



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

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Moreau Catholic
advances in NCS
playoff run

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90th
anniversary
of East Bay
Regional Parks

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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

continued on page 13

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

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 low-calorie 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.

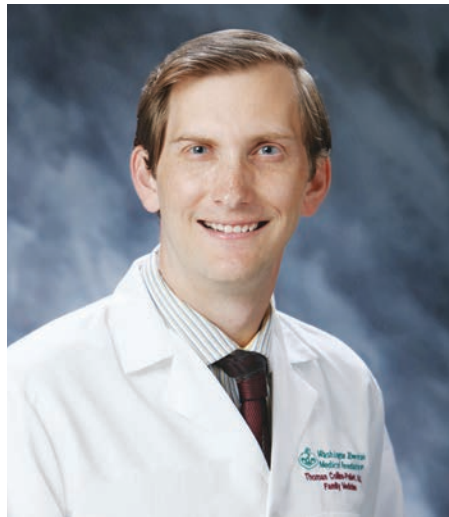
Drink plenty of water and get enough sleep: Staying hydrated and getting enough sleep are always good for your health. Sometimes thirst can be mistaken for hunger, and coupled with alcohol can lead to overindulging. Being tired can make it harder to manage your blood sugar. The CDC warns that when you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



Thomas Collins-Pallett, MD

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

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Diabetes: Understanding and Controlling Complications
Prasad V. Katta, MD, MRCP
Endocrinologist

Diabetes: Understanding and Controlling Complications
Diabetes complications reach much further than low blood sugar levels. Find out how to control other complications and maintain overall health. This is a special presentation of our Diabetes Matters program.

Safely Home After Hip Replacement
John T. Dearborn, MD, FAAOS
Orthopedic Surgery

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.

Coping with Grief and Bereavement during the Holidays
Neeru Kumar, MD
Psychiatry

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 coping.

Living With Serious Illness: Understanding Palliative Care
Krishna Suri, DO
Palliative Care Medicine

Living With Serious Illness: Understanding Palliative Care
Navigating a serious illness can bring new challenges for patients and loved ones. Dr. Krishna Suri explains what it means when palliative care is offered.

Managing Diabetes
Thomas Collins-Pallett, MD
Family Medicine

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

Other Video Topics:

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

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

Visit Us!
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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 longer there.

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/psychiatry-behavioral-sciences/>. To view Dr. Sehgal's presentation, scan the below QR code.



Online Health & Wellness

facebook.com/WashingtonHosp
 youtube.com/whhsInHealth

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.



Neeru Kumar, MD
Psychiatry

whhs.com



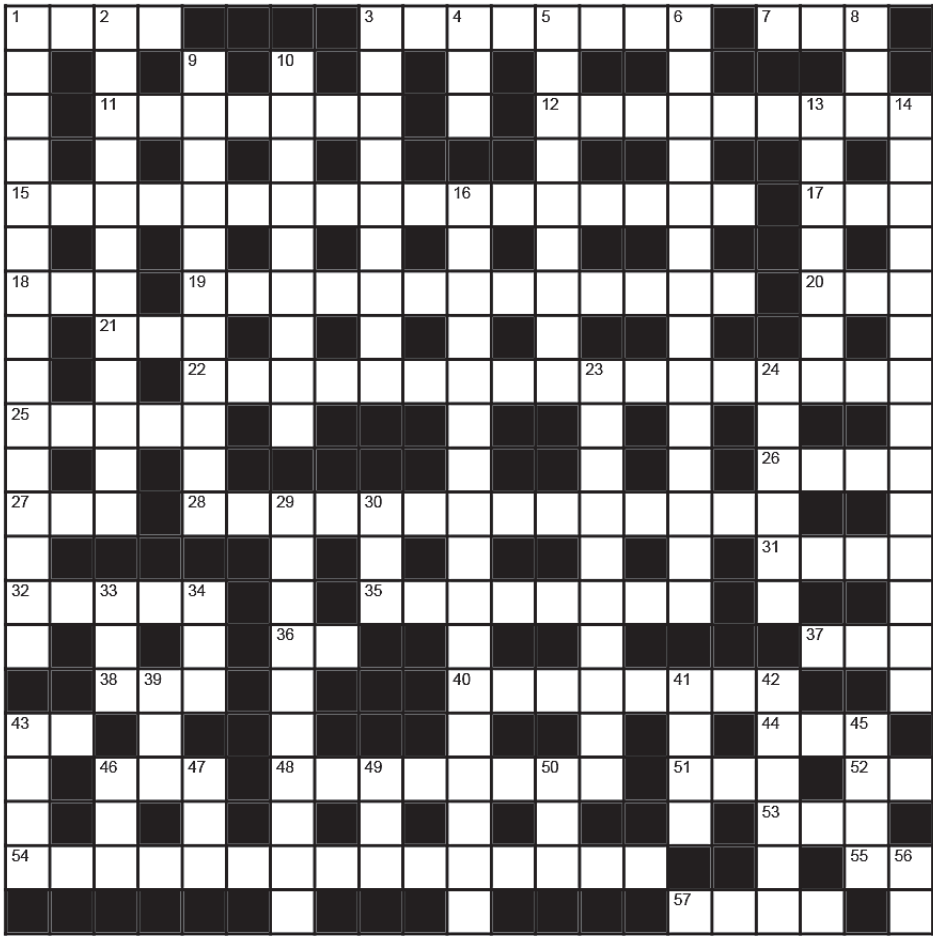
If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.

