa, a Buddhist monk at Wat Buddhanusorn in Fremont, passes on a meditation cushion to John Johnston in the ritual of "Passing on the Tradition" at the 2023 Interfaith Thanksgiving Service. Photo credit: Rev. Charlene Hinckley

### Submitted by CANICE MCLAUGHLIN

The 63rd Annual Tri-City Interfaith Thanksgiving Service will be held on Monday, Nov. 25 at Niles Discovery Church in Fremont. The program is sponsored by the Tri-City Interfaith Council (TCIC). This year's theme, "Kindness Has No Boundaries," focuses on the diversity of cultures and faiths in our neighborhoods and the importance of kindness and

gratitude. TCIC President Reshma Inamdar will share a Thanksgiving reflection.

The idea of an interfaith Thanksgiving service traces back to 1962, when three Protestant Christian churches gathered for Thanksgiving worship. In the Bay Area, the holiday has evolved to include Jewish, Catholic, Baha'i, Buddhist, Christian, Church of Jesus Christ of Latter-Day Saints, Hindu, Jewish, Muslim, Ohlone, Sikh and Unitarian Universalist communities.

The liturgical fabric of the service is rich in prayers, songs, traditional costumes and music from various faiths and spiritual traditions represented in the Tri-Cities. The importance of passing sacred traditions to the next generation is highlighted at the conclusion of the service when symbols are passed from adults to younger members of Tri-City faith communities.

Parents are encouraged to bring children and youth to this inspiring and educational program.

The Thanksgiving service provides a unique opportunity to become acquainted with the varied cultural and religious traditions that are such a valuable part of our community. Refreshments will be available after the service.

This year's collection will benefit TCV (Tri-City Volunteers) Food Bank which supports neighbors with nutritious food via their Marketplace on Joseph Street and Mobile Pantry which



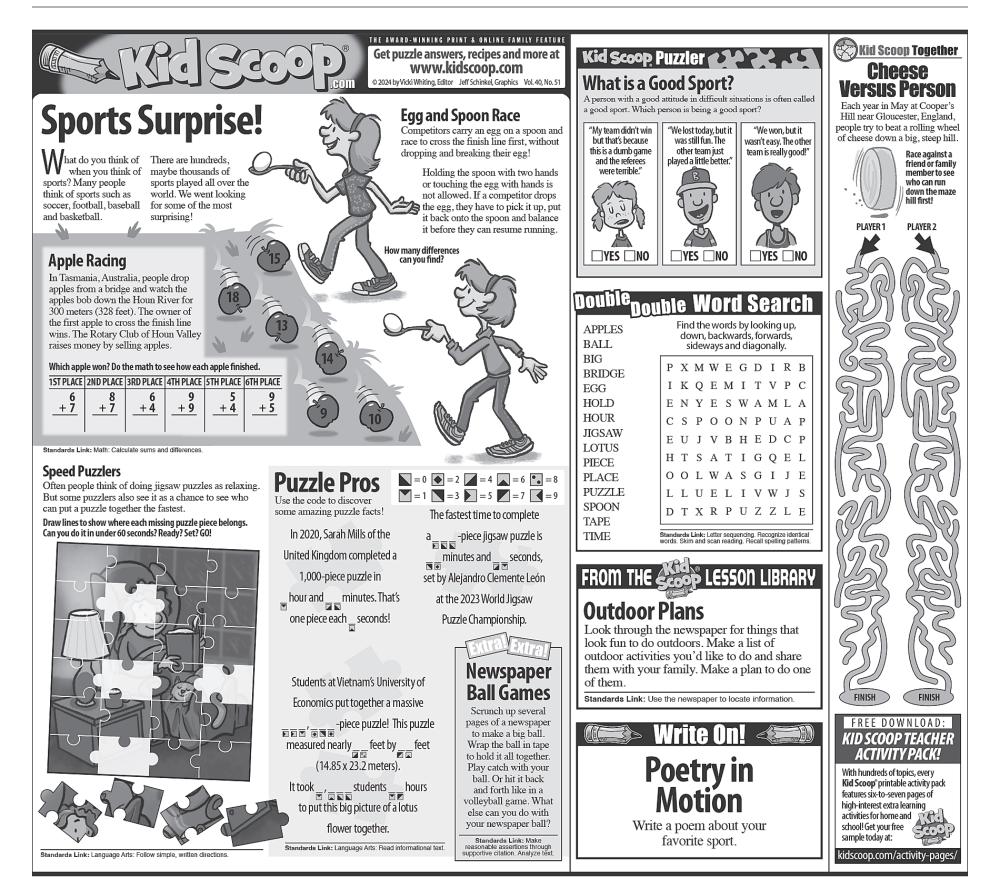
Sarabjit Kaur Cheema from the Sikh community offers a Sikh prayer book called the Gutka Sahib in the ritual of "Passing on the Tradition" during the 2023 Interfaith Thanksgiving Service. Photo credit: Rev. Charlene Hinckley

drives to various locations. TCV also feeds our local homeless population with a healthier bag lunch. People will be able to donate via Venmo at the service, or they can bring a check (payable to Niles Discovery Church) to the service. Please write TCV on the memo line.

Attendees can join in person or via Zoom. Registration is required for anyone attending on Zoom; register in advance at bit. ly/TCIC-ITS-2024. For more information about the

Tri-City Interfaith Council, please go to tcicouncil. weebly.com/.

Interfaith Thanksgiving Service Monday, Nov. 25 7:30 p.m. Niles Discovery Church 36600 Niles Blvd., Fremont tcicouncil.weebly.com



Letter to the Editor of Tri-City Voice:

# A Response to Newark's New Tobacco Retail License Ordinance

On Oct. 24, 2024, Newark City Council passed a tobacco retail license ordinance to address growing concerns among its residents about the harms of unregulated tobacco exposure near youth-sensitive areas (ex: schools, parks, etc.). While this was a highly anticipated and arduous achievement, a few provisions requested by community members in collaboration with the Alameda County Department of Public Health were left out.2 These include capping the number of tobacco retail licenses issued by the city, enforcing the prohibition on the sale of tobacco products within 1,000-ft (approximately two blocks) of youth-sensitive areas, and prohibiting the transfer of tobacco retail licenses from one proprietor to the next. These three provisions share a common theme of regulating tobacco retail density, a strategic and evidence-based approach that has proven effective in other municipalities across the Bay Area.3

Newark's tobacco retail licensing ordinance must include tighter restrictions on retailer density near youth sensitive areas. According to the 2012 report by the US Surgeon General on Preventing Tobacco Use Among Youth and Adults, "youth living in areas with highest density of retail tobacco outlets are more likely to have smoked cigarettes in the past month than those in areas of lowest density of outlets".1 Considering the influence of peer pressure in adolescents' decision-making and identity development, it's no surprise that they would pick-up smoking when confronted with omnipresent smoke shops. In Newark, there are a total of thirty-five tobacco retail smoke shops and only twelve public schools. According to the 2023 California Youth Tobacco Survey, which surveys high school students every two years as part of a longitudinal research study funded by the California Department of Public Health and the California Department of Education, despite the minimum legal age of 21 years old to purchase tobacco products in California, the most common method of obtaining vapes or cigarettes among high school students was by buying the products themselves, and roughly 60-70% of these self-purchases were done at retail stores.4

Opponents of tobacco retail density regulations may argue that these provisions restrict business operations and could hurt small retailers who rely on tobacco sales for revenue. They may prefer alternatives such as raising the price of tobacco products or enforcing federal laws that prohibit the sale of "loosies" or single cigarettes. While these alternatives are helpful, they do not address the geographic proximity of these products to youth. According to Dr. Golden et. al. in a recent publication funded by the National Cancer Institute examining the supply and demand effects between tobacco retailer density and smoking prevalence, the most effective

regulations are ones that "combine retail environment regulations with those that reduce consumer demand".5 Further, when considering the negative impact of tobacco addiction on social (ex: stigma), environmental (ex: air pollution), and health outcomes (ex: cardiovascular disease) alone, the weight of these consequences at a population level seems far more threatening than retail revenue losses.

In conclusion, amending Newark's tobacco retail licensing ordinance to include retail density regulations is an important step towards securing a more equitable future for its residents, especially the younger generation that is heavily targeted by the tobacco industry. By limiting the accessibility of tobacco products, Newark can create a safer environment that supports long-term health and well-being for all its residents.

Carmen Javier Newark

References:

1) CDC. "Scientific Evidence Briefs." Smoking and Tobacco Use; Tobacco retail Density, Location, and Licensure, April 2021. https://www.cdc.gov/tobacco/php/data-research/scientific-evidence-briefs/index.html.

2) "Community Preservation (Code Enforcement) | Newark, CA." Accessed November 8, 2024. https://www.newark.org/departments/community-development/community-preservation.

3) "San Francisco's Tobacco Retail Density Regulation: An E-cigarette Policy Case Study" | Public Health Law Center." Accessed November 8, 2024.

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.publichealthlawcenter.org/sites/default/files/resources/ecigarette-policy-case-san-francisco.pdf

4) Clodfelter, R., Dutra, L. M., Bradfield, B., Russell, S., Levine, B., & von Jaglinsky, A. (2023). Annual results report for the California Youth Tobacco Survey

2023; Pages 43-54. RTI International. https://www.cdph.ca.gov/Programs/ CCDPHP/DCDIC/CTCB/CDPH%20 Document%20Library/ResearchandEvaluation/ SurveyInstrumentsTrainingManualsAndProtocols/

CYTS2023AnnualReport\_FINAL.pdf
5) Golden SD, Kuo TM, Combs T, Kong AY, Ribisl KM, Baggett CD. Supply and demand effects between tobacco retailer density and smoking prevalence. Tob Control. 2024 Aug 12:tc-2024-058739. doi: 10.1136/tc-2024-058739. Epub ahead of print. PMID: 39134401.

#### **Letters Policy**

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

#### EarthTalk Q&A

# THE ENVIRONMENTAL DARK SIDE OF LIVE MUSIC

#### By ISABEL EDDY

Dear EarthTalk: Is there an environmental/climate impact of the huge growth in the live music and concert industry over the last couple of decades?

—Julia E., Sacramento, CA

The live music industry has skyrocketed over the last few decades. In 2023, the multinational Live Nation Entertainment reported 145 million fans attending 50,000 live events worldwide. The average music festival attendee produces about five kilograms of carbon dioxide per day, contributing to an average of 500 tons of greenhouse gasses emitted per festival. In 2023, the industry contributed over 115 million pounds of waste and 400,000 tons of carbon pollution in the U.S. alone.

But wouldn't all these attendees be contributing this waste and pollution no matter where they were? Not really. A series of unique environmental costs is behind this carbon footprint, one of the most prominent being air travel. Artists bring their crew, gear and instruments to each performance, and may use private jets. More famous artists rack up larger eventwide emissions, as fans are more likely to fly or drive long distances to see them. Other major factors include lighting and sound, usually diesel-fueled, and food served with non-reusable and non-recyclable tableware, which tends to end up polluting the land as well.

Though unsustainable, the industry's popularity is not likely to be curtailed. But several festivals, concerts and venues have found ways to reduce their impacts. Coldplay has captured

fans' kinetic energy to charge the show's batteries through stationary bikes and a dancing pad. Other artists including Billie Eilish have utilized 100 percent solar charged intelligent battery systems to make performances carbon neutral.

