



Stage I Theatre Presents "CHICAGO the Musical"

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The ax drops in Sunol

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Making a difference... one drive at a time

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NOWRUZ A New Day

Nowruz, a traditional Iranian festival, marks the beginning of a New Year. Celebrated on Sunday, March 20, Nowruz falls on the first day of the Iranian calendar, when the vernal equinox [equal day and night] or the first day of spring occurs. The festival has been celebrated for about 3,000 years and has ties with the Zoroastrian religion. Nowruz is now widely celebrated in Iran, Afghanistan, Tajikistan, Uzbekistan, Azerbaijan, Kazakhstan, Kyrgyzstan, and by people of different ethnic and religious backgrounds.

The Haft Sin, or seven S's, is a traditional Nowruz table setting, which includes Sabzeh (wheat, barley or lentil sprouts); Samanu (sweet pudding); Senjed (dried fruit of oleaster tree); Sir (garlic);

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Photo by Kevin Greek



Local Photographers Shine at

Juried Exhibit

BY ARATHI SATISH

Fremont Cultural Arts Council's (FCAC) mission to further and support the practice and enjoyment of the fine arts in the Fremont community continues with the forthcoming 22nd annual "Juried Photography Exhibit." The Community Services Department of the City of Fremont will assist in this joint venture. Original photographs by local photographers will be displayed at the

opening night reception on Saturday, March 5 in the Fremont Main Library's Fukaya Room.

Exhibit Chairman Gregory Smith said, "There are a lot of very talented photographers in Fremont, and this is an opportunity to see some really phenomenal photographic artwork, and to meet and talk with photographers who created the pictures. It is also an opportunity for photographers, both professional and

continued on page 5



Molly's Revenge takes Mission Coffee stage

SUBMITTED BY
BRASK HOUSE CONCERTS

David Brewer (Highland bagpipes, border pipes, uilleann pipes, whistles, bodhran), John Weed (Fiddle), and Stuart Mason (guitar, mandola) return to Fremont's Mission Coffee for another lively performance on Saturday, March 5.

Known as Molly's Revenge, the trio is a dynamic, acoustic Celtic band known for its unique and infectious enthusiasm. The group is a classic combination of bagpipes, whistles, and fiddle with a backdrop of guitar, mandola, and bodhran that guarantees an enjoyable experience for all fans of Scottish and Irish music. Molly's Revenge has performed at many of the top folk festivals and performing arts events in the USA and prestigious events in Scotland, Australia, and China. Their arrangements of traditional Celtic jigs and reels bring these dance tunes up to date with a driving,

hard-edged accent that always leaves audiences shouting for more.

David Brewer has been playing whistle and four types of bagpipes for about 20 years. He studied in Scotland at the Ceolas Music School in South Uist under the tutelage of some of the best pipers in the world. His authentic and unique style of playing has earned him the reputation of being one of the most accomplished pipers on the West Coast. Brewer has composed close to 200 traditional style tunes, many of which have appeared on recordings, independent films, and television.

John Weed is a classically-trained violinist who switched to playing Irish fiddle about 15 years ago. Weed lived in Ireland in 2000 and taught fiddle workshops at the Flowing Tide International Music School in Doonbeg, County Clare. He hones his skills annually by attending the Frankie Kennedy Winter School in Dunlewey,

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Stroke Support Group Aids Recovery

You or a loved one have survived a stroke and are headed home. You have a caregiver in place and a rehab program planned. What else should you do to ensure the most complete recovery possible?

Join a stroke support group like the one offered by Washington Hospital.

"For stroke survivors and caregivers adjusting to life after stroke, social support and community resources can make a huge difference," says Doug Van Houten, RN, assistant chief nursing director and clinical coordinator of the Washington Hospital Stroke Program. "But, in most cases, people don't know about the resources and often don't know who to ask."

The Washington Hospital Stroke Support Group is designed to provide free social and emotional support for stroke survivors and their caregivers. The free program, open to individuals who have had strokes and their caregivers, meets from 1 to 2:30 p.m. on the fourth

Tuesday of each month in the Neurosciences Offices, suite 224, Washington West, 2500 Mowry Ave., Fremont.

Various members of the Washington Hospital Stroke Team — including physical and occupational therapists, speech therapists, dietitians and pharmacists — attend meetings to share expertise on a variety of stroke-related topics.

Stroke support group meetings include educational discussions on diet, motor skills, exercise and other relevant topics, group exercises/stretching or craft work, refreshments and social time. Each seminar includes a question and answer session with the experts and group discussions.

Participants have an opportunity to share stories, challenges and solutions they have found that are helpful to the stroke survivor, the caregiver or both, Van Houten says. Participation ranges between 10 and 20 individuals.

He notes that many resources are available to stroke survivors as long as they and their caregivers

know where to look. "That's where the support group can be a great help," he adds.

"Our staff can help connect participants who can't drive to paratransit services and I often refer stroke survivors to Cal State East Bay which has a master's program for speech therapists," Van Houten says. "A number of our survivors — including my mother-in-law — have benefitted tremendously from that program."

Recovery, he says, also is helped by connecting with others who are working to recover from a stroke. "A real benefit of the support group is that it provides a safe environment for stroke survivors to talk about their experiences with others who are going through a similar process."

It's always great to see the progress of people in the group, Van Houten says. "While each person must work hard at his or her own individual recovery program, the support of the others in the group clearly helps."