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Mind Twisters

Crossword Puzzle



- Across

1

Big blowout (4)

3

Striking (8)

7

Debating side: Abbr. (3)

11

Serious errors (4-3)

12

Kind of exercise (9)

15

Term from astrophysics that describes the stretching of objects in very strong gravitational fields (17)

17

___-de-sac (3)

18

Ceiling (3)

19

Lack of an alternative (7,6)

20

Bemoan (3)

21

Calypso offshoot (3)

22

Final-appeal venue (5,2,4,6)

25

Squarely (5)

26

“Back in the ___” (4)

27

Accepted (3)

28

Thrill rides (6,8)

31

Decorative case (4)

32

Late (5)

35

Goulash containers (8)

36

“Captain ___” (1986 Michael Jackson role) (2)

37

“Tarzan” extra (3)

38

Initialism for the series of “Avengers” movies (3)

40

Walks all over (8)

43

“No kidding!” (2)

44

Japanese volcano (3)

46

___ paradox (direct challenge to the “Copenhagen interpretation” of quantum physics); Abbr. (3)

48

Bridge bids (2-6)

51

Fa follower (3)

52

3.14 (2)

53

Stringed instrument: Abbr. (3)

54

Feature of some watches (5,6-4)

55

Behold (2)

57

“Bye now” (4)

Down

1

Green veggies despised by many (not me - try frying them in butter) (8,7)

2

Unharmd (4,3,5)

3

Dispense freely, as criticism (4,2,3)

4

Gold: Prefix (3-)

5

Joseph of ___ (follower of Jesus) (9)

6

Freight-hauling trucks (6,8)

8

Memo letters (3)

9

Oater ambusher (11)

10

Nearly (4,5)

13

“I Love Lucy” surname (7)

14

News report about numismatists and philatelists? (10,4)

16

Fun? (12,5)

23

Bits of schmaltz (3,7)

24

Blotto (6)

29

Of the same opinion (4-6)

30

Publishers’ hirees, for short (3)

33

Engine speed, for short (3)

34

“___ rang?” (3)

39

Lift (3)

41

Back talk (4)

42

Drug associated with Miley Cyrus (6)

43

Aces, sometimes (4)

45

“How ___ Mehta Got Kissed, Got Wild, and Got a Life” (Kaavya Viswanathan novel in the news) (4)

46

Devon river (3)

47

Pitcher, of a sort (3)

49

Also (3)