Recently, Outside Lands in San Francisco partnered with REVERB, a nonprofit trying to decarbonize the music industry, to divert 90 percent of their waste, amounting to 385,000 tons, from landfills. Techniques included mandating 100 percent compostable tableware and exclusively selling reusable bottles.

Working across venues and vendors can yield efficient results. The English band Massive Attack arranged for a local train network to offer five extra trains for fans traveling home, incentivizing individuals to ride the train with offers of free electric bus transfers and access to a special guest bar with separate restrooms.

MIT's Climate
Machine Research Group is
undertaking an analysis of
the carbon footprint of live
music, with a report due out
in 2025. Until then, outfits
like REVERB are making
effective mitigation measures
available to artists and
venues. As these practices are
adopted, the future of live
music grows brighter.

#### CONTACTS

REVERB: reverb. org/campaign/music-decarbonization-project

decarbonization-project/ Nature: www.nature. com/articles/d41586-024-02828-1

Clean Technica: cleantechnica. com/2024/09/30/ the-carbon-footprintof-live-music-is-a-savagebeast-is-there-any-hope-forimprovement/



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# Pharmacy offers in-home vaccinations

WHY NOT GIVE IT A SHOT?



Haller's Director of Pharmacy Sanjay Patel often visits patients himself to take the load off his staff. Courtesy of Haller's Pharmacy

#### By DAVID R. NEWMAN

For over 65 years, Haller's Pharmacy in Fremont has been providing essential services to the Tri-City community. And now they are offering in-home vaccinations to those unable to visit the store in person.

Said Director of Pharmacy Sanjay Patel, "Since the pandemic we have offered this service to a handful of our customers who are either bed-bound or physically disabled or just cannot leave the house for one reason or another. We go out and personally administer the vaccines to them, all in the comfort of their own home."

COVID-19 and flu shots are the most common vaccines needed, but Haller's also provides RSV, Tdap, Shingles, MMR and Pneumonia immunizations. And they only charge for the medicine—travel expenses are free.

"It can be very complicated for many of these people just to leave the house," explains Patel. As an example, he describes a customer who is confined to her bed, surrounded by medical equipment. "She can't open the front door, so she just leaves it open.

There is a caregiver, but they are not always there. I have come by several times to administer a vaccine and she is just lying there, alone in her home."

Patel usually visits customers himself so as not to draw on pharmacy staff, and over the years, a certain trust has formed. "They recognize me, they know it's me who's coming, so they don't have to worry," he says.

Eighty-six-year-old Sonia is one of those customers. She's in a wheelchair. "Haller's is very good at ensuring that we are being taken care of in a timely manner. It's such a great service," she notes.

Many customers call in ahead of time to schedule their in-home visits. "Usually they're pretty good about it," says Patel. But he admits that sometimes it can be challenging working with the elderly, especially those suffering from Alzheimer's or dementia. "We check their records, and then double check with the state website to make sure their doctor hasn't administered [the vaccine]. We have to be proactive because sometimes our

active because sometimes of customers forget."

Patel feels that it is this personal attention that sets Haller's apart from the big chains. He is

passionate about serving



Haller's Pharmacy offers in-home vaccinations for those in need. Courtesy of Haller's Pharmacy

his community, and since becoming head pharmacist in 2019 has greatly expanded services. "One of my first acts was to set up a vaccine program in the store." He chuckles. "Then the pandemic hit and all hell broke loose."

Haller's was on the front lines of the medical effort to try and halt the spread of COVID-19, teaming up with Fremont Fire Department and Alameda County Immunization Department to administer the new vaccine. Now Patel is again working with Alameda County to provide treatment to the Fremont homeless population for substance abuse.

It's all part of a philosophy that a pharmacy should be more than just a dispensary, but rather a provider of services that complements city, county and state health care. A philosophy of which Walt and Belle Haller would most certainly be proud.

For more information, or to schedule an in-home vaccination, contact:

Haller's Pharmacy 37323 Fremont Blvd., Fremont 510.797.2772 sanjay@hallersrx.com www.hallerspharmacy.com

# Home & Garden

# Holiday recipes

**INGREDIENTS OF TOGETHERNESS** 



Butternut squash soup pairs well with mashed potatoes and roasted brussel sprouts. Photo credit Madhvika Singh



Top apple crisp with vanilla ice cream. Photo credit Madhvika Singh

#### By MADHVIKA SINGH

With the holidays approaching, the excitement of seeing family and friends fills my heart with joy. As I started a home garden, entertaining guests also became centered around harvest. Incorporating the produce from the yard in traditional holiday recipes allowed our family to experience gratefulness in new ways. Last year, I wanted to try a new squash recipe for the holidays, but rodents destroyed the squash overnight. Weather and other circumstances have also affected what I could harvest, emphasizing the uncertain nature of life and reminding me to appreciate what's in front of me.

There have been times when I thought I would have a quiet Thanksgiving, but a surprise call from family or friends meant that I would be putting together a full-fledged meal. Having some quick recipes handy gave me peace of mind to fully experience the joy of hosting loved ones. Here are

some that have come to my rescue and were a crowd pleaser too. These blend in well with traditional recipes, and also make a great potluck dish.

### Roasted butternut squash soup

Yes, I was lucky to be able to harvest butternut squash this year!

Wash and split butternut squash into two halves, scooping out seeds and any strings. On a sheet pan, assemble the squash, one medium onion cut into quarters, two peeled carrots roughly chopped, and eight to 10 cloves of garlic. Sprinkle salt and drizzle olive oil, or brush with butter. Roast vegetables at 425 F for about 40 minutes or until they are fork tender. Let cool. Scoop squash from the peel, and along with other ingredients, add to a blender. Dilute contents with broth or water and blend.

Warm a few tablespoons of olive oil or butter in a heavy-bottom pan. Add a two-inch piece of cinnamon, fresh sage leaves and



Chickpea falafel can be fried, baked or air fried. Photo credit Madhvika Singh



Granny Smith or honey crisp apples make a delicious dessert and delicious cooking aroma. Photo credit Madhvika Singh

sprigs of thyme, allowing them to infuse for a few minutes. Pour in blended soup, season with salt and pepper and let simmer for a few more minutes. Add fresh cream and top with pumpkin seeds. Goes well with holiday breads, mashed potatoes and vegetable sides like oven-roasted brussels sprouts. A three-pound butternut squash makes around eight to ten servings. This recipe can be easily doubled. Left-over soup freezes well too.

#### Apple crisp

A neighbor shared apples from her tree and I'm very thankful. Crisp apples and the added bonus of the house filling up with a cozy cinnamon aroma prompted me to indulge in this dish.

#### Filling

Granny smith or honey crisp apples - about two pounds, cored, peeled and sliced

Three tablespoons brown sugar (more if desired)

One-half teaspoon ground

One teaspoon vanilla extract One teaspoon lemon juice

#### Crisp

One cup old fashioned rolled

One cup all-purpose flour One stick of unsalted butter,

One cup brown sugar, tightly packed

One teaspoon ground cinnamon Pinch of salt

Pre-heat oven to 350 F. In a mixing bowl, add apples, sugar, cinnamon, vanilla extract, lemon juice and stir together to combine. Lightly coat a seven by 11" baking dish with unsalted butter. Transfer contents into the dish, making sure that apple slices lie evenly at the bottom. Set aside.

Combine oats, flour, brown sugar, cinnamon, and salt in a bowl and gently work in the butter. Spread the crumbly mixture evenly on top of the apples. Put baking dish in a sheet pan to catch oozes and bake at 350 F for about 45 minutes, or until crust turns golden brown and juice from the apples has started to bubble at the edges. Let rest for 30 minutes and serve topped with ice cream. Makes eight to ten servings.

#### Chickpea falafel

I can use herbs from my garden, and it's an easy vegan option with a mix of store-bought and home-made ingredients. Add to a charcuterie board, serve as a side salad or enjoy plain! Or assemble with breads, crackers, pickles, seasonal spreads like fig, cranberry chutney, tahini, and fresh fruit and vegetables—falafel dresses up the table in no time.

Wash two cups of dried chickpeas and soak for at least ten to twelve hours. Rinse well, and let drain in a colander. Pulse chickpeas in a food processor a few times to break into smaller pieces. Add one medium roughly

chopped onion, four to five cloves of garlic, and a handful of fresh herbs like parsley, cilantro, dill. Add one teaspoon each of cumin and coriander seeds and jalapeño or serrano pepper. Pulse ingredients to a coarse consistency, and run food processor until everything gets incorporated. (You may have to do this in batches.)

Remove the mixture, and blend in two tablespoons of sesame seeds. Let mixture rest in the refrigerator for half an hour. Add salt to taste and mix well. Using your hands, mold the mixture into balls. Heat frying oil on medium high heat and fry falafel balls until crisp and golden. Make sure not to overcrowd. Recipe yields about fifty falafel balls.

One can also bake falafels in a 350 F pre-heated oven for 15-20 minutes. Use a sheet pan lined with parchment paper. Flatten falafel to make it like a patty, lightly brush with olive oil, and turn over midway. The taste and texture might vary from the fried version. Air frying is another option.

Note: This article is for culinary inspiration only. Please consult your healthcare provider should you have any questions or concerns about adding any new foods or ingredients to your diet.

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# Arts & Entertainment

#### **Continuing Events:** Mondays, Wednesday, Fridays Oct. 14 - Dec. 20 **EnhanceFitness Fall Pre-**

vention Course \$R 9:30am - 10:30am Exercises to build strength and balance in adults ages 65+ Ralph & Mary Ruggieri Senior Center 33997 Alvarado-Niles Rd., Union City 510.876.8809 spectrumcs.org Suggested donation for

#### Mondays and Tuesdays **Practice Your English at** Fremont Main Library

10-week course: \$54

Monday: 7pm - 8pm (starting Tuesday: 4pm - 5pm Practice English with tutors. Fremont Main Library 2400 Stevenson Blvd., Freaclibrary.org

#### **Mondays and Thursdays Food Garden Volunteer**

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

#### **Tuesdays**

#### **East Bay Games Meet**

6pm - 10pm German/Euro style board games and card games. Swiss Park 5911 Mowry Ave., Newark 510.936.2523 meetup.com/east-bay-games sfdavidkaye@yahoo.com

#### **Tuesdays**

**East Indian Seniors R** 

2pm - 4pm Anyone who is retired and of Indian origin or interested in Indian culture is welcome to

Age Well Center at Lake Eliz-40086 Paseo Padre Pkwy., Fremont 510.790.6606 Second and Fourth Tuesdays of the month

#### **Tuesdays**

#### **Music and Storytime**

11:30am - 12pm Join us for stories, music, and movement. For babies, toddlers, kids, and preschoolers. Cherryland Community

#### 278 Hampton Road, Hayward 510.626.8522

#### Tuesdays **Comfort & Joy Ukulele R**

1:30pm - 3pm A group of ukulele players with volunteer leaders to practice familiar songs as well as learning new. Age Well Center at Lake Eliz-40086 Paseo Padre Pkwy.,

#### 510.790.6606 **Thursdays**

Fremont

#### **Historic Days**

10am - 4pm Ride a narrow-gauge train, tour the beautifully restored Patterson House Museum. Disabled accessible. Ardenwood admission fee applies. Ardenwood Farms 34600 Ardenwood Blvd., Fremont 510.544.2797

#### Drop in program **Thursdays**

#### **Family Board Game** Night

3:30pm - 5:30pm Play together with family and friends, or make some new friends at the library. Centerville library 3801 Nicolet Ave., Fremont 510.795.2629 Board games will be provided.