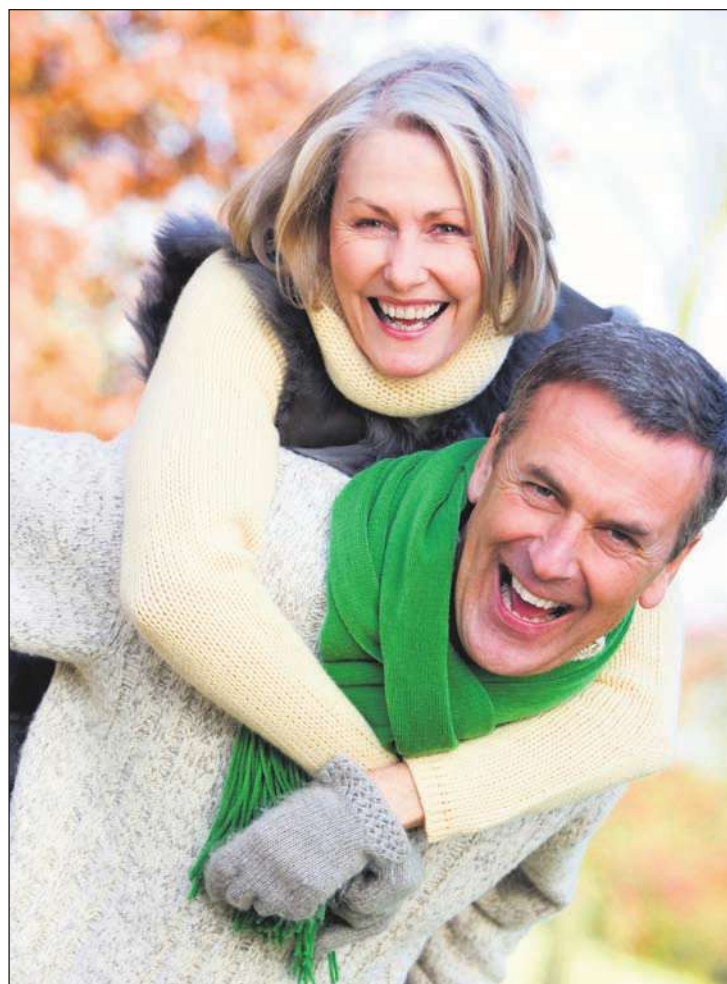
For additional information about the Washington Hospital Stroke Support Group, please call (510) 745-6525.

Stroke Screening Day

Washington Hospital is holding a Stroke Awareness and Screening Day, open to all community members on Saturday, March 19. Van Houten urges anyone who may be concerned that they, or someone they care about, may be at risk for a stroke to participate in the screening program.

Stroke Awareness Day participants will be screened by Washington Hospital staff for the eight major risk factors for stroke. The free program, open to the public, will be held from 10 a.m. to 1 p.m. in Conrad E. Anderson, MD, Auditorium, Washington West, 2500 Mowry Ave., Fremont.

Prior registration is essential for all who wish to participate. You may register, or obtain additional information, by calling (800) 963-7070. To learn more about strokes, visit www.whhs.com/stroke.



The stroke support group at Washington Hospital is a place for stroke survivors and caregivers adjusting to life after stroke. The group meets on the fourth Tuesday of each month in the Neurosciences Offices, suite 224, located in Washington West, 2500 Mowry Ave., Fremont.

InHealth broadcasts on Comcast Channel 78 in Fremont, Newark and Union City and online at www.inhealth.tv



The full schedule of InHealth programs listed below can also be viewed in real time on the Washington Hospital website, www.whhs.com