50

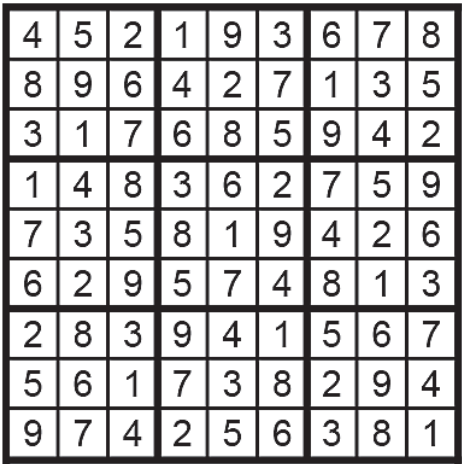
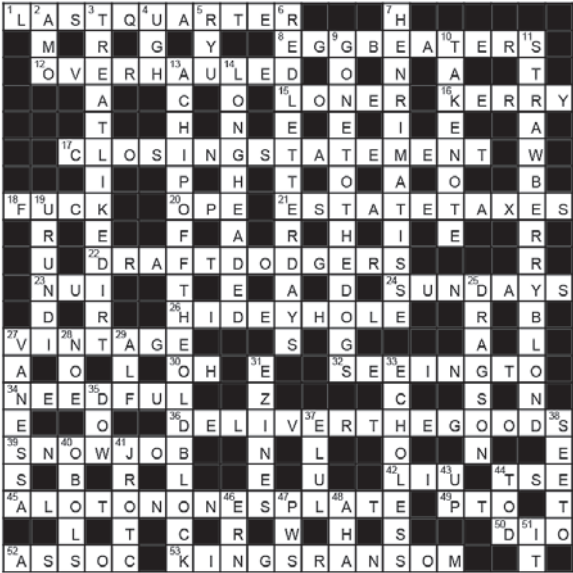
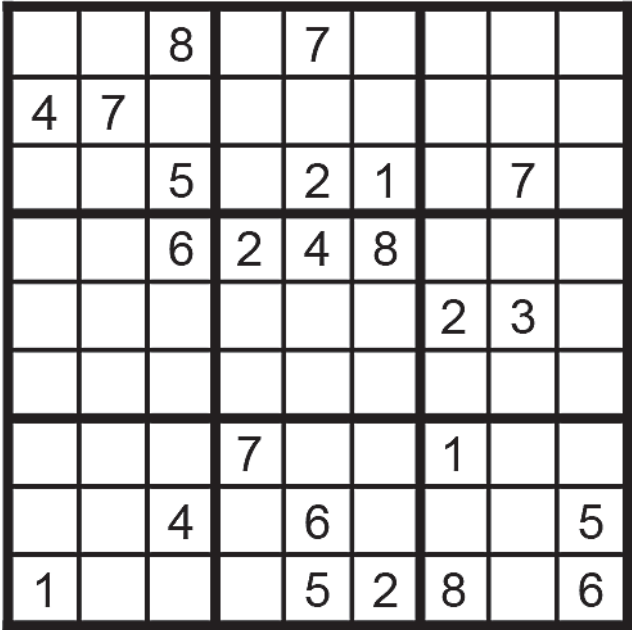
Myanmar monetary unit (3)

56

“That hurt!” (2)

Sudoku:

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



Tri-City Stargazer FOR WEEK OF NOVEMBER 19, 2024

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.

Aries the Ram (March 21-April 20):
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 socializing.



By Georgia Nicols
www.georgianicols.com.