#### **Thursdays**

#### **The Peaceful Poets** 5pm - 8pm

Join a Milpitas-based group of writers and appreciators of Milpitas Public Library 160 N Main St., Milpitas 408.262.1171

#### For teens, adults, and seniors. Last Thursdays of the month Thursday, Nov. 7 - Satur-

#### day, Dec. 14

#### **Connecting Cuts Exhibit** Witness the art of Bay Area artists' papercutting, intricate designs created by carving shapes in positive and negative space into paper. Gallery hours: Thur - Sun; 12pm - 5pm Olive Hyde Art Gallery

123 Washington Blvd., Fre-510.791.4357 olivehydeartguild.org

#### Thursdays and Saturdays

#### **Story Time**

10:30am - 11am Picture book story time Banter Bookshop 3768 Capitol Ave. Ste. F, Fremont 510.565.1004 bit.ly/3VFpbc

#### **Saturdays**

#### Laugh Track City R\$

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.

#### Schedules are subject to change. Call to confirm activities shown in these listings. **Saturdays**

**Teen Cohort for Outdoor** 

\$ = Entrance or Activity Fee

R= Reservations Required

10am – 4pm Meet new friends, build outdoor skills, and get to know your community Ashland Community Center 1530 167th Ave., San Leandro Noel Munivez: 510.317.2303 munn@HaywardRec.org

#### **Sundays Farmyard Games**

**Education R\$** 

1pm Try your hand at classic American pastimes including stilts, sack races, and the potato-spoon race. Drop in program; Ardenwood admission fee applies. Ardenwood Farms

34600 Ardenwood Blvd., Fremont (510) 544-2797

#### **Sundays - Saturdays Recreational Swim \$**

#### 12:30pm - 5pm 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** Wednesday, Nov. 20

#### Focus Fusion: Mind and **Body Connection**

5:00 - 5:45pm Focus Fusion offers resources, strategies, and community

help for teenagers to power through some of the most common mental health issues: anxiety, stress, and sleep deprivation.

Union City Library 34007 Alvarado-Niles Rd., Union City 51.745.1464

unioncitylibrary@aclibrary.org

#### Thursday, Nov. 21

#### **Dino Party**

11:30am - 12:30pm Please join us for a dinosaur-themed party. Explore various art, sensory and play stations while making friends and learning all about dino-

Fremont Library 2400 Stevenson Blvd., Fre-

#### 510.745-1421 Saturday, Nov. 23

#### FAW Zoom Meeting

Award winning writer Jane K. Cleland speaks on plow twists and using red hearings in your writing. Zoom

Request link from scottfrombayside@yahoo.com cwc-fremontareawriters.org

#### Sunday, Nov. 24 Cozy Movie Night Craft-

3pm Work on your craft while watching Pride and Prejudice. The Chabot Theater will keep the lights low. The Chabot Theater 2853 Castro Valley Blvd., Cas-

tro Valley Tickets at booksonb.com Admission: \$5

#### Monday, Nov.25 **Eden Garden Club Meet-**

#### 9:30am

Guest speakers will discuss bulbs that bloom in the Spring, the "BEE Highway" and more. Meetings are free, guests are always welcome. Faith Lutheran Church 20080 Redwood Rd., Castro Edengardenclub.com

#### Monday, Nov. 25 **Interfaith Thanksgiving** Service

7:30 p.m. This year's theme, "Kindness Has No Boundaries," focuses on the diversity of cultures and faiths in our neighborhoods and the importance of kindness and gratitude. Niles Discovery Church 36600 Niles Blvd., Fremont tcicouncil.weebly.com

#### Tuesday, Nov. 26 24th Taiwanese Free **Thanksgiving Dinner**

4pm - 6pmThe Taiwanese Chamber of Commerce of S.F.B.A. and Love of Taiwan Association will sponsor their 24th Free Thanksgiving Dinner. The event is expected to serve 500 people in need. Centerville Presbyterian Church (in Gym) 4360 Central Ave., Fremont

#### Tuesday, Dec. 3

#### Karaoke for a Cause

Giving Tuesday fundraiser for the nonprofit theatre company with a holiday-themed twist. Get you (or a singer of your choice) a spot on the holly jolly performer's list. Dirty Bird Lounge: Bird of Paradise Room 926 B St., Hayward Plethos.org

#### Saturday, Dec. 7 San Leandro Library **Cookbook Sale**

10am - 3pm Hundreds of books featuring cuisines from around the world will be featured. It's great time to start your holiday shopping. San Leandro Main Library 300 Estudillo Ave., San Lean-

continued from page 1

# How the holiday season affects mental wellbeing



Grey skies, cold weather, and early evenings can contribute to Seasonal Affective Disorder depression that appears or worsens in winter. Photo credit: Stephanie Uchida

#### **Overlooked groups**

Young people have their own challenges around the holidays. Dr. Michael Stanton, a licensed clinical health psychologist and Assistant Professor at California State University, East Bay, shares that his college students experience the same holiday stressors as older adults, plus a few more. He says, "One demographic issue with my population is students feeling like they're adults and going home to a family that still treats them

like children." Finances are a huge source of holiday stressaffording gifts and food, not to mention the pressure of maintaining appearances. Students experience that stress too. Stanton continues, "It's expensive to live. A lot of students have jobs and need to work full time." Students also may have tests and projects coming up directly after the holidays, so they have to balance spending quality time with family with doing well academically.

Even younger kids have their stresses. Parents often want to show off their kids' accomplishments,

and older relatives want to know how young people are doing, especially if they haven't seen each other for a while. But kids can feel pressured to perform and uphold the family image. Dr. Magno says, "It's not a problem so much if the children are doing very well. It's harder for those who are struggling academically or with relationships. That's reinforcing self esteem issues. It can be traumatic for them, so they want to avoid, to be in their room."

#### 2020s stress

Recent years brought their own stressors to add to the holiday bundle. Inflation adds to the financial pressures. Covid also added to social anxiety. Michael Stanton says, "Coming out of Covid it's been a challenge to make relationships, or rejoin some of those old relationships. People lost some of those skills. Particularly young people who didn't develop it at the same rate as previous generations did and are still catching up."

Interestingly, Dr. Magno observes that for a while Covid lockdowns flipped the usual holiday dynamic.

"Those with social anxiety, at least with my patients, were happy that they were in lockdown. Those who had been bullied or who were feeling awkward in social situations at work or at school, they were so happy." Conversely, "Those who are the sociable ones were severely impacted. They became depressed. They felt isolated, and they like to be around people."

#### Overview

Many of these stressors money, stress, anxiety—are present the rest of the year. In addition to the disruption of routines, what makes them stronger during the holidays is the assumption that people "should" be enjoying themselves during this relaxing, joyous time. It's more accurate to say that everyone is stressed about something, but that stress doesn't have to negate everything good.

Part II of this article will explore advice from Dr. Magno and Dr. Stanton on how to manage stress and boost mental health.

APA article www.apa.org/news/press/ releases/2023/11/holidavseason-stress

#### **Boutique Calendar Mistletoe Madness** Saturday, Nov. 30

10am - 4pm Marina Community Center

15301 Wicks Blvd., San Leandro www.mistletoemadness.net/

**Believe Holiday Boutique** Saturday, Dec. 7

9am - 3pm American High School 36300 Fremont Blvd., Freahsboutique.weebly.com/

# Red herrings aren't

#### Submitted by **NANCY GUARNERA**

Fremont Area Writers (FAW) will be hosting award-winning author, Jane Cleland, at its monthly Zoom meeting on Saturday, Nov. 23 from 2pm to 4pm. Everyone is welcome to attend. The topic of Cleland's presentation is "The Art of Distraction: Using Red Herrings."

One of the secrets to successful writing is creating complex and surprising plots. Skilled writers often use a sneaky technique to befuddle readers known as "red herrings." In the same way a magician uses sleight of hand, a writer can divert a reader's attention from the actual to the illusionary. If done well, readers will believe what they see on the printed page, even though it's intended to send them in the wrong direction. Using red herrings is an irresistible and effective way to draw readers in and keep them turning pages.

Jane K. Cleland is an award-winning author who writes both fiction and nonfiction. Her fiction includes the longrunning Josie Prescott Antiques Mystery series. Her writing also appears in the Alfred Hitchcock Mystery Magazine. Her nonfiction includes the Agatha-Awardwinning bestsellers, Mastering



Jane Cleland is an award-winning mystery writer. Photo courtesy of Fremont Area Writers

Suspense, Structure & Plot and Mastering Plot Twists. She's a Contributing Editor at Writer's Digest Magazine and the chair of the Black Orchid Novella Award (BONA). Cleland teaches writing at the university level, and offers free monthly webinars on the craft and business of writing. More details are available at www.janecleland.com.

To get your link to this event, email a request to scottfrombayside@yahoo. com with "FAW Zoom" on your subject line. You

should receive the link a day or two before the meeting. Learn more about Fremont Area Writers at cwcfremontareawriters.org. FAW is a branch of the California Writers Club (CWC) calwriters.org.

**FAW monthly Zoom** meeting Saturday, Nov. 23 2pm - 4pm Online via Zoom Request link from scottfrombayside@yahoo. cwc-fremontareawriters.org

#### PUBLIC NOTICES

NOTICE OF PUBLIC HEARING CITY OF FREMONT HISTORICAL ARCHITECTURAL REVIEW BOARD

NOTICE IS HEREBY GIVEN THAT THE HISTORICAL ARCHITECTURAL REVIEW BOARD (HARB) OF THE CITY OF FRE-MONT WILL HOLD A PUBLIC HEARING ON THE FOLLOWING PROPOSAL. SAID PUBLIC HEARING WILL BE HELD AT 6:30 P.M., ON THURSDAY, DECEMBER, 5, 2024, AT THE CITY OF FREMONT DEVELOPMENT SERVICES CENTER, NILES CONFERENCE ROOM, 39550 LIB-ERTY STREET, FREMONT, CALIFORNIA, AT WHICH TIME ANY AND ALL INTER-ESTED PERSONS MAY APPEAR AND BE HEARD.

WAT BUDDHANUSORN TEMPLE EX-PANSION - 36038 Niles Boulevard - PLN2017-00184 - To consider a Historical Architectural Review Board Design Review for a proposed expansion of the Wat Bud-dhanusorn Temple living quarters, a new educational building and accessory struc-tures, and an expanded parking lot on a site containing a historic resource located in the Niles Community Plan Area, and to consider an exemption from the requirements of the California Environmental Quality Act (CEQA) per, without limitation, CEQA Guidelines Section 15303, New Construction or Conversion of Small Structures, CEQA Guidelines Section 15305, Minor Alterations in Land Use Limitations. CEQA Guidelines Section 15332 In-Fill Development, and CEQA Guidelines Section 15183, as the project is consistent with the General Plan, for which an Environmental Impact Report (EIR) (SCH#2010082060) was previously prepared and certified Each of the foregoing provides a separate and independent basis for CEQA compli-Project Planner - James Willis, (510) 494-

4449, jwillis@fremont.gov

For further information on any of the above items, contact the respective project planner above for that particular project.