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	3/1/16	3/2/16	3/3/16	3/4/16	3/5/16	3/6/16	3/7/16
12:00 PM	Colon Cancer: Prevention & Treatment	Your Concerns InHealth: Sun Protection	Colon Cancer: Prevention & Treatment	Preventative Healthcare Screening for Adults	Colon Cancer: Prevention & Treatment	Strengthen Your Back	Colon Cancer: Prevention & Treatment
12:30 PM	Keeping Your Heart on the Right Beat		Knee Pain & Replacement		Learn About Nutrition for a Healthy Life	Community Based Senior Supportive Services	Superbugs: Are We Winning the Germ War?
12:30 AM		Diabetes Matters: Diabetes & Stroke: What's the Connection?					
1:00 PM	New Treatment Options for Chronic Sinusitis	Snack Attack	Low Back Pain	Eating for Heart Health by Reducing Sodium	Heel Problems and Treatment Options	Advanced Healthcare Planning	Diabetes Matters: Gasteroparesis
1:00 AM		Shingles	Diabetes Matters: Diabetes Ups & Downs: Troublesooting High & Low Blood Sugar Level	Washington Township Health Care District Board Meeting February 10, 2016			Family Caregiver Series: Fatigue and Depression
1:30 PM	Alzheimer's Disease				Arthritis: Do I Have One of 100 Types?	Diabetes Matters: Diabetes & Heart Disease	
1:30 AM	Diabetes Matters: Reading Food Labels: The Latest Updates	The Real Impact of Hearing Loss & the Latest Options for Treatment	Crohn's & Colitis	Washington Women's Center: Cancer Genetic Counseling	Cough and Pneumonia: When to See a Doctor	Don't Let Hip Pain Run You Down	Skin Cancer
2:00 PM			Voices InHealth: Healthy Pregnancy				
2:00 AM	Family Caregiver Series: Panel Discussion	What Are Your Vital Signs Telling You?	Prostate Cancer: What You Need to Know	Strengthen Your Back! Learn to Improve Your Back Fitness	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Colon Cancer: Prevention & Treatment	Washington Women's Center: Cholesterol and Women
2:30 PM			Citizens' Bond Oversight Committee Meeting January 20, 2016	Colon Cancer: Prevention & Treatment	Minimally Invasive Surgery for Lower Back Disorders	Colon Cancer: Prevention & Treatment	Washington Township Health Care District Board Meeting February 10, 2016
2:30 AM	Dietary Treatment to Treat Celiac Disease	Voices InHealth: New Surgical Options for Breast Cancer Treatment					
2:30 PM	Family Caregiver Series: Legal & Financial Affairs	Deep Venous Thrombosis	Sports-Related Concussions	Kidney Transplants	Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Surgical Treatment of Obstructive Sleep Apnea
2:30 AM			Turning 65? Get To Know Medicare				
3:00 PM	Washington Township Health Care District Board Meeting February 10, 2016	Where Have All The Patients Gone?	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain and Arthritis: Evaluation & Treatment	Voices InHealth: Washington's Community Cancer Program	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Relieving Back Pain: Know Your Options
3:00 AM				How Healthy Are Your Lungs?			
3:30 PM	Voices InHealth: Bras for Body & Soul	Diabetes Matters: Strategies for Incorporating Physical Activity	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Women's Health Conference: Food and Mood: How One Can Affect the Other	Latest Treatments for Cerebral Aneurysms	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Diabetes Matters: Key To A Healthy Heart with Diabetes
3:30 AM				GERD & Your Risk of Esophageal Cancer			
4:00 PM	Learn More About Kidney Disease	Take the Steps: What You Should Know About Foot Care	Meatless Mondays	Washington Women's Center: Sorry, Gotta Run!	Inside Washington Hospital: Patient Safety	Heart Healthy Eating After Surgery and Beyond	Heart Irregularities
4:00 AM				Family Caregiver Series: Managing Family Dynamics in Caregiving	Diabetes Matters: The Domino Effect: ABCs		
4:30 PM	Family Caregiver Series: Panel Discussion	What Are Your Vital Signs Telling You?	Prostate Cancer: What You Need to Know	Strengthen Your Back! Learn to Improve Your Back Fitness	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Colon Cancer: Prevention & Treatment	Washington Women's Center: Cholesterol and Women
4:30 AM				Diabetes Matters: Diabetes & Heart Disease	From One Second to the Next	Don't Let Hip Pain Run You Down	Skin Cancer
5:00 PM	Citizens' Bond Oversight Committee Meeting January 20, 2016	Colon Cancer: Prevention & Treatment	Minimally Invasive Surgery for Lower Back Disorders	Colon Cancer: Prevention & Treatment	Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain in the Young and Middle-Aged Adult
5:00 AM							
5:30 PM	Family Caregiver Series: Legal & Financial Affairs	Deep Venous Thrombosis	Sports-Related Concussions	Kidney Transplants	Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Surgical Treatment of Obstructive Sleep Apnea
5:30 AM			Turning 65? Get To Know Medicare				
6:00 PM	Washington Township Health Care District Board Meeting February 10, 2016	Where Have All The Patients Gone?	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain and Arthritis: Evaluation & Treatment	Voices InHealth: Washington's Community Cancer Program	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Relieving Back Pain: Know Your Options
6:00 AM				How Healthy Are Your Lungs?			
6:30 PM	Voices InHealth: Bras for Body & Soul	Diabetes Matters: Strategies for Incorporating Physical Activity	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Women's Health Conference: Food and Mood: How One Can Affect the Other	Latest Treatments for Cerebral Aneurysms	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Diabetes Matters: Key To A Healthy Heart with Diabetes
6:30 AM				GERD & Your Risk of Esophageal Cancer			
7:00 PM	Learn More About Kidney Disease	Take the Steps: What You Should Know About Foot Care	Meatless Mondays	Washington Women's Center: Sorry, Gotta Run!	Inside Washington Hospital: Patient Safety	Heart Healthy Eating After Surgery and Beyond	Heart Irregularities
7:00 AM				Family Caregiver Series: Managing Family Dynamics in Caregiving	Diabetes Matters: The Domino Effect: ABCs		
7:30 PM	Family Caregiver Series: Legal & Financial Affairs	What Are Your Vital Signs Telling You?	Prostate Cancer: What You Need to Know	Strengthen Your Back! Learn to Improve Your Back Fitness	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Colon Cancer: Prevention & Treatment	Washington Women's Center: Cholesterol and Women
7:30 AM				Diabetes Matters: Diabetes & Heart Disease	From One Second to the Next	Don't Let Hip Pain Run You Down	Skin Cancer
8:00 PM	Citizens' Bond Oversight Committee Meeting January 20, 2016	Colon Cancer: Prevention & Treatment	Minimally Invasive Surgery for Lower Back Disorders	Colon Cancer: Prevention & Treatment	Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain in the Young and Middle-Aged Adult
8:00 AM							
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8:30 AM			Turning 65? Get To Know Medicare				
9:00 PM	Washington Township Health Care District Board Meeting February 10, 2016	Where Have All The Patients Gone?	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain and Arthritis: Evaluation & Treatment	Voices InHealth: Washington's Community Cancer Program	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Relieving Back Pain: Know Your Options
9:00 AM				How Healthy Are Your Lungs?			
9:30 PM	Voices InHealth: Bras for Body & Soul	Diabetes Matters: Strategies for Incorporating Physical Activity	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Women's Health Conference: Food and Mood: How One Can Affect the Other	Latest Treatments for Cerebral Aneurysms	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Diabetes Matters: Key To A Healthy Heart with Diabetes
9:30 AM				GERD & Your Risk of Esophageal Cancer			
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10:30 AM				Diabetes Matters: Diabetes & Heart Disease	From One Second to the Next	Don't Let Hip Pain Run You Down	Skin Cancer
11:00 PM	Citizens' Bond Oversight Committee Meeting January 20, 2016	Colon Cancer: Prevention & Treatment	Minimally Invasive Surgery for Lower Back Disorders	Colon Cancer: Prevention & Treatment	Washington Township Health Care District Board Meeting February 10, 2016	Washington Township Health Care District Board Meeting February 10, 2016	Hip Pain in the Young and Middle-Aged Adult
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11:30 AM			Turning 65? Get To Know Medicare				

Many Women Stay Silent about Common Urinary Condition—But Help Is Available

Learn about the risks, symptoms and treatment of urinary incontinence at upcoming free seminar

If you have trouble with uncontrolled urination – whether it's a few drops or larger amounts – you are not alone. Although both men and women can have urinary incontinence, it is more common in women, especially as they age. Statistics show millions of American women experience some level of difficulty with uncontrolled urination or overactive bladder.

“By the time women are in their 70s, as many as 70 percent to 80 percent have some degree of urinary incontinence,” reported Alison Slack, MD, board-certified obstetrician and gynecologist with Washington Township Medical Foundation (WTMF). “It is incredibly common.”

You can learn more about this common and often troublesome condition – who is at risk and what are the symptoms and treatments – at a free community seminar led by Dr. Slack and Mark Saleh, MD, board certified urologist also with WTMF. The forum will be held on Tuesday, March 15, at 6 p.m. in the Conrad E. Anderson, MD, Auditorium in the Washington West Building next to Washington Hospital in Fremont. For more information or to reserve your spot, go online to www.whhs.com and click on “Events,” or call (800) 963-7070.

Many women suffer in silence about their urinary incontinence issues. Fear of urinary leakage and embarrassment can cause them to stop doing many of the activities they enjoy. They may worry about hygiene issues or odor. Some women get in the habit of bringing a change of clothes wherever they go. Or,

they may stop going on long car or plane trips.

“Some women have trouble with leakage of urine when they exercise or run, while for others it is more pervasive so they can't hold their urine at all,” added Dr. Slack. “In treating women for urinary incontinence, we want to improve their quality of life.”

Problem with muscles or nerves

Urine is made up of water and wastes removed by your kidneys and stored in the bladder, a balloon-like organ. Urine leaves your body through a tube called the urethra. Incontinence can occur when there is a problem with the muscles or nerves that hold the urine in the bladder or release it into the urethra.

There are two main types of urinary incontinence: stress incontinence and overactive bladder. Stress incontinence is usually signaled by small spurts of urine when you cough, sneeze, laugh or jump. These types of activities can increase pressure on the urinary tract.