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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		10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tcv@tricityvoice.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance. Payment is for one posting 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	
FREMONT PATHFINDER BRANCH 59 SONS IN RETIREMENT!! Retired men! Come and have lunch on us and join the best retiree group in Fremont! We meet at the Fremont Elks Lodge at noon on the 3rd Wednesday of every month. In addition to engaging and entertaining luncheon programs and fabulous conversation, we offer a veritable plethora of activities for retired men. Golf, Bocce Ball, Poker, Bowling, Walking, Bridge, Couples Wine Tasting, Music and much, much more. Call, write, or email for your free lunch! Big Sir Rob Ingebretson, 48232 Cottonwood Street, Fremont, CA 94539; robingy@comcast.net; 510-657-7828.		Scholarships for Women Fremont PEO/UF sponsors scholarships for women entering college, earning another degree, or returning after 2+ years. 2% education loans. www.peocalifornia.org peouf150@gmail.com The Friendship Force of the San Francisco Bay Area Experience a country and its culture with local hosts; meet global visitors. Guests from Canada in 2024 We visit Japan Enjoy our many Bay Area events www.ffsfba.org www.friendshipforce.org Call or text 510-363-0531 Fremont Cribbage Club Meets every Wednesday at 5:30 p.m. at Stanley’s Sports Bar in Sharks Ice Fremont 44388 Old Warm Springs Blvd. Fremont. We play a 9-game tournament We welcome experienced players and will work with new players hoping to learn the game. Email: accgr43@gmail.com for more information.	
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		NEWARK TOASTMASTERS Start your day with a boost of energy ZOOM Every Tuesday Morning 7am - 8am Sharpen your communication, leadership and personal growth skills We hold “Job Interview” skills workshops Guests always welcome For meeting Zoom link, email wmfitts@yahoo.com profricka@gmail.com SAN LEANDRO HISTORICAL RAILWAY SOCIETY OPEN HOUSE The SLHRS models the Southern Pacific from Oakland to just east of Norden using a tri-level Donner Pass helix. Public invited every Sat. 10AM - 2:30PM 1302 Orchard Ave, San Leandro San Leandro G&O trains in back garden. New members & Model Railroad donations accepted. Visit us at www.slhrs.org	
MISSION PEAK UNITARIAN UNIVERSALIST CONGREGATION Welcomes YOU! We are a spiritual community of open minds, nurturing growth and healing in ourselves, and all people. Together we strive to live compassionately and courageously as we work to build a nonviolent, just sustainable world. We welcome you and your family. 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		Are you troubled by someone else's drinking? Al-Anon and Alateen Family Groups are here to help! Al-Anon has but one purpose, to help families and friends of Alcoholics. We have in-person and zoom meetings. Uc-newark.northernca-al-anon.org for a full meeting list. You can also email Alanond17@gmail.com or call us at 510.276.2270 for more info.	
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		NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES protecting and preserving your benefits Meets at Noon the 4th Friday every month except December at the Masonic Home on Mission Blvd, Union City Come meet new and old friends, discuss developments regarding your benefits, share your experience and knowledge and get involved. For info: www.NARFE.org or 800-456-8410 (5am-2pm PT M-F) or leave msg for Jeannie at 510-792-6327	
LOVE to WRITE? WANT to WRITE? WRITER’S BLOCK? Fremont Area Writers (FAW) is here to HELP! Zoom meeting 4th Saturday of the month (off July & Dec) 2:00-4:00 PM Great speakers! * All genres! * Critique groups available! Email scotttfrombayside@yahoo.com for Zoom link before the meeting. Writers’ Salon meets 4th Monday of the month (occasional exceptions) Join us via Zoom 7:00-9:00 PM Read, discuss or just listen. Email up.dragonfly.com@gmail.com for Zoom link before the meeting. Everyone is welcome! www.cwc-fremontareawriters.org		ROTARY CLUB OF NEWARK CA Meets on Tuesdays from 12:15 PM to 1:30 PM at Doubletree Hotel, 39900 Balentine Dr., Newark, CA 94560 Conference Room 3 The Newark Rotary Club was founded on May 8, 1961 and continues its community and international service work. Members share camaraderie, fun and self-service in helping others throughout the Tri-City area and beyond. We welcome you to join us for a free lunch on us! For more information, email rotarynewarkca@gmail.com	
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		THE HISTORIC SHINN HOUSE 1251 Peralta Blvd, Fremont, CA Open for public tours \$4 adults, \$2 Children (7-13) on the: First Wednesday of each month, and Third Sunday of each month from 1 PM to 4 PM. Groups of six or more need to make a reservation Groups of five or less are welcome without a reservation We will enforce current local CDC Guidelines All tours are Docent led and last about one hour. More information and group reservations email mphf.secretary@gmail.com	
FIRST UNITED METHODIST CHURCH 2950 WASHINGTON BLVD, FREMONT,CA We welcome you and your family into the life of Fremont First, regardless of your skin color, ethnicity, sexual orientation, gender identity, physical or mental capacity, religious background, family configuration, economic means or immigrations status. Check out our website: www.firstchurchfremont.org See our website to meet us on Zoom		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!	
Is your spiritual journey complete with amazing music, thought provoking reflection, friendly people, and even a few well-behaved dogs? Join us on Sunday at 10am St. Anne’s Episcopal Church 2791 Driscoll Rd Fremont, CA 94539		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 Meets 2nd Tues in person 7pm Meets 4nd Tues with Zoom 7pm Holy Trinity Lutheran Church 38801 Blacow Rd, Fremont Guests Always Welcome, Enjoy Show N Tells, Drawings Auction, Refreshments www.fremontcoinclub.org 510-366-1365	
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 Campuswide Transfer-Level Math Success Ohlone College, Fremont			

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Interfaith Thanksgiving Service focuses on kindness



The Venerable Bhante Theravamsa, a Buddhist monk at Wat Buddhansorn 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



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

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

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

CONTACTS
 REVERB: [reverb.org/campaign/music-decarbonization-project/](#)
 Nature: [www.nature.com/articles/d41586-024-02828-1](#)
 Clean Technica: [cleantechnica.com/2024/09/30/the-carbon-footprint-of-live-music-is-a-savage-beast-is-there-any-hope-for-improvement/](#)



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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



Haller's Pharmacy offers in-home vaccinations for those in need. 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 customers forget."