\* NOTICE

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

JAMES WILLIS, SECRETARY HISTORICAL ARCHITECTURAL REVIEW



#### **CIVIL**

SUMMONS
(CITACION JUDICIAL)
CASE NUMBER (Número del Caso):
22CV403049
NOTICE TO DEFENDANT (AVISO AL
DEMANDADO): JASMINE GONG; HENRY
GONG
YOU ARE BEING SUSTE

DEMANDADO): JASMINE GONG; HENRY GONG YOU ARE BEING SUED BY PLAINTIFF (LO ESTÁ DEMANDANDO EL DEMANDANTE): NAREN CHAGANTI NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhe/p), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

¡AVISO! Lo han demandado. Si no responde dentro de 30 días la corta responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información 30 DÍAS DE CALENDARIO después de

que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de respuesta. Puede encontrar estos formularos de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más

advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos requisitos para otienter servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte. cá.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is (El nombre y dirección de la corte es): SUPERIOR COURT FOR SANTA CLARA COUNTY, 191 N. FIRST STREET, SAN JOSE, CA 95113

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): NAREN CHAGANTI, 713 THE HAMPTONS LN, TOWN & COUNTY, MO 63017 (650) 248-7011; NAREN@CHAGANTI.

COM
DATE (Fecha): 8/8/2022 10:49 PM
Clerk (Secretario), by M. BUI, Deputy (Adjunto)

(SEAL) 10/29, 11/5, 11/12, 11/19/24

CNS-3865962#

#### FICTITIOUS BUSINESS **NAMES**

FICTITIOUS BUSINESS NAME STATEMENT File No. 610358 Fictitious Business Name(s):

CHESNEY'S COUNTRY KITCHEN, 1200 W WINTON AVE #217, HAYWARD, CA 94545 County of ALAMEDA

Registrant(s):
SHELLEY DAMERAL, 1200 W WINTON AVE
#217, HAYWARD, CA 94545
Business conducted by: an Individual
The registrant began to transact business using
the fictitious business name(s) listed above on

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/SHELLEY DAMERAL,
This statement was filed with the County Clerk of Alameda County on 10/30/2024.

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 11/19, 11/26, 12/3, 12/10/24

CNS-3870426#

#### CNS-3870426#

FICTITIOUS BUSINESS
NAME STATEMENT
Fictitious Business Name(s):
DRIVEWAY AUTO SALE, 38665 FREMONT
BLVD UNIT 2, FREMONT, CA 94536, County
of ALAMEDA
Registrant(s):

Registrant(s):

OPENWORK LLC, 9032 PEMBRIDGE DRIVE,
ELK GROVE, CA 95624 (CALIFORNIA)
Business conducted by: A LIMITED LIABILITY
COMPANY

The registrant bases to trappect business using COMPANY
The registrant began to transact business using the fictitious business name(s) listed above on

The registrant began to transact business using the fictitious business name(s) listed above on 2/8/2024 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/ MOHAMMAD KHON
This statement was filed with the County Clerk of Alameda County on NOVEMBER 6, 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 1441) et seq., Business and Professions Code).

CNS-3870424#

FICTITIOUS BUSINESS NAME STATEMENT
File No. 610331
Fictitious Business Name(s):
1. BAY AREA VETERINARY MEDICAL CENTER
OF UNION CITY CA, 2. VETERINARY MEDICAL
CENTER OF UNION CITY CA, 33663 MISISON
BLVD, UNION CITY, CA 94587 County of
ALAMEDA
Registrant(s):

REJAINIEDA REGISTRAINI(S): SURAT GILL CORPORATION, 33663 MISISON BIJVD, UNION CITY, CA 94587 (CA) Business conducted by: a Corporation The registrant began to transact business using the fictitious business name(s) listed above on 120 2020.

The registrant began to transact business using the fictitious business name(s) listed above on 1-29-2020.

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]. SURAT GILL CORPORATION S/ SURAT GILL CORPORATION S/ SURAT GILL This statement was filed with the County Clerk of Alameda County on 10/29/2024.

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 1411 et seq., Business and Professions Code).

#### CNS-3870423#

#### FICTITIOUS BUSINESS NAME STATEMENT File No. 610476

Fictitious Business Name(s): NILES BICYCLES, 161 I ST., FREMONT, CA 94536; MAILING ADDRESS: 4509 RODERIGO CT., FREMONT, CA 94555, County of ALAMEDA Registrant(s):
NILES BICYCLES, 4509 RODERIGO CT.,
FREMONT, CA 94555 (CALIFORNIA)
Business conducted by: A LIMITED LIABILITY
COMPANY

The registrant began to transact business using the fictious business name(s) listed above on

11/05/2024 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/ ALBERT SAMSON
This statement was filed with the County Clerk of

/s/ ALBERT SAMSON
This statement was filed with the County Clerk of
Alameda County on NOVEMBER 5, 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 expent as provided in subdivision (b) of 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).

#### CNS-3870421#

#### FICTITIOUS BUSINESS NAME STATEMENT File No. 610156

Fictitious Business Name(s):
NRITYA ANAND ACADEMY OF DANCE, 2434
OLIVE AVE, FREMONT, CA 94539 County of ALAMEDA

Registrant(s): ARCHANA ARCHANA PATKAR, 2434 OLIVE AVE. FREMONT, CA 94539 Business conducted by: an Individual The registrant began to transact business using

the fictitious business name(s) listed above on 01/01/2024. 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/ ARCHANA PATKAR,

S/ARCHANA PATRAK, This statement was filed with the County Clerk of Alameda County on 10/22/2024. 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

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 Sectio 14411 et seq., Business and Professions Code). 11/12, 11/19, 11/26, 12/3/24

#### **FICTITIOUS BUSINESS** NAME STATEMENT File No. 610462

TENG ACUPUNCTURE, 2140 PERALTA BLVD STE 112, FREMONT, CA 94536, County of ALAMEDA

MAILING ADDRESS: 3031 CHRISTINE CT., FREMONT, CA 94536

MAILING ADDRESS: 3031 CHRISTINE CT., FREMONT, CA 94536 Registrant(s):
TESHU TENG, 3031 CHRISTINE CT., FREMONT, CA 94536 Business conducted by: AN INDIVIDUAL
The registrant began to transact business using the fictitious business name(s) listed above on 12/18/2019
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ TESHU TENG
This statement was filed with the County Clerk of Alameda County on 11/05/2024
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 14/12, 11/19, 11/26, 12/3/24

#### CNS-3869283#

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 610347
Fictitious Business Name(s):
PICTURE PERFECT PHOTOGRAPHY, 40137
KELLY ST, FREMONT, CA 94538 County of
ALAMEDA
Registrant(s):

Registrant(s): LORI CRUZ, 40137 KELLY ST, FREMONT, CA

LORI CRUZ, 40107 NEE 94538
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

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/LORI CRUZ,
This statement was filed with the County Clerk of Alameda County on 10/30/2024.

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).

CNS-3869278#

#### FICTITIOUS BUSINESS NAME STATEMENT

File No. 610178
Fictitious Business Name(s):
ERIN LORRAINE MEDIA, 2904 HILLEGASS AVE,
BERKELEY, CA 94705 County of ALAMEDA

BERRELEY, CA 94705 COUNTY OF ALANIEDA Registrant(s):
ERIN LORRAINE WOODWARD, 2904
HILLEGASS AVE, BERKELEY, CA 94705
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

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/ERIN LORRAINE WOODWARD,
This statement was filed with the County Clerk of Alameda County on 10/23/2024.

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).

II/12, 11/19, 11/26, 12/3/24

CNS-3868371#

#### CNS-3868371#

### FICTITIOUS BUSINESS NAME STATEMENT File No. 610107

Fictitious Business Name(s): ENGINEERING FOR KIDS, 46560 FREMONT BLVD #106, FREMONT, CA 94538, County of ALAMEDA.

Registrant(s): SSB EDUCATION LLC, 46560 FREMONT BLVD #106, FREMONT, CA 94538, County of ALAMEDA conducted by: A LIMITED LIABILITY

The registrant began to transact business using the fictitious business name(s) listed above on MAY 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/ HARISH UTAMSING

North Transising Transising Transis at the County Clerk of Alameda County on 10/21/2024

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.

flied before the expiration.

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

11/5, 11/12, 11/19, 11/26/24

#### FICTITIOUS BUSINESS NAME STATEMENT File No. 610108

Fictitious Business Name(s):
ROUND TABLE PIZZA, 46600 MISSION BLVD,
FREMONT, CA 94539, County of ALAMEDA

Registrant(s):
RAH SAMI PIZZA LLC, 46600 MISSION BLVD,
FREMONT, CA 94539, County of ALAMEDA
Business conducted by: A LIMITED LIABILITY
COMPANY
The register. The registrant began to transact business using fictitious business name(s) listed above or

the fictitious APRIL 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/ HARISH UTAMSING This statement was filed with the County Clerk of Alameda County on 10/21/2024

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). 11/5, 11/12, 11/19, 11/26/24

FICTITIOUS BUSINESS NAME STATEMENT File No. 610203 Fictitious Business Name(s):

EZ PACKING AND SHIPPING, 31157 SAN BENITO ST., HAYWARD, CA 94544, County of ALAMEDA

MIKE ZHU, 31157 SAN BENITO ST., HAYWARD,

NINCE 2HU, STIST SAN BENTIO ST., HAI CA 94544 Business conducted by: AN INDIVIDUAL The registrant began to transact busines

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/ MIKE ZHU

/s/ MIKE ZHU
This statement was filed with the County Clerk of Alameda County on 10/23/2024
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.

riled before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 11/5, 11/12, 11/19, 11/26/24

CNS-3866337#

# FICTITIOUS BUSINESS NAME STATEMENT File No. 610131 Fictitious Business Name(s): HIN REAL ESTATE / HIN MANAGEMENT, 38371 ALTA DR., FREMONT, CA 94536, County of ALAMEDA Registrant(e):

REJUIEDA Registrant(s): SKYLINE PROPERTY INVESTMENT, 41041 TRIMBOLI WAY #1402, FREMONT, CA 94538 Business conducted by: A CORPORATION The registrant began to transact business using

the fictitious business name(s) listed above on 10/15/2024

l 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/ CHARLES HIN

one thousand dollars [\$1,000].) /S/ CHARLES HIN
This statement was filed with the County Clerk of Alameda County on 10/22/2024
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 filling 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).

### FICTITIOUS BUSINESS

FICTITIOUS BUSINESS
NAME STATEMENT
File No. 609876
Fictitious Business Name(s):
SEBAS GARDENING SERVICES, 5274
BELVEDERE ST., OAKLAND, CA 94601, County
of ALAMEDA
Registrant(s):
PEDRO SEBASTIAN MATEO, 5274 BELVEDERE
ST., OAKLAND, CA 94601, County of ALAMEDA
Business conducted by: AN INDIVIDUAL
The registrant began to transact business using
the fictitious business name(s) listed above on
10/09/2024
I declare that all information in this statement
is true and correct. (A registrant who declares

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].

Is/ PEDRO SEBASTIÁN MATEO
This statement was filed with the County Clerk of

This statement was filed with the County Clerk of Alameda County on 10/10/2024

Ihis statement was filed with the County Clerk of Alameda County on 10/10/2024 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).