Overactive bladder involves muscle spasms that prevent the bladder from filling normally. You may feel you need to use the bathroom more often or have a strong urge to urinate and are unable to make it to the bathroom in time. When you urinate, you may be unable to empty your bladder completely. Some people have a combination of both conditions.

There are other, less common neuromuscular causes of urinary incontinence, which interfere with the signals normally transmitted from the brain and spinal cord to the bladder and urethra. These conditions include



Learn more about urinary incontinence at a free community seminar on Tuesday, March 15, at 6 p.m. Obstetrician and gynecologist Alison Slack and urologist Mark Saleh will talk about this common and often troublesome condition. For more information or to reserve your spot, go to www.whhs.com and click on “Events,” or call (800) 963-7070.

multiple sclerosis, spina bifida, Parkinson's disease, stroke and spinal cord injury.

Many risk factors

“A broad spectrum of conditions can put a woman at risk for incontinence,” Dr. Slack explained. “Having a baby, especially with a vaginal birth, is a common one. But, any tissue or organ that sags or puts pressure on the pelvic floor can contribute to incontinence, especially as age and gravity take their toll.”

Obesity can be a contributing factor. Some women have trouble with incontinence after menopause, which may be related to hormonal changes. Respiratory difficulties like chronic obstructive pulmonary disease, allergies

or any condition that results in frequent coughing or sneezing – even the flu – can also contribute to incontinence.

Dr. Slack emphasized that women should not be embarrassed to discuss their symptoms of urinary incontinence with their physician. In nearly every case of stress incontinence or overactive bladder, there is treatment available.

Different treatments

“Stress incontinence and overactive bladder are treated differently,” pointed out Dr. Slack.

With stress incontinence, the goal is to improve support for the bladder. Treatment may include exercise, pessaries that support the bladder, or surgery. At the

seminar, Dr. Saleh will discuss the surgical options available to women with stress incontinence.

Overactive bladder can be treated with medication. In addition, Dr. Slack and other physicians perform a type of acupuncture called tibial nerve stimulation, which stimulates the nerves going into the bladder.

Learn more.

For more information about these and other treatment options, come to the seminar on March 15. To learn more about Washington Township Medical Foundation, go to www.mywtmf.com. To learn about Washington Hospital, visit www.whhs.com.

Ask the Doctor

This is an ongoing column in which Dr. Tam Nguyen answers your health-related questions. Questions for Dr. Nguyen should be emailed to Ask the Doctor at: askthedoctor@whhs.com

SFP Sun Protection, Vitamin D Deficiency and Daily Moisturizer

Should my daily moisturizer have Sun Protection Factor (SPF) if I have a vitamin D deficiency?

Dear Readers,

We have done a tremendous job with public relations in preventing skin cancer through promoting the use of sunscreen and sun protection. One of the downsides to this (since one of the main sources of vitamin D is sun exposure) is that more people are vitamin D deficient. Diet, including milk, cheese, salmon, and cod liver oil, only provides a small amount of vitamin D. By blocking sunlight with sunscreens, people cannot get the needed amount of the vitamin. However, it is not advisable to skip applying SPF, since a short amount of time exposed to the sun without SPF protection can lead to sun damage. Also, the risk of damages from UV radiation including skin cancer does not outweigh the benefit. Daily vitamin D supplementation is the only thing needed to get the proper amount.

How much SFP should be in my daily moisturizer?

Dear Readers,

As summer approaches, sun protection is critical both to prevent skin cancer as well as wrinkles and aging. Everyone needs to protect against UVA (cause for skin wrinkles and aging) and UVB (responsible for most of the sunburn and damage) rays. Sun Protection Factor (SPF) is used by the industry to determine the amount of protection from UV radiation. It is often believed that we need the highest SPF as possible. SPF 10 gives 90% protection while SPF 15 gives 93.3% and SPF 30 96.7%. Any additional SPF only gives minimal benefit while costing more. Depending on skin color/type, people only need SPF 10-30. When in doubt, most people only need SPF 30 and nothing higher.

Tam Nguyen, MD, FAAFP



Tam Nguyen, MD, is board certified by the American Board of Family Medicine and the American Board of Aesthetic Medicine, treating patients of all ages since 2008. He completed his Family Practice residency at San Jose-O'Connor Hospital in California and has served at San Joaquin General Hospital as part of their medical staff and clinical faculty and as the Family Medicine Chair. Dr. Nguyen currently practices Family Medicine at the Washington Township Medical Foundation – Nakamura Clinic in Union City. For more information, go to www.mywtmf.com.

Washington Hospital Healthcare System
Investing in the health of the community.

whhs.com

Health & Wellness

Balance and Falls Prevention

Weakness and disequilibrium are conditions that may affect a person's safety with mobility. These impairments may cause imbalance and ultimately lead to falls. At this seminar you will learn about living and coping with dizziness. Physical therapy can help prevent falls through balance training, strengthening and using vestibular rehabilitation depending on your condition.

Tuesday, March 8, 2016
1 to 3 p.m.

Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

Stay connected to Washington Hospital through Facebook, YouTube and Twitter. Watch InHealth Channel videos, learn about upcoming events and seminars and see what's happening at your community hospital.

Free Community Seminar

SPEAKER

Shelja Bansal, PT

Physical Therapy
Washington Hospital
Healthcare System

Physical therapy and sports medicine care

To register or for more information, visit www.whhs.com/events or call 1-800-963-7070.

Seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.



www.ohlonepromise.org

A Two Year Full Ride Scholarship Program

FOR GRADUATING HIGH SCHOOL SENIORS

APPLICATION PERIOD: March 1 – April 15




Josue Alvarado, an Ohlone Promise Scholarship recipient, is currently in his last semester at Ohlone College. Josue is already looking forward to transferring to UC Davis or UCLA, a step he wouldn't have dreamed of two years ago.

While attending Bridgepoint high school one of Josue's teachers asked him about his post high school plans. Josue wasn't planning on going to college. He didn't think it was possible. The financial burden for his family was simply too great. Fortunately, his teacher knew about the Ohlone Promise Scholarship, a two-year, full ride scholarship to Ohlone College that pays for all required tuition, fees, and books at Ohlone.



Josue applied and received an Ohlone Promise Scholarship. It provided the financial resources necessary to allow him to further his education.