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

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@hallersex.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 Madhvik Singh



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



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

One teaspoon vanilla extract

One teaspoon lemon juice

Crisp

One cup old fashioned rolled oats

One cup all-purpose flour

One stick of unsalted butter, diced

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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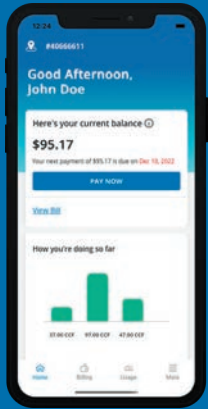
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Arts & Entertainment

Continuing Events:

Mondays, Wednesday, Fridays Oct. 14 – Dec. 20

EnhanceFitness Fall Prevention Course \$R

9:30am - 10:30am
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Ralph & Mary Ruggieri Senior Center
33997 Alvarado-Niles Rd., Union City
510.876.8809
spectrumcs.org
Suggested donation for 10-week course: \$54

Mondays and Tuesdays

Practice Your English at Fremont Main Library

Monday: 7pm - 8pm (starting 11/4)
Tuesday: 4pm - 5pm
Practice English with tutors.
Fremont Main Library
2400 Stevenson Blvd., Fremont
aclibrary.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 join us.

Age Well Center at Lake Elizabeth
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 Center
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 Elizabeth
40086 Paseo Padre Pkwy., Fremont
510.790.6606

Thursdays

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 poetry.
Milpitas Public Library
160 N Main St., Milpitas
408.262.1171
For teens, adults, and seniors.
Last Thursdays of the month

Thursday, Nov. 7 - Saturday, Dec. 14

Connecting Cuts Exhibit

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olivehydeartguild.org

Thursdays and Saturdays

Story Time

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Picture book story time
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510.565.1004
bit.ly/3VFpbc

Saturdays

Laugh Track City R\$

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

Saturdays

Free Beginner Pickleball Lesson

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

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

Saturdays

Teen Cohort for Outdoor Education R\$

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
munnn@HaywardRec.org

Sundays

Farmyard Games

1pm
Try your hand at classic American pastimes including stilt, 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 dinosaurs.
Fremont Library
2400 Stevenson Blvd., Fremont
510.745-1421

Saturday, Nov. 23

FAW Zoom Meeting

2pm – 4pm
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 Crafting

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., Castro Valley
Tickets at booksonb.com
Admission: \$5

Monday, Nov.25

Eden Garden Club Meeting

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 Valley
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 – 6pm
The 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

7pm
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 Leandro

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 stress—affording 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/holiday-season-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., Fremont
ahsboutique.weebly.com/

Red herrings aren’t just pretty fish

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 illusory. 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 long-running *Josie Prescott Antiques Mystery* series. Her writing also appears in the Alfred Hitchcock Mystery Magazine. Her nonfiction includes the Agatha-Award-winning 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 cwc-fremontareawriters.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.com
cwc-fremontareawriters.org

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 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, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$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.clearconcorp.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 an "eligible bidder," you may be able to purchase

the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearconcorp.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 intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (855) 313-3319 CLEAR RECON CORP 3333 Camino Del Rio South, Suite 225 San Diego, California 92108 11/19, 11/26, 12/3/24

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Richard W. Kendrick, Jr.
Resident of Tracy
August 14, 1956 - November 13, 2024

Augusto I. Mendiore, 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



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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 Hayward
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
April 29, 1952 - November 4, 2024

Sundaresan Laxminarayan
Resident of Newark
July 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



With 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, at 2:00 PM.

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.



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or LifeTributes@Weeklys.com
tricityvoice.com/obituaries

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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 youth-sensitive 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



Student performers from age five and up showed their talents. 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,

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 much-needed 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 employment-based 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

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 visas—even 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 watercraft inspections, or concessionaires, such as the Tilden Merry-Go-Round or Redwood Valley Railway 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-friday

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

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 offense 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. “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

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 which revolutionized 18th Century society and continue in importance today. His penchant for change was a constant theme throughout his life.

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."

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.

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

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.”

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-for-32 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 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.

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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

the Salvation Army. Their 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.

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 large-scale 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-Cities 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."

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