CNS-3865245#

#### **GOVERNMENT**

PLANNING COMMISSION OF

PLANNING COMMISSION OF THE CITY OF UNION CITY NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Planning Commission of the City of Union City will hold a public hearing on the following matter: 32004 Alvarado Boulevard (APN: 483-040-047) MOD-24-001

MOD-24-001
Please be advised that Chikin Drip, a chicken restaurant chain, is seeking approval of Use Permit and Site Development Review Modification (MOD-24-001) to modify Use Permit (UP-16-88) and Site Development Review (SD-44-88) to remove hours of operations restrictions for the restaurant and drive-through service at 32004 Alvarado Blvd, Union City CA 94587 (APN: 483-040-047), within the CC (Community Commercial)

Zoning District.

NOTICE IS ALSO GIVEN that staff is recommending that this project be considered categorically exempt from the California Environmental Quality Act (CEQA) per Section 15301, Existing Facilities, Class 1, of the CEQA

This item will be heard at a public hearing by the Planning Commission at the meeting listed below. Comments may be submitted in writing prior to the hearing or at the hearing consistent with the Teleconference Guidelines. The project planner. Samuel Fluhmann, can be reached (510) 675-5321 or via email at samuelf@unioncity

# PLANNING COMMISSION MEETING Thursday, December 5, 2024 Said hearing will be held at 7:00 p.m. City Hall-Council Chamber, 34009 Alvarado-Niles Road Union City, CA 94587 and Via Teleconference The Planning Commission meeting packet and instructions on how to virtually attend the meeting and provide your comments can be found at https://www.unioncity.org/199/City-MeetingsVideo. PLANNING COMMISSION MEETING

Video.

Meeting packets which include the meeting agenda and staff report are generally available online the Friday before the meeting.

If you challenge the above-described project in court, you may be limited to raising only these isputs you are compose pleasurated at

those issues you or someone else raised at the Planning Commission public hearing for this project or the City Council public hearing, or in written correspondence delivered to the Planning Commission or the City Council at, or prior to, the public hearing.

CARMELA CAMPBELL, AICP Economic & Community Development Director

#### 11/19/24 CNS-3871767#

SUMMARY OF ADOPTED ORDINANCE NO.

CITY OF FREMONT

SUMMARY OF ADOPTED ORDINANCE NO. 10-2024
AN ORDINANCE OF THE CITY OF FREMONT AMENDING FREMONT MUNICIPAL CODE SECTION 10.05.550 RESTRICTING ON-STREET PARKING TO 72 HOURS AND ADDING SECTION 10.05.555 RESTRICTING OVERSIZED PARKING IN RESIDENTIAL AREAS ON October 8, 2024, the Fremont City Council introduced the above ordinance, amending Fremont Municipal Code Section 10.05.550 restricting on-street parking to 72 hours and adding Section 10.05.555 restricting or-street parking to 72 hours and adding Section 10.05.555 restricting oversized parking in residential areas.

The foregoing ordinance was introduced before the City Council of the City of Fremont at the

the City Council of the City of Fremont at the regular meeting of the City Council, held on the October 8, 2024, and finally adopted at a regular meeting of the City Council held on November 12, 2024, by the following vote: AYES: Mayor Mei, Vice Mayor Campbell, Councilmembers: Keng, Kimberlin, Shao, Salwan,

ABSENT: None ABSTAIN: None

A certified copy of the full text of Ordinance No. 10-2024 as adopted is available for review upon request in the office of the City Clerk, 3300 Capitol Avenue, Building A, Fremont CA 94538. SUSAN GAUTHIER, CMC – CITY CLERK

CNS-3871534#

#### CITY OF FREMONT SUMMARY OF ADOPTED ORDINANCE NO.

#### CNS-3871531#

Project is acteorically exempt from that the project is a resolution 1) authorizing the City Manager or her designee to execute a Power Purchase Agreement (PPA) with Ava Community Energy for installation of solar-battery microgrids at six critical City facilities; 2) finding that the PPA qualifies for expedited procurement under California Government Code Section 4217.10; and 3) finding that the project is categorically exempt from

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 DECEMBER 10, 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.

2025 Citywide Pavement Crack Seal Project PWC 8195-X1

A BIDDERS' CONFERENCE: There is no conference for this project.
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 Iocated at 2070 Ringwood Avenue, San Jose, CA 95131 via Phone(408) 295-5770 oremail: sanjose@e-arc.com or through Plansvellat www.ears.com/Decation/santactora.

is non-returnable.Call to commit availability or copies before coming to pick up documents. For more information on this project, contact the City of Fremont Purchasing Department at jbecerra-scola@fremont.gov JANICE BECERRA, CPPB PURCHASING DIVISION CITY OF FREMONT 11/19, 11/26/24

#### NOTICE OF PETITION TO ADMINISTER ESTATE OF RONALD L. MYERS CASE NO. 24PR098475

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: RONALD L. MYERS AKA RONALD LEE MYERS AKA RONALD

A Petition for Probate has been filed by ALAN K. MYERS in the Superior Court of California, County of ALAMEDA. The Petition for Probate requests that ALAN K. MYERS be appointed as personal

the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person be granted unless an interested person files an objection to the petition and shows

good cause why the court should not grant the authority. A hearing on the petition will be held in this court on 12/18/2024 at 9:45 A.M. in Dept. 201 Room N/A located at 2120 MARTIN LUTHER KING JR WAY, BERKELEY, CA

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

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

may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of

an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for Petitioner: AMBER C.
HASKETT, ESQ., HASKETT LAW FIRM,
P.C., 5820 STONERIDGE MALL ROAD,
SUITE 207, PLEASANTON, CA 94588,
Telephone: 925-460-8850
11/12, 11/19, 11/26/24 court clerk.

CNS-3869892#

#### TRUSTEE SALES

T.S. No. 125974-CA APN: 501-0818-006-00 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/11/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 1/9/2025 at 9:00 AM, CLEAR RECON CORP, as duly appointed trustee

CITY OF FREMONT
PUBLIC HEARING

Notice is hereby given that the City of Fremont
City Council will hold a public hearing to consider
the following proposal. Said public hearing will be
held at 7:00 p.m., Tuesday, December 3, 2024,
Council Chambers, 3300 Capitol Ave., Bldg. A,
Council Chambers, 3300 Capitol Ave., Bldg. A,
Council Chambers, As which time all interested parties
may attend and be heard:
CRITICAL MUNICIPAL FACILITIES PROJECT
- Public Hearing (Published Notice) to consider

Government Code Section 4217.10; and 3) finding that the project is categorically exempt from the requirements of the California Environmental Quality Act (CEQA) per, without limitation, on a separate and independent basis, Public Resources Code 21080.35, Guideline 15301 (Existing Facilities), 15303 (New Construction or Conversion of Small Structures), and 15311 (Accessory Structures). Information on how to participate will be made available, at least 72 hours prior to the meeting, on the agenda posted online. If you challenge any decision of the City Council in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing.

SUSAN GAUTHIER, CMC – CITY CLERK 11/19/24

CNS-3871527#

CNS-3871527#

sanjose@e-arc.com or through Planwellat www.e-arc.com/location/santa-clara Please reference BID #25-014 No partial sets will be issued,cost is non-refundable.Call to confirm availability of

CNS-3871184#

#### **PROBATE**

#### PUBLIC NOTICES

under and pursuant to Deed of Trust recorded 9/1/2017 as Instrument No. 2017193105 of Official Records in the office of the County Recorder of Alameda County, State of CALIFORNIA executed by: KIRK WHITE AND LAURA WHITE, HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE; at the Fallon Street Steps Alameda County Courthouse, 1225 Fallon Street, Oakland, CA 94612 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE ACCURATELY DESCRIBED IN SAID DEED OF TRUST. The street address and other common designation, if any, of the real property described above is purported to be: 5233 PAXTON CT, FREMONT, CA 94536 The

undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, common designation, ir any, snown nerein. Sail sail be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Truste and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$437,444.27 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be

recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by

the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (855) 313-3319 or visit this Internet website www.clearreconcorp. com, using the file number assigned to this case 125974-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are

the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 125974-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee receives it no more than 45 days after the trustee receives it no more than 45 days after the trustee sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (855) 313-3319 CLEAR RECON CORP 3333 Camino Del Rio South, Suite 225 San Diego, California 92108

CNS-3868696#

# LIFE CORNERSTONES

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

Marriage **Birth Obituaries** 



#### Fremont Chapel of the Roses

(510) 797-1900 1940 Peralta Blvd., Fremont www.fremontchapeloftheroses.com



#### Fremont **Memorial Chapel**

(510) 793-8900 3723 Peralta Blvd. Fremont www.fremontmemorialchapel.com

#### Richard W. Kendrick, Jr. Resident of Tracy

August 14, 1956 - November 13, 2024

#### Augusto I. Mendioro, Jr. Resident of Fremont

January 30, 1960 - November 13, 2024

#### Ronald W. Cambra

Resident of Fremont July 22, 1950 - November 9, 2024

#### Marjorie M. Pine

Resident of Discovery Bay February 21, 1928 – November 5, 2024

#### **Gregory Brahaney**

Resident of Fremont December 7, 1951 - November 2, 2024

#### **Muniratanam Naiker**

Resident of Redwood City July 22, 1952 - November 3, 2024

#### Jessica L. Manning

Resident of Fremont July 17, 1981 - October 25, 2024

#### Gloria J. Contreras

Resident of Fremont April 28, 1943 - November 2, 2024

#### Joseph S. Virzi

Resident of Fremont February 19, 1964 - October 29, 2024

#### Raymoki Engler

Resident of Fremont October 30, 1959 - October 30, 2024

#### **Ervin B. Mayer**

Resident of Union City June 16, 1930 – October 28, 2024

**Cyd Smith** Resident of Newark October 15, 1956 - October 28, 2024

#### **Tricia Redd**

Resident of Fremont February 6, 1971 – October 23, 2024

#### Arthur J. Jones, III

Resident of Fremont April 10, 1975 - October 2, 2024



#### Berge • Pappas • Smith **Chapel of the Angels** 510-656-1226

40842 Fremont Blvd, Fremont www.bergepappassmith.com

#### **Faramarz Azadan**

Resident of Fremont June 28, 1950 - November 11, 2024

#### Hemlata Sanghani

Resident of Fremont March 19, 1925 - November 10, 2024

#### Meera Khera

Resident of San Jose

#### July 5, 1944 - November 9, 2024

**Ronald Johnson** Resident of Fremont

#### September 5, 1944 - November 8, 2024

**Art Swenson** 

#### Resident of Fremont

August 24, 1942 - November 8, 2024

#### Srinivasababu Pochiraju

Resident of Dublin March 15, 1960 - November 8, 2024

#### **Guadalupe Guerrero**

Resident of Havward

#### December 18, 1947 - November 8, 2024

#### **Anant Rishi** Resident of Newark

December 9, 1982 - November 5, 2024

#### **Bhogilal Patel**

Resident of Fremont February 2, 1935 - November 5, 2024

#### Lakshmi Krishnamurthy Resident of Newark

29, 1952 - November 4, 2024

Sundaresan Laxminarayan Resident of Newark

lulv 10, 1949 - November 1, 2024

#### **Theodore Strack** Resident of Fremont

December 19, 1950 - October 31, 2024

#### Venkata Aravind Kadiyala Resident of Lathrop

July 1, 1985 - October 30, 2024

#### John Goddard

Resident of Danville May 4, 1941 - October 28, 2024

Susan Buehler

#### Resident of Fremont

November 7, 1960 - October 28, 2024 **Yixian Wang** 

#### Resident of Fremont

October 10, 1944 - October 28, 2024

#### Ashokkumar Joshi Resident of Fremont

March 26, 1947 - October 27, 2024

### CYNTHIA ARREOLA

July 17, 1959 - October 27, 2024



ith profound sadness and gratitude, we announce the passing of Cynthia Arreola who left us on October 27, 2024, at the age of 65, after a long and courageous battle. Born on July 17, 1959, to Verlyn and John Cop, Cynthia was raised in a close-knit family alongside her brothers Edward, John, and Jim, and sisters Deborah and Joetta. From an early age, she understood the importance of family, love, and perseverance—values that would shape the way she cared for and inspired those around her.