At Ohlone, Josue has honed his time management and study skills and explored his interest in psychology. The result—Josue was recently accepted to UC Davis and is waiting to hear from UCLA, all thanks to his hard work and financial support from the Ohlone Promise.

“Before I learned about the Ohlone Promise I didn't really have any college plans,” Josue said. “I thought perhaps I would work and save some money and then consider the possibility of attending. This scholarship is the whole reason I'm here and will be continuing on with my studies, hopefully at UCLA.”

Thanks to its generous donors, the Ohlone College Foundation is offering 30 Ohlone Promise scholarships to high school seniors throughout the Tri-Cities in 2016. To qualify, a student must be a senior graduating from a public high school in Fremont, Newark, or Union City and plan to attend Ohlone College full time.

To apply for a scholarship please visit www.ohlonefoundation.org. Applications are being accepted for 2016 scholarships from March 1 through April 15.

For information on how you can support The Ohlone Promise, call 510-659-6020.



2015 Ohlone Promise Scholarship Recipients

continued from page 1

NOWRUZ

A New Day

Sib (apples); Somaq (sumac berries); and Serkeh (vinegar). Each item has significant meanings that symbolize health, beauty, patience, affluence, tolerance, happiness and more. Haji Firuz, the traditional herald of Nowruz, oversees celebrations wearing bright red clothes, a soot to cover his face, and a felt hat. He is a fictional character in Iranian folklore and appears in the streets during Nowruz.

Union City and Fremont libraries will celebrate Nowruz with dance performances by Farima Berenji Dance Academy. Amir School of Music will also perform Persian music at Fremont Main Library. If you haven't watched a Persian dance performance before, Berenji writes, “Classical Persian dance and poetry are delicate, intricate, subtle and full of meaning. Delicate hand movements, gentle upper body undulations, and facial expressions are the essential elements of this dance. The dance emphasizes feeling rather than movement. The dancer tells a story, teases the audience with



Photo by Rose Photography

her coquettish glances, or can display a variety of expressions: reluctance, joy, sensuality, pride and laughter.”

Celebration of Nowruz
Thursday, Mar 3
6:00 p.m. – 7:30 p.m.
Union City Library
34007 Alvarado-Niles Rd,
Union City

(510) 745-1464 x 5
www.aclibrary.org
Free

Nowruz Celebration
Saturday, Mar 12

2:30 p.m. – 4:30 p.m.
Fremont Main Library
2400 Stevenson Blvd, Fremont
(510) 745-1401
www.aclibrary.org
Free

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Molly's Revenge

takes Mission Coffee stage

County Donegal where he has studied with Ciaran O'Maonaigh and Dermot McLoughlin.

Stuart Mason has been collecting and performing traditional music for over 30 years. He has appeared on stage from Ireland to China performing Celtic, old-time bluegrass, and his original compositions, which have won awards from the West Coast Songwriters Association. He leads workshops and classes in traditional music

techniques at music festivals and camps.

“Molly's Revenge has done us the honor of performing at Mission Coffee a number of times. We have to say that they like it here and we love having them,” said concert organizer Wayne Brask.

“You won't find a more energetic show around; they get the crowd on their feet and really enjoy putting on their show. I believe we first saw them at the Pleasanton Scottish Games years ago, along with Tempest and the Wicked Tinkers to name a few. So we asked them to come share their talent with us at Mission Coffee,” recalls Brask. “At first there was some question about bagpipes playing in the coffee house,

but David, the piper, said he could regulate it and not blast people out of their chairs. He was right. The audience has come back year after year and really enjoys them. We do too.”

Molly's Revenge
Saturday, Mar 5
7 p.m. – 9 p.m.

Mission Coffee Roasting Co.
151 Washington Blvd, Fremont
(510) 623-6920
www.BraskHouseConcerts.com
www.fremontcoffee.com
www.mollysrevenge.com
Tickets: \$15 at the door



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Local Photographers Shine at Juried Exhibit



amateur, who participate to have their pictures seen and recognized."

The Juried Photography Exhibit for Fremont residents and Fremont photography club members is very popular with local photographers. A panel of qualified judges will determine the acceptability of the photographs and 14 merit awards ranging from \$50 to \$150 are handed out. Prestigious awards like President's Choice Award and Alvin Dockter Nature Photography Award are also presented. Dockter, an outstanding and well-known local photographer, has been one of the main forces behind the exhibit for over twenty years.

Photographs selected by the panel of judges will be on display in the Library's reading area behind the main desk on the first floor from March 6 to April 2. Some of the prints are also available for sale; title cards for the prints will indicate their availability. A master list will be kept at the library reference desk of items available for purchase and the prices. Interested visitors will be given the photographer's contact information; sales are between the photographer and the buyer. FCAC and the library are not parties to any sales. Sold prints

will remain in the exhibit until the final day.

FCAC President Margaret Thornberry encourages art supporters from the local community to attend the reception and vote for their favorite People's Choice Photograph. Smith pointed out, "Pablo Picasso said that the purpose of art is washing the dust of life off our souls. I urge everyone to come be rejuvenated at the reception on March 5 at the Fremont Main Library."

For more information, please contact Exhibit Chairman Gregory Smith at (510) 828-2893 or fcacphotoshow@gmail.com. Visit the FCAC office at 3375 Country Drive, phone (510) 794-7166 or visit www.fremontculturalartscouncil.org.

Juried Photography Exhibit
Saturday, Mar 5 – Saturday, Apr 2
During library hours

Opening Night Reception
Saturday, Mar 5
6:30 p.m. – 8:30 p.m.
Fukaya Room

Fremont Main Library
2400 Stevenson Boulevard,
Fremont
(510) 745 -1400
www.fremontculturalartscouncil.org

Reignite your passion

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

Alameda County Reading Association (ACRA) is hosting a mini conference on Saturday, March 5 at Pioneer Elementary School in Union City. Inspire and be inspired by engaging with others around topics that empower students. Participants will have a choice of two breakout sessions, including mindset, equity, student-centered voice, mindfulness, English language development and cultural awareness.

The event is free for ACRA members and \$10 for non-members. Registration includes a free, special edition copy of "A Place Where Sunflowers Grow" by Amy Lee-Tai. Visit www.acreading.org to register, or contact Sandy De Muri at sdemuri@nhusd.k12.ca.us for more information.