Cynthia's life was one of boundless love, unwavering strength, and quiet grace. In October 1980, she married the love of her life, Raul Arreola, and together they built a lasting and loving partnership that spanned more than four decades. Their love story was one of deep commitment, unwavering support, and shared values. As a mother to Allen, Michelle, Robert, and Natalie, and a grandmother to Christina and Landon, Cynthia's greatest joy was her children, guiding them with wisdom and an unconditional love that will never be forgotten.

While Cynthia faced many challenges throughout her life, her strength was steadfast and unshakable. Cynthia was a woman of incredible grace, who faced life's many challenges with courage and dignity. Despite the obstacles she encountered, her love for her family and her faith remained constant. She was a woman of deep empathy, offering support, understanding, and warmth at every turn. Whether as a wife, mother, sister, or friend, Cynthia's love was a steady force, always there to those in need.

One of Cynthia's most unforgettable qualities was her laugh—a bright, radiant sound that could light up any room. It was the kind of laugh that made others feel at ease, infectious in its joy and sincerity. It will be missed immensely by all who were fortunate enough to hear it, a reminder of her warm spirit and the happiness she brought to those around her.

Cynthia is survived by her beloved children Allen, Michelle, Robert, and Natalie, her grandchildren Christina and Landon, her sisters Deborah and Joetta, her brother Edward, and many

extended family members and friends. Her memory will continue to live on in the hearts of all those who had the privilege of knowing her. A Celebration of Life will be held on November 15, 2024, at 10:30 AM at the Chapel of the Angels in Fremont, CA. A burial service will follow at Madronia Cemetery in Saratoga, CA,

Family and friends are invited to bring flowers to honor Cynthia's life and the love she so

freely gave.

Though we mourn her passing, we are endlessly grateful for the light Cynthia shared with us. Her legacy of love, strength, and grace will continue to inspire us in the years to come. May her soul rest in peace, and may her memory be a blessing to all who knew her.



# **Celebrate** a life well lived

MEEKLYS Call or email for details:

Lynda at 707.353.1148

or LifeTributes@Weeklys.com tricityvoice.com/obituaries

Capture the essence of a departed family member with an obituary in the pages of our papers. Your tribute will appear perpetually on our website, and that of our partner, Legacy.com. We can write a tribute that embodies the spirit of the deceased, or we can publish one you provide us.





# Flash Fiction contest winners inspired by frogs

EDWARD SOOHOO WINS FOURTH PLACE FOR 'A BOY NAMED FROG'

By **STAFF** 

The fall Flash Fiction contest, with the theme "Frogs" was held on Sept. 28. Over the next few weeks, this paper will run the winning entries. Below is the fourth place winner. To

read all the winners, go to: fremontculturalartscouncil.org.

#### **A Boy Named Frog**

### By EDWARD SOOHOO

James was born with a face only a mother could love. His head was huge, with two buggy eyes sitting atop a tiny nose but broad mouth. His tongue, even

as an infant, was gigantic. While other babies sucked their thumbs, James would extend his tongue and lick his own forehead.

As James grew he was quickly labeled an oddity within the tiny mountain town. Not only because of his unconventional appearance—but also due to the strange way he walked. You see, James found it hard to take steps—left, right, left, right—like a

normal person. He much preferred to leap from place to place, crouching and then propelling himself forward.

After a few years, James was gone—having been replaced by A Boy Named Frog. The other children, his school teachers, even the pastor at church used this name. The teasing was horrible, exacerbated by Frog's tendency to have his overalls covered in mud from the nearby woods.

Frog did have one thing going for him in his life—he was a fantastic swimmer. The water was his natural element. No one could out-swim Frog. Not the other children, nor adults. One time an Olympic hopeful, a competitive swimmer from the nearby university, passed through the small town. Frog easily beat him by 10 lengths and made the young man cry.

As fate would have it

the tiny mountain town was slated for development. A massive hotel and water park was planned, taking advantage of the area's natural beauty. James successfully interviewed for a lifeguard position, baseball cap and sunglasses on his head to hide his shame.

A Boy Named Frog went on to a 30-year lifeguard career at the water park, retiring after saving hundreds of guests from drowning.

Letter to the Editor

# Strengthening Newark's Tobacco Retail Licensing Ordinance

Encouraged by concerned parents and staff from Newark Middle School's Parent Teacher Student Association (NMS PTSA), Newark's City Council recently took a major step forward in the fight against tobacco-related illnesses by adopting a Tobacco Retail

Licensing (TRL) ordinance in fall 2024. Some of the highlights from the newly adopted ordinance include: ending the sale of all flavored tobacco products, requiring minimum prices and pack sizes for cigar products, and stopping new tobacco retailers

from locating near youthsensitive areas like schools and parks as well as near other existing tobacco retailers.

While NMS PTSA applauds the passing of this strong ordinance, we believe more can be done to further strengthen it,

such as ending the sale of all electronic smoking devices (vapes); limiting the total number of licenses allowed in the city, which is already higher per capita than in Fremont or Union City; and not allowing the transfer of tobacco retail licenses

in order to incrementally disperse retailers away from youth-populated spaces.

Ultimately, the city of Newark's adoption of the TRL ordinance is a win for our youths' health and well-being. However, tobacco smoking or vaping is a tough addiction to quit. The vast majority of adults who use tobacco report starting as youths, and four out of five youth smokers indicate that they began smoking with a flavored tobacco product.

It is our hope that the City of Newark will continue to add to the TRL and further strengthen the ordinance to limit accessibility of all tobacco products—including all vapes—and prevent our youth from ever getting hooked.

President Cara Kundrat Newark Middle School Parent Teacher Student Association President

# Talent2Give hosts cultural festival for seniors citizens at Priya Living



Performances included traditional and fusion dance and karaoke. Photo courtesy of Jiya Kohar



Performers and seniors alike shared a lively time. Photo courtesy of Jiya Kohar

### Submitted by JIYA KOHAR

Talent2Give (T2G), a non-profit organization dedicated to connecting talented individuals for community enrichment, hosted a cultural festival on Nov. 16, 2024, for the senior citizens of Priya Living. Performances, joy, and laughter, offering an unforgettable evening for attendees.

In the words of
Jiya Kohar, founder of
Talent2Give and sophomore
at American High School,
"I always find joy in hosting
festivals where young,
budding artists can [not
only] showcase their talent,
but also [entertain] our
senior citizens. They are the
most affectionate and loving
audience, and their blessings
mean so much to me. What
better way to give back
than by dedicating a festive

celebration to them, with a fun evening of immensely talented performers?"

The event began with prayer and blessings from Lord Ganesha, followed by a soulful Bharatanatyam performance by Asmi Sharma, a talented 6th grader from Thornton Middle School. Twin sisters, Avika Pant and Navika Pant, also from Thornton Middle School, delighted the crowd with a fusion dance performance,



Student performers from age five and up showed their talents. Photo courtesy of Jiya Kohar

blending Hindi and English popular songs. Kohar, the host of the evening, kept the audience engaged with interactive quiz segments on Ramayana and Mahabharata. Ms. Priyanka entertained everyone by hosting a karaoke session of classic old melodies, which transported the seniors back to their youthful era.

The highlight of the event was an impressive medley choreographed by the talented dance instructor

Ms. Dhara. The youngest performers—Kiara, Isha, Sahana, Inaya and Soraya, a group of confident 5- and 8-year-olds from Warwick Elementary School—stole the show with their spirited dance, earning a standing ovation from the audience.

Talent2Give, a non-profit organization focused on community building, aims to bring together individuals with exceptional talents to raise awareness and funds

for important causes, such as combating child hunger. By hosting events like this cultural festival, Talent2Give continues to foster creativity and goodwill, supporting both performers and the broader community.

For more information email talent2give@gmail. com or visit https://talent2give.org/ to make donations.

# Bouncing back from challenges at work and in life: Part I

By ANNE CHAN, PHD, MFT

Scenario 1: Your company is undergoing a re-org and it is clear that some jobs will be restructured, and many will be eliminated. The work atmosphere becomes tense and unfriendly, as colleagues jockey to save their hides. What do you do?

Scenario 2: Your boss gives you a poor work evaluation. You feel devastated, angry and hurt. How will you react?

Scenario 3: You keep hearing ominous and depressing news about Artificial Intelligence (AI) taking away all jobs. How will you stand up to this AI challenge?

Scenario 4: As the inside candidate, you believed

you were a shoo-in for a promotion. But the job was given to an external candidate instead. You feel hurt, angry and betrayed. How will you cope with this situation? How will you treat this new colleague who "stole" this opportunity from you and your boss who preferred someone over you?

Scenario 5: Your partner tells you that they are done with the relationship. You are now facing the threat of being alone. How are you going to deal with your fear and anxiety?

I wish I could say that the above scenarios are once-in-a-lifetime events. However, the sad reality is that they are regular occurrences in the workplace and in life, particularly here in Silicon Valley. These challenges to your mental

well-being are real and they bring with them a plethora of painful emotions like anger, fear, anxiety, worry and despair. Certainly, these are not easy situations to deal with. However, research has found that the psychologically resilient handle negative events with such fortitude that they appear to come out even stronger and more successful on the other side.

Psychology researchers use the term "resilience" to describe the ability to bounce back from setbacks and challenges. Some people are hardwired to be more resilient in life and have an easier time bouncing back. However, the good news is that resilience is a learnable skill, even if you are not hardwired that way. You can strengthen your resilience

muscle just as you can work on your abs and quads.

The basics of building resilience are likely not going to surprise you, but they cannot be overemphasized. To become resilient, you need to get enough sleep and to eat nutritiously. These fundamentals are essential to helping you cope with adversity. Resist the temptation to cut your sleep to work harder or to snag lunch from the vending machine so you can catch up on emails. The fearful part of you wants to prove that you are a great worker, so you try to put in extra time at work. Counterintuitive though it may seem, working harder doesn't mean that you are working smarter. You cannot be a great worker unless you have a healthy mind and body

fueled by sleep and nutrition.

Resilience researchers
have also found that those
who have the ability to
bounce back have stronger
ties to people around them.
Close friends and loved
ones can give us that muchneeded emotional boost and
support when we are down.
Our Silicon Valley lifestyle
tends to encourage us to

hide behind our phones, connecting mostly through social media. However, there is no replacement for true, meaningful connections. So reach out to people, both at work and outside. Even if you are feeling lonely and friendless, you can still volunteer your time and connect with others. Loneliness is associated with medical conditions like heart disease, high blood pressure and dementia. So schedule time each day to connect with family or friends via phone, text, in person or on social media. Make the intention to build strong connections and relationships with others at work.

Stress is a fact of life. especially here in the Bay Area. Unfortunately, stress erodes resiliency. On the bright side, there are many things you can do to manage and reduce your stress levels. Take a stress management class: yoga, taichi, qigong, meditation and breathing classes are all beneficial for calming our minds and bodies. Attending a class can also be a great way to connect with like-minded people.

Another immediate stress-buster is to go outside and be with nature. Studies have shown that trees and plants have immediate beneficial effects on our stress hormone levels.

For those of you who tend to pile too much onto your plates and then get stressed out, learning to say no is an essential skill.

In this article, I focused on the action steps you can do immediately to start developing your personal resilience. Next month, I will delve deeper into mind hacks so that you can psychologically bounce back from challenging circumstances at work and at home. Remember: resilience is a skill that anyone can develop, whether they are ten or 100 years old!

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

#### **Analysis**

# Impacts of Trump presidency on U.S. immigration

### By BARBARA WONG-WILSON

The presidency of Donald Trump significantly reshaped U.S. immigration policies, prioritizing restrictive measures, enforcement and redefined priorities. His administration's changes had wide-reaching impacts, affecting everything from border security and asylum processes to employmentbased immigration and travel bans. Here's a breakdown of some of the most notable impacts of Trump's presidency on U.S. immigration.

# 1. Border Security and Immigration Enforcement

From the beginning of his term, Trump emphasized enhancing border security as a central goal, often framing it as essential for national security. One of his administration's most visible efforts was the attempt to build a border wall along the U.S.-Mexico border.

Trump also introduced the "zero-tolerance" policy, mandating prosecution of all illegal border crossings, which led to the separation of thousands of families. This policy aimed to deter unauthorized crossings but sparked national and international outcry due to its human rights implications. Although the policy was later rescinded, the crisis highlighted issues with the

administration's approach to immigration enforcement.

#### 2. Limiting Legal Immigration

Legal immigration avenues also saw significant limitations under Trump, especially through executive orders and rule changes. For example, the administration implemented the "public charge" rule, which denied visas and green cards to immigrants deemed likely to require public assistance, such as Medicaid, food stamps or housing vouchers. This rule created new barriers for low-income immigrants and faced criticism for restricting family-based immigration.

Furthermore, processing times for immigration applications significantly increased, and a host of procedural changes added to the backlog. This affected both family-based and employment-based applicants, slowing the approval of petitions and delaying family reunifications and work authorizations.

# 3. Temporary Protected Status (TPS) and DACA

Trump's administration attempted to end the Deferred Action for Childhood Arrivals (DACA) program, which provided temporary protection from deportation and work authorization for undocumented immigrants brought to the U.S. as children. Although the

Supreme Court ruled against ending DACA in 2020, this effort created uncertainty for thousands.

Temporary Protected Status (TPS), granted to nationals of countries affected by armed conflict or natural disasters, was also under threat. The administration sought to terminate TPS for several countries, including El Salvador, Haiti and Honduras. These terminations faced legal challenges, but the policies sparked fears of deportation among TPS holders, many of whom had lived in the U.S. for decades.

#### 4. Refugee Resettlement and Asylum Policies

Asylum Policies

Trump's presidency saw a dramatic reduction in refugee admissions to the U.S. In 2020, the annual refugee cap was reduced to 18,000, the lowest level since the refugee program began in 1980. This decrease was justified as a way to prioritize Americans' needs, but it affected global refugee resettlement, leaving many vulnerable people stranded without options.

The administration also restructured the asylum process, implementing measures like the Migrant Protection Protocols (MPP), also known as the "Remain in Mexico" policy. Under MPP, asylum seekers were required to stay in Mexico while

awaiting U.S. immigration court hearings, often in dangerous and unstable conditions. Additionally, the administration introduced "safe third country" agreements with countries like Guatemala, requiring migrants to seek asylum in these countries before applying in the U.S., which limited access to asylum.

#### 5. Muslim and Travel Bans

One of Trump's most controversial actions was the travel ban, often referred to as the "Muslim ban." This executive order restricted entry to the U.S. from several predominantly Muslim countries, including Iran, Syria and Yemen, citing national security concerns. The ban sparked backlash and was modified through various iterations, but it ultimately impacted thousands of individuals from affected countries and led to extended delays and denials of visaseven for individuals with no ties to terrorism. The ban also fueled debate about religious discrimination and the boundaries of executive power.

#### 6. Impact on Employment-Based Immigration

The Trump administration imposed several restrictions on employment-based immigration, particularly targeting the H-1B visa program, which allows U.S. companies to employ foreign workers in specialized

fields. New regulations and executive orders raised wage requirements for H-1B workers, increased scrutiny of visa applications, and added requirements for employers, effectively limiting the use of the H-1B program.

These measures were meant to "protect American jobs," especially in the tech sector, but they led to challenges for employers and contributed to labor shortages in specialized fields. Additionally, international students faced heightened uncertainty around Optional Practical Training (OPT), a program that permits foreign graduates to work in the U.S. after completing their degrees.

### 7. COVID-19 Pandemic and Immigration

The COVID-19 pandemic further influenced Trump's immigration policies. In 2020, Trump issued a series of proclamations suspending the issuance of new visas for certain nonimmigrant workers, including H-1B, H-2B, and L-1 visa holders, as well as family-based green cards. The rationale was to protect American jobs amid rising unemployment. Entry bans were extended until the end of Trump's term.

#### Conclusion

The Trump administration's immigration policies were marked by restrictive measures that prioritized border security, limited asylum access and reduced both legal and humanitarian immigration. These policies reshaped the immigration landscape, emphasizing enforcement and limiting pathways to the U.S. for many seeking refuge, family reunification or employment. Although some of these policies have been reversed or challenged under the Biden administration, Trump's presidency left a lasting legacy on U.S. immigration, demonstrating how quickly policy shifts can impact millions of people's lives. The debates his administration ignited around immigration continue to shape policy discussions today, highlighting the challenges of balancing security, humanitarian commitments and economic needs.



Attorney Barbara Wong-Wilson

Barbara Wong-Wilson is an attorney at Mission Law & Advocacy, P.C. and SW Law Group P.C. If you have any questions on U.S. immigration matters, please feel free to reach out to wong@missionlaws.com

# Park Happenings for November

#### NEWS FROM THE EAST BAY REGIONAL PARK DISTRICT

**Turn Black Friday** 

Green – Free Park Day
on Friday, Nov. 29. Green
Friday – the day after
Thanksgiving – is a great
time to visit Regional Parks
for free and spend quality
time with family and friends.
All entrance and activity
fees are waived on Green
Friday, including parking,
dogs, horses, boat launching,
and fishing, as well as
entrance to Ardenwood
Historic Farm. The fee

waiver does *not* include state

fees for fishing licenses and

concessionaires, such as the

or Redwood Valley Railway

watercraft inspections, or

Tilden Merry-Go-Round

steam train.

Select Green Friday programs on Friday, Nov. 29 include:

Hike It Off (Work off your Thanksgiving Meal), 9 a.m. at Reinhardt Redwood (Drop-in)

Green Friday: Discover Nature's Gifts,10 a.m. at Round Valley (Registration Required)

Green Friday Mine Tours, 10:30 a.m. at Black Diamond Mines (Drop-in) Green Friday Hike, 10:30 a.m. at Coyote Hills

(Drop-in)
More info: www.ebparks.
org/we-celebrate/green-

South Park Drive Closed for Annual Newt Migration. South Park Drive in Tilden Regional Park is closed to all motor vehicle traffic through March 31, 2025, to protect migrating and breeding newts. Visitors are welcome to use the road during the closure for walking, cycling, and dog-walking. Please keep dogs away from the newts as they are poisonous to pets. Cyclists are asked to proceed slowly and avoid newts crossing the road. More info: www.ebparks. org/about-us/whats-new/news/annual-south-park-drive-closure-newt-migration Experience King Tides

Along the Shoreline.
King tides occur when there is alignment of the gravitational pull between the sun, moon, and Earth, causing unusually high tides. Learn about the future effects on the East Bay shorelines and how the District is implementing plans for sea level rise and habitat and shoreline

resiliency.

Beautify the Bay &
Clean Up the Shoreline
(AFTER the King Tide),

Crab Cove: Saturday, Nov. 23 from 10 a.m. to 12:30 p.m.

Help clean up trash deposited along the shoreline during the king tide. Gloves and buckets will be provided, or you may bring your own. Snacks and refreshments served. Community service hours available. Heavy rain cancels. More info: www.ebparks.org/calendar?terms=Beautify+Bay

calendar?terms=Beautify+Bay
Green Friday Contra
Loma Mini Forest Project
(Nov. 29 & 30). Spend your
Green Friday (and Saturday,
too!) helping to create a new
mini forest at Contra Loma
Regional Park! Volunteers
will help restore a healthy
native habitat by planting
oaks, cottonwoods, and
buckeye trees in a new grove
near the shores of Contra
Loma reservoir. More
info: www.ebparks.org/
calendar?terms=Mini+Forest

### TAIWANESE CHAMBER OF COMMERCE HOSTS 24TH FREE THANKSGIVING DINNER

### Submitted by **JOHN HSIEH**

Together, the Taiwanese Chamber of Commerce of S.F.B.A. and Love of Taiwan Association will sponsor their 24th Free Thanksgiving Dinner on Tuesday, Nov. 26. The event will be held at Centerville Presbyterian Church in Fremont, and is expected to serve 500 people in need. Opening remarks and singing of the national anthem will start off the gathering. Due to issues with the facility roof there won't be a sit-down meal this year; dinner will be given out in to-go boxes, along with a blanket.

The free dinner is held in cooperation with Centerville Presbyterian Church, Centerville Free Dining Room and Immanuel Presbyterian Church. The organizers hope that in the spirit of thanksgiving and sharing, the event will bring residents of the Tri-City and Hayward together.

24th Taiwanese Free Thanksgiving Dinner Tuesday, Nov. 26 4pm – 6pm Centerville Presbyterian Church (in Gym) 4360 Central Ave., Fremont

# Moreau Catholic Advances in NCS Playoff Run

THE MARINERS FOOTBALL TEAM BEAT ST. BERNARD 49-14 TO CONTINUE THEIR POSTSEASON



The Mariners take the field in position to score during the first half of the game. Photo by Andrew Joseph



Moreau Catholic takes the field in a goalline stance during the second quarter of the game. Photo by Andrew Joseph

## By ANDREW JOSEPH

The Moreau Catholic Mariners advance to the second round of the NCS Division 7 football playoffs by beating the St. Bernard Crusaders 49-14 at home in Hayward last Friday, Nov.15. Moreau keeps their postseason drive alive and advances to the North Coast Section (NCS) Division 7 semifinals. The Mariners have now won six of their last seven games and improved to 7-4 this season.

"Our mentality tonight was come out here playing well and execute," said Mariners head coach Keith Minor. "You have to give our quarterback Jeremiah Charles credit for commanding our offense and holding this team together."

The Crusaders struck first after receiving the opening kickoff capitalizing off two Mariners offside penalties to set up their wide receiver Michael Manzi for a touchdown to go up 7-0 in the first quarter. The Mariners responded with a 20-yard touchdown catch by Miles Moore followed by an unsuccessful PAT to make it a 7-6 Crusader lead. Moreau started their next possession at the St. Bernard 24-yard line after a great kick return.

Jayden Bryant scored a touchdown followed by a successful 2 PAT to give the Mariners their first lead of the game at 14-7 with two minutes remaining in the first quarter.