Reignite Your Passion: Mini Conference
Saturday, Mar 5
9 a.m. – 12:30 p.m.
Pioneer Elementary School
32737 Bel Aire St, Union City
sdemuri@nhusd.k12.ca.us
www.acreading.org
members: free; non-members: \$10

Kiwanis Club

SUBMITTED BY SHIRLEY SISK

The Kiwanis Club of Fremont has scheduled interesting speakers for its March meetings. On Tuesday, March 8, a dinner meeting at 6:30 p.m., features Richard Godfrey MD discussing "The Story of Bees in Africa and America." Dr. Godfrey has an eight year experience of working with bees in Africa and America. His talk will also include a biographical account of the Obama family in Kenya (yes, President Obama was born in Hawaii) and also some facts on the healing powers of honey.

Tuesday, March 15 a t 7 a.m. the speaker will be Paul Medved, P.E., Project Manager of the BART Warm Springs Extension. Mr. Medved will provide an update on the project. You will have an opportunity to hear how the systems testing program and final preparations are coming along.

The Kiwanis Club meets the 1st and 3rd Tuesday mornings at 7 a.m. for breakfast and the 2nd and 4th Tuesdays for dinner at 6:30 p.m. at The Doubletree by Hilton in Newark.

Be our guest and learn more about Kiwanis and our many services to the community. Enjoy an informative speaker and become acquainted with people like you who are interested in being involved and helping to make a difference. Check out our website: kiwanisfremont.org

Kiwanis Club - March Meetings
Tuesday, Mar 8
6:30 p.m. / Dinner and Speaker

Tuesday, Mar 15
7 a.m. / Breakfast and Speaker
Doubletree by Hilton
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BY NANCY LYON, OHS
SPECIAL ASSISTANCE
DIRECTOR

I wish you could meet Eleanor, Bell, Gustavo and Aubrey—they are current residents of the Fremont Animal Shelter and members of a growing number of senior companion animals that have survived into what should be their golden years. Unfortunately, in spite of surviving hardships and often human indifference, they and others like themselves may face spending much of their remaining lives lingering in animal shelters.

Many somewhat seasoned dogs, cats and other senior shelter animals wait patiently, always looking for that special person to come along who appreciates the gratitude and devotion they have to give for a second chance at a loving home. Sometimes the wait is very long, if it comes at all.

The silvered faces often lead potential adopters to pass them by. Visitors may stop to say a word of encouragement but often move on to the younger animals, unaware that they may be leaving behind the gift of a lifetime.

Mature pets arrive at shelters for many reasons. They may have strayed and are not reclaimed because of impound fees with

people unwilling or unable to pay. They may be turned in because their family can no longer afford to give them the care and food they need, or their human companion dies or must go into a living situation where they cannot have animals or they have become physically unable to care for them. Or they may have been abandoned.

It's easy to forget that the activity level of younger pups, kittens and other animals can be demanding of time and energy. Calmer and more mature animal companions allow more flexibility in busy lives, and the need to find daily outlets for youthful exuberance becomes less challenging. Seniors still require a commitment of time and care but it's at a mellow pace.

It's a misconception that older animals won't bond with the family as much as youngsters. The connection can be even stronger—love and loyalty know no age limits and an older animal that has been adopted or rescued realizes you have saved them and gives back a special kind of love.

Another advantage of a more mature companion animal is they have developed a personality and temperament that allows you to know if you're a match. Younger dogs, cats and others are still

somewhat of a blank page and still in the process of growing both physically and emotionally—the adult individual may be far from that first envisioned.

A large part of the gift is realizing that you have looked beyond the outer signs of a life with a past, one who is now needful of home, comfort and love. The following quote by Sydney Jeanne Seward says it all: "Blessed is the person who has earned the love of an old dog." It is something that can be said of any senior animal.

Please visit your local animal shelter if you're considering bringing a new furry member into your home and family. Take a moment to spend time with the older quiet dog or cat who patiently sits waiting for that compassionate special person who will see the gift they have to offer – you may discover treasure beyond your dreams.

The following San Francisco Bay Area rescues specialize in rescuing and re-homing senior and special needs animals:

- Muttville Senior Dog Rescue** – www.muttville.org
- Bright Haven Rescue and Sanctuary** – www.brighthaven.org
- Green Dogs Rescue** – www.greendogproject.org

Innovative housing idea

Local Group Explores Innovative Housing Idea

Why baby boomers choose cohousing

By 2020, there will be 50 million people, or 20 percent of the population in the U.S., aged 65 years or older. Eleven million of that cohort presently live alone, according to studies cited in Wikipedia under "old age." The cost of services for senior citizens is estimated to top \$3 trillion in the next few years. More services than society can afford will be needed to care for the 78 million new baby boomers in the next 20 years. Costs of traditional senior housing may be inadequate and unsustainable in the future. In addition to the financial costs, there are emotional costs to maintaining a home where only one or two aging seniors live.

Quality of life should be factored into our plans as we age. Most of us hope our final 20 to 30 years can be lived using our full potential. How is one to do that with declining mental and physical abilities, including compromised mobility? Many seniors chose not to live isolated in their own homes where they eventually depend on kind volunteers to deliver their meals and drive them to social and medical appointments.

To live happily, most aging baby boomers need friends nearby for social interaction and continued enjoyable activities. Those same friends can assist with meals and medical obligations. What better way to age than in a cohousing group among people who share a

common bond, similar interests, and meals?

The cohousing concept is one in which members plan and manage their own homes, activities, and care—intentionally together with other members who have chosen to live nearby. In intentional communities there is shared concern for each other's safety and well-being. In cohousing communities, everyone is treated with dignity regardless of age. The community also has a common area in which to participate in activities like yoga, movies, and political discussions.

Research indicates the highest quality of life is one in a community of peers who understand and care about one another. Cohousing allows senior citizens to take control of their lives and live independently for as long as possible. Residents manage their own community and perform much of the work required to maintain the property. They meet regularly to solve problems and develop policies for the community, which supports the individual's physical, social and emotional health. AARP has several relevant articles that can be accessed by typing "cohousing" into the search box on the organization's website at www.aarp.org.

A southern Alameda County group of friends called Mission Peak Cohousing (MPC) is searching for a site to establish a cohousing neighborhood in the

Tri-City area. Although MPC desires a multi-generational living situation, most of the current founding members belong to the baby boomer generation.

In April, MPC members will take a major step forward in educating themselves about how to make the cohousing concept into a reality. They are bringing to Fremont Kathryn McCamant and Charles Durrett, the architect team that introduced cohousing to Northern California with the opening in 1991 of Muir Commons in Davis, CA. McCamant and Durrett will conduct a weekend workshop for MPC April 9-10 entitled "Getting It Built." Limited space may be available for interested non-members who reserve by March 31.