In the second quarter Jalen Arnold ran 80 yards on a first down play making it a 21-7 Moreau lead. The Mariners capitalized off their defense making an interception on the next Crusaders possession to give their offense the ball back. Bryant followed by scoring his second touchdown of the night making it a 28-7 Moreau lead. The Mariners defense came up big again recovering a Crusader fumble at the 45-yard line. On a first and goal at the nine-yard line Jameson Ransburg ran in for another Mariners touchdown to give Moreau a 35-7 lead. Bryant scored again on a 30-yard touchdown run to make it a dominating 42-7 Moreau lead at halftime.

"Our offensive line deserves the credit for making the right blocks and creating the gaps for me to run through," said Bryant. "It means a lot for me as a senior to finish my final season strong."

The referees agreed to make the entire second half a running clock because



Jayden Bryant runs into the endzone for a Mariners touchdown in the first quarter. Photo by Andrew Joseph

of the overwhelming domination by the Mariners. Moreau took out most of their starting players at the beginning of the third quarter to give freshman and sophomores a chance for quality playing time. Running back Peyton Collins scored again for the Mariners to make it a 49-7 lead with 8:35 remaining in the third quarter. Moreau decided to run the ball and

wind the clock out for the rest of the game knowing they had this win secured. The Crusaders scored one last time in the fourth quarter to make the final score 49-14

score 49-14.

"We play every game from this point on like it's our last game," said Arnold.
"Our defensive line stopped the run game tonight and I think they deserve a lot of recognition for that."

A combination of solid defense and dominating offense helped Moreau secure this huge playoff victory. Bryant had a team high of four touchdowns on a great performance the entire night. The Crusaders fall to 6-5 to end their season while the Mariners move on to the second round of the NCS Division 7 playoffs. Moreau plays the 9-2 Del Norte Warriors of

Crescent City on Friday, Nov. 22 at home in the NCS Division 7 semifinals.

"We want to stay present in this moment because these memories last a lifetime for our players," added coach Minor. "When you play with love, joy and positive emotions things will work out especially when you know you put everything you have into the game."

# OPINION

Below is an excerpt from a Jan. 2010 editorial by William Marshak. References to specific Fremont city council issues of that year have been removed, but in 2024 Fremont will see both change and continuity with the election of longtime councilmember Raj Salwan as Mayor, replacing Lily Mei.

# The historical basis of change

By WILLIAM MARSHAK, Editor-in-Chief Emeritus

Ben Franklin, a true American renaissance man, was known for his keen wit and practical inventions

18th Century society and

continue in importance

today. His penchant for

theme throughout his life.

change was a constant

which revolutionized

At age 83, he recognized the relentless march of time and its erosion of almost everything held sacred and immutable in a letter to a friend. He noted that the newly written Constitution of the United States was operative yet, as with all else, was subject to change. This universal doctrine did make an exception for two items. He wrote, "... in this world nothing is certain but death and taxes."

In our lives, change is inevitable and irrefutable. During our youth, we embrace its march to shape and reshape the world around us but with the leavening of time, a delicate balancing act emerges between well defined values and substance of historical perspective and the exciting promise and challenge of an uncertain future. Most of us spend our lifetime within the span of a century...far

short of universal or geologic timetables. Definitions of change and the effect of our decisions are measured in human terms and assume importance that is only meaningful in the context of a cosmic gnat's life. However, our decisions do have importance for us and need to be constantly weighed in human terms.

Highly controversial decisions stir passions filled with irrepressible hope or dire predictions of doom. Neither is usually true, but underlying themes set the machinery of change or the resistance to it in motion.

So far, Ben Franklin was right. In the year 2010, there are still only two things immune from change.

# High school sports round up



James Logan's girls' volleyball team reached the second round of the North Coast Section playoffs. Photo courtesy of Matt Guzman

#### FALL SPORTS' POST SEASON CHECK-IN

By APRIL RAMOS

Fall season is coming to an end for high school sports. As some teams call their last games others continue through the North Coast Section playoffs and tournaments. The following teams are just a few who have played in post season tournaments this past week.

James Logan girls'
water polo made it to
the North Coast Section
Championships on Saturday,
Nov. 16. After receiving

second place at the Mission Valley Athletic League (MVAL) Championship, the Union City high school qualified for a spot in the Division II North Coast Section (NCS) tournament.

The tournament's first round game began Wednesday, Nov. 6, with a safe win of 15-6 against Pittsburg High School.

The quarter and semifinal games proved to have a closer score of 10-8 against San Marin, and 7-5 against Terra Linda. These three wins led the team to the NCS Championship game on Saturday, Nov. 16.

The team played in the Division II Championship

held at the Soda Aquatic Center in Moraga against Marin Catholic. The Colts unfortunately lost, but were not far behind on the score board losing only just two points, 6-8.

On the courtside is the Logan girls' volleyball team. The team qualified to play in the NCS Division I Tournament after an undefeated season at 14-0 in the Mission Valley Athletic League.

The first-round game was played against Pleasant Grove High School of Elk Grove. The Lady Colts swept each match winning 3-0. The second-round NCS game was a

home game for Logan, this time against Foothill High School of Pleasanton. The first two sets of the game were won by James Logan, 19-25 and 21-25. But the third set was pivotal as Foothill dominated and won by 20 points, 25-5. That streak continued into the fourth and final set with Foothill on the upper hand with 25-22 and 15-11. With a final score of 2-3, ended their

overall record of 35-4. On Friday, Nov. 15 Newark Memorial's football team traveled to play in the Division 6 NCS quarterfinals against

incredible season with an

Miramonte High School on the team's home field in Orinda. While Newark Memorial claimed third place in the MVAL standings, the team fell to Miramonte 23-43. After the tough loss Newark Memorial athletics posted to their social media thanking the seniors, coaches, family and fans for the support and sharing, "We're proud of the fight and heart this team showed all year."

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# Pioneer Men's Basketball falls to Dominican on Sunday

Submitted by CAL STATE EAST BAY ATHLETICS

Cal State East Bay's men's basketball team had a strong first half on Sunday afternoon but was unable to sustain the offensive success into the second half, ultimately falling to Dominican (Calif.) 68-52 at Conlan Center.

The Pioneers controlled much of the first half, building a nine-point lead midway through and entering halftime up 34-28. However, their shooting touch disappeared after the break, managing just six field goals in the final 20 minutes.

East Bay's offense stagnated early in the second half, scoring only two field goals — both from Beril Kabamba— in the first 10 minutes.

This drought allowed the Penguins to take the lead at

the 13:32 mark and pull away, outscoring the Pioneers 40-18 in the second half.

Teiano Hardee led East Bay with 14 points on 5-of-13 shooting.

Beril Kabamba recorded a double-double (12 points, 14 rebounds). DJ Sanders contributed

defensively with four steals.

The Pioneers shot 15-for32 in the first half but cooled

significantly in the second. Dominican's Nathan Ilunga led all scorers with 17 points.

Cal State East Bay: 1-2 Dominican (Calif.): 2-1 Cal State East Bay returns o action on Saturday,

to action on Saturday, November 23, hosting Concordia University Irvine at Pioneer Gymnasium. Prior to the 4 p.m. tip-off, East Bay will honor Rich Sherratt ('69) for his donation of a new scoreboard in a ceremony at approximately 3:45 p.m.



Cal State East Bay's basketball team had a strong stat but could not maintain hold a lead against Dominican University. Photo credit Justine Willard/KLC fotos.

# League of Volunteers brings love to Tri-City for 45 years

YEAR-LONG PROGRAMS PROVIDE FOOD, CLOTHING AND COMMUNITY



Volunteers prepare turkeys—thanks to donations from Newark Rotary and Assemblymember Alex Lee. Photo courtesy of LOV social media



In addition to a Thanksgiving dinner, LOV prepares boxes for home-bound and homeless individuals. Photo courtesy of LOV social media



L to R: Mathew Jorgens, Jodie Aquino Sisk, and Assemblymember Alex Lee. Photo courtesy of LOV social media



Volunteers are ready to serve the community at LOV's 2023 Thanksgiving. Photo courtesy of LOV social media

#### By CALLIE YUAN

League of Volunteers (LOV), a nonprofit organization based in the Bay Area established in 1979, provides resources and support to those in need by connecting with people to foster a community centered around service. Two years ago, Executive Director Jodie Aquino-Sisk joined the board and succeeded founder Shirley Sisk to continue her vision of helping others. Their number of volunteers fluctuates between seasons, usually peaking around 500 hundred during summer break and the holiday season accompanied by LOV's major events.

Throughout the year, LOV organizes food distributions through pantries and works with other organizations like

four-week-long Recreation Program for children from elementary up to high school is hosted during the summer, providing snacks, activities, special guests and more. "[There are also] kids who want to ... volunteer their time. We're instilling in the kids that helping out their community is good," Aquino-Sisk said, "We have good volunteers who care about the city." With donations and partnerships, LOV was able to reduce the cost of registration to \$10 per week and offer scholarships to those who cannot afford them.

the Salvation Army. Their

LOV was able to reduce the cost of registration to \$10 per week and offer scholarships to those who cannot afford them. In preparation for LOV's Thanksgiving Meal, which is one of their largest annual events, volunteers gather at the Newark Pavilion to help.

"We've turned Thanksgiving

into not just a LOV event,

but a community event, where everybody contributes and ... feels appreciated," Aquino-Sisk said. Last year, 400 to 500 volunteers joined hands to set up and serve food, preparing 3,500 to 4,000 homebound and in-house meals, and more to give to homeless shelters.

To fund these largescale events serving the public, other community organizations and members showed their support by providing donations. Newark Rotary and Assemblymember Alex Lee each donated around \$1,000 for turkeys. Alameda County Supervisor Elisa Márquez donated around \$2,500 for the Thanksgiving efforts and \$2,500 each to two other programs. Other sponsors like Cisco and Grocery Outlet donated food directly. "It can't be done without

these donations. We go out there and let people know what our program is all about and who it's serving," Aquino-Sisk said. "We ask for support and that's a big part of how we get our funding for Thanksgiving."

Also around the holidays LOV holds their toy drive, holiday food drive and Adopt-a-Family Program. Community partners distribute collection barrels, which received around 4,500 toy donations last year. The organization sent them to 25 different agencies such as Viola Blythe, Abode Services, Tri-City Volunteers and Make-a-Wish Foundation. The food drive and Adopt-a-Family Program run hand-in-hand, with the collected food used to prepare meals for anyone who signs up for the program—whether they are

adopted by a community member or not. "Our goal is to get them all adopted, but we know it's hard," Aquino-Sisk said, "Every year it goes up a little bit as we get more people." Through their efforts, LOV tries to get as many families and children paired together.

Reflecting on the impact of volunteering and community service, Aquino-Sisk said, "If I had a million dollars, what would I do? I know I can't save everyone, but I do whatever I can do and trust we're all trying to do the same." Through initiatives such as their Holiday Food Drive, Holiday Toy Drive, Adopt-a-Family program, Thanksgiving Day Meal and year-round food pantry, LOV has impacted thousands in the community. Moving forward, the

organization hopes to bring back scholarship funds to aid students attending and planning to attend college.

As a part of LOV's mission to promote volunteerism and enhance the quality of life in the Tri-Ĉities area of Fremont, Newark and Union City, the organization emphasizes that any actions taken make a difference, whether by volunteering or donating. "There's so many things that you could focus on," Aquino-Sisk said, "and your best bet is to find something you're passionate about and ... just keep doing it."

www.lov.org 510.793.5683 lov@lov.org