The evening beforehand, April 8, MPC is co-sponsoring a presentation with the City of Fremont to enable others in the Tri-City area to learn about cohousing and meet the experts. It will be held at Fremont Main Library at 6:45 p.m. It is open to the public and free of charge.

Next week: Interview with Kathryn McCamant about children and others who thrive in cohousing.

Mission Peak Cohousing is a group of friends forming a cohousing community in Fremont. For information, contact MissionPeakCohousing@gmail.com. For more information on the topic of cohousing, see www.cohousing.org.



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Azam Khan is a content strategist specializing in omnichannel storytelling.

**Meet a Muslim
Questions and Answers**

Monday, March 7th
7:00 - 8:00 pm
Niles Canyon
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711 Old Canyon Road, Fremont



Moina Shaiq a Muslim resident of Fremont for the past 33 years, a mother of four and an active member of our community.

Jehan Hakim is a SF native. Mother of four. Senior at SFSU; Political Science (BA). President of AAJSP (non Profit Yemeni educational organization www.aaajsp.org). Teacher at MCC (Rahmah Foundation).



Bring any question that you might have, they will try to answer to the best of their ability. Know that they won't be offended by any question.

Are women oppressed in Islam?
How do Muslims practice their faith?
How does Islam view other religions?
What is Sharia law?

What is the Islamic view of terrorism?
What factors contributed to the rise of Islamic fundamentalism?

**Protection of
Artistic Imagery Online and Off-line**

SUBMITTED BY SUSAN HELMER

M.J. "Bo" Bogatin, will be speaking on the "Protection of Artistic Imagery Online and Off-line" at the Fremont Art Association meeting on Wednesday, March 2.

Bogatin is a founding member of Bogatin, Corman & Gold, and has practiced law in the Bay Area for over 30 years. His practice emphasizes Art, Entertainment and Intellectual Property legal matters. He speaks often at CLA (CA Lawyers for the Arts) workshops on copyright, trademark and contract issues for artists and authors, at local law schools and art academies, and nationally for CLE (Continuing Legal Education) on his litigation specialty: Artists' Moral Rights. He is also trained as a mediator, and serves on the Arts Arbitration and Mediation panel of California Lawyers for the Arts.

Mr. Bogatin represents or has represented authors, playwrights, producers, directors, designers, performers (including over 80 clowns and acrobats with Cirque du Soleil), musicians, visual artists, galleries and agents.

His legal practice encompasses all the arts: literary, performing, visual and multi-media. Bogatin has served on the boards of directors of several Bay Area theatres, and is currently on the board of Save-Nature.org and Co-President of California Lawyers for the Arts. He is also trained as a mediator, and serves on the Arts Arbitration and Mediation panel of California Lawyers for the Arts.

Members of the Fremont Art Association and the public are invited to hear Mr. Bogatin speak on the topic of protecting artistic imagery. Please feel free to come with your questions and a refreshment contribution.

**Protection of Artistic Imagery
Online and Off-line**
Wednesday, Mar 2
7:30 p.m.

Fremont Art Association Gallery
37697 Niles Blvd, Fremont
(510)792-0905

<http://www.fremontartassociation.org/>
Free

New Haven Unified Board update

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

On February 16, after a presentation by Co-Superintendent and Chief Business Officer, Akur Varadarajan, and Tim Holmes from Kenwood Energy, the Board was asked to make two findings:

- Installation of solar facilities at sites throughout the District will result in energy savings to the District
- Ratification of an Agreement between the District and Cenergy for the installation of the system will result in savings

During the presentation, Mr. Holmes shared that after an initial expenditure of \$8 million, the District would recognize a financial savings of over \$18 million during the thirty-year course of the project. Mr. Holmes shared that the District would recoup its initial expenditure and break even sometime early in the eleventh year. After the presentation had been concluded and the Board had opportunity to ask clarifying questions, the Board did make both findings as requested.

The Institute of Community Leaders (ICL) began at James Logan High School in 2011. The

program was started in response to concerns that a number of students needed a smaller learning environment in order to be successful in high school. A School-Within-a-School model was designed to foster resilience and build socially responsible leaders of the community. At the Board meeting, James Logan High School Principal, Abhi Brar, shared with the Board an update on the Institute of Community Leaders. Mr. Brar explained that although the student make-up of ICL was, like Logan, very diverse, proportionately, more Latino students were enrolled in the program than the high school in general. Mr. Brar went on to explain that, due to its small size and the cohesiveness of the teaching staff, ICL is able to implement new instructional initiatives and practices citing restorative justice, Reading Apprenticeship, and Chromebook integration as a few examples.

Chief Personnel Officer, Mr. Derek McNamara, informed that Board that as every employee, volunteer, and substitute has been trained in their mandated reporting responsibilities, the District was in compliance with AB 1432,

which required, among other items, that all staff be trained in their child abuse reporting requirements.

The Board also voted for candidates to the CSBA 2016 Delegate Assembly. After some deliberation, the Board voted to endorse: Desrie Campbell (Fremont USD) Jamie Yee Hintzke (Pleasanton USD) Philip Hu (Alameda USD) Nancy Thomas (Newark USD)

Also, the Board voted to approve the Educator Effectiveness Plan that had previously been brought forward at their February 2, 2016 meeting. The California State Legislator approved a one-time grant for school districts for the purpose of Educator Effectiveness. The funds may be used to support the development of teachers, administrators, and paraprofessional educators. The approved plan includes beginning teacher and administrator support and coaching as well as the retention of eight coaches for professional development, coaching, and support services for teachers to promote educator quality and effectiveness.

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Startup Grind Fremont

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Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. The March 15 event of the Startup Grind Fremont Chapter will include a fireside chat with Aaron Carpenter, Chief Customer Officer at Hub-nami, a social media management startup, where he oversees all sales, marketing, and user experience efforts. Carpenter has 17 years of experience in digital marketing, e-commerce, site design, and sales most

recently as Vice President of Global Marketing at The North Face.

To register for this event visit: <https://www.startupgrind.com/fremont/>

Startup Grind Fremont
Tuesday, Mar 15
6 p.m. – 8 p.m.
DeVry University

6600 Dumbarton Circle, Fremont
Register: <https://www.startupgrind.com/fremont/>
\$10/ General and Students free with ID

Companies experiment with build-your-own smartphone programs

BY ANICK JESDANUN
 AP TECHNOLOGY WRITER

NEW YORK (AP), If you could build your dream smartphone, what would it look like? Now suppose you could put it together yourself.

That's the promise of modular design, a new concept in smartphones that would basically let you snap together different components like Lego blocks. Say you want a great camera. Snap! A vivid screen and good sound because you watch a lot of video? Snap! But maybe you could live with a smaller battery because you spend most of your day at home or work. Snap!

Sure, phones now offer choices in color and storage. Motorola goes a bit further in letting you choose custom backs made of wood or leather. But the rest of the phone is pretty standard. You're stuck with the processor, battery and other hardware chosen by Motorola, Apple, Samsung and other tech companies.

With modular design, you could just pay for the components you need instead of settling for whatever manufacturers put in their designs. And instead of buying a new phone every year or two, you could just upgrade individual parts as they wear out or become obsolete.

LG is dipping its toes in the modular-design concept with its upcoming G5 smartphone, announced this week at a wireless conference. The bottom of the phone pops out to let you swap in new hardware. For starters, you'll be able to attach a camera grip with physical shutter buttons or insert a high-fidelity audio system if regular MP3-quality sound isn't good enough for you.

Google's Project Ara, which isn't making products yet, is also

outlining a modular-design approach that starts with a structural frame and lets you add cameras, sensors and batteries. Google figures a phone could cost as little as \$50 using the most basic parts.

A Dutch startup called Fairphone is selling the \$580 Fairphone 2 online. Though it comes assembled, you can replace the screen for less than \$100, or the camera for \$40. An expansion port will let people add components — perhaps for wireless charging or mobile payments — that Fairphone or outside parties make in the future.

Chinese phone maker ZTE has circulated concept designs. Other startups exploring modular phones include Finland's PuzzlePhone (as in the components fit together like a puzzle).

Modular phone design is similar to how hobbyists build their own personal computers or soup up their cars. But there's no guarantee the idea will take off.

For one thing, modular design is itself a trade-off. Many consumers want phones to be thin, light and power efficient, and that means all the parts have to be tightly integrated. You give that up when you go modular.

Samsung, for instance, rejects modular design, preferring to offer "the best combination of features and functionality" in a compact and elegant design, says Justin Denison, Samsung's senior vice president for U.S. product strategy and marketing.

Modular design also isn't easy. Project Ara missed its 2015 target for a pilot project in Puerto Rico and suggested in cryptic tweets that designing modules has proven more complicated than expected. Google had no further comment.

Ronan de Renesse, lead analyst for consumer technology

with the research firm Ovum, says many parts in current smartphones are designed specifically to work together. Swap in a new camera or screen, and the older processors might not know what to do with it. The camera might stutter, the screen might blink, and both might drain the battery faster than expected.

Lego-like parts also could allow dust or water to intrude into the phone's innards. Their connections might also give way over time.

"I don't think those phones are going to be reliable enough for the mass market," de Renesse says.

There's already some buzz around the phones. Fairphone has sold about 35,000 units and is targeting 150,000 this year. The company says many of its customers are environmentally conscious about e-waste and don't need up-to-the-minute advances in phone technology.

Many big phone makers introduce features just to have something to brag about in ads, says Miquel Ballester, Fairphone's co-founder. "I don't really think it's always what the customer is looking for."

Even if the appeal is limited, the concept could have broader influence.

LG's G5 isn't fully modular, as users couldn't replace processors, cameras and screens themselves. LG's Frank Lee says the modular design for now is mostly about enhancing the phone's capabilities with optional features. But perhaps one day, he says, people will be able to swap in a slower, but more power-efficient processor on days they'll be away from chargers.

In the future, he says, "we won't be referring to them as phones anymore."

Blast from the past

SUBMITTED BY ALICE AND CHRIS CAVETTE

SABERCAT NEIGHBORHOOD CENTER (PLN2006-00153) was approved by the City Council on 12/4/2007 on appeal of the Planning Commission's denial. This 6-story mixed-use complex will have 158 condominiums and 55,472 sq. ft. of commercial space and is located at the intersection of Highway 680 and Auto-Mall Parkway/Durham Rd.

The original developer, Sabercat Neighborhood Center, LLC, filed for Chapter 11 protection on June 27, 2014. A new developer, Fremont Hills Development Corporation, has recently begun to finalize plans to build the complex under the name MISSION HILLS SQUARE (PLN2015-00274).

They have applied for a new Grading Plan which will require Planning Commission and City Council approval. The tentative date for the Planning Commission hearing on the Grading Plan only is March 10th. The density and architecture ARE NOT open to public comment. They were approved under PLN2006-00153 in 2007.

See the Tri-City Voice article on page one of the December 19, 2007 issue called "Sabercat, a bellwether of the future?"



East Bay Innovation Award winners announced

DARIEN LOUIE, EXECUTIVE DIRECTOR

The Fox Theater in Oakland was packed with an audience of hundreds from business, government and the nonprofit sectors, waiting to see which East Bay organizations were recognized for using innovation in the best ways possible. They were at the 2016 East Bay Innovation Awards, hosted by the East Bay Economic Development Alliance (East Bay EDA), a leading convener of cross sector leadership. The event was the result of a months-long competition for the best use of innovation across eight industry sectors.

Awardees included:

Advanced Manufacturing – Emerald Packaging in Union City,
Clean Tech – Motiv Power Systems in Hayward,

Education – The Bread Project in Berkeley,
Engineering & Design – Sila Nanotechnologies in Alameda,
Food – CORE Foods in Oakland,
Information and/or Communication Technology – CallidusCloud in Dublin,
Life Sciences – Caribou Biosciences in Berkeley, and
Catalyst of the Year – Delta Diablo in Antioch.

The first award of the evening, the Legacy Award, was presented to The University of California, Berkeley for decades of globally recognized research, outstanding number of Nobel winners, and the development of creative student and graduate entrepreneurs starting innovative companies.

For more information, visit:
www.EastBayEDA.org

Green Machine wins Mechanical Design award



**SUBMITTED BY
VANDANA DEEP**

A team of five kids from Union City took part in the FIRST LEGO League (FLL) Trash Trek Challenge to help reduce, reuse, or recycle trash. The challenge had three parts: Core values, where kids demonstrate teamwork and community spirit; Robot Game, where they have to build and program a robot to solve a series of missions; and the Project, where kids have to come up with an innovative solution to solve a trash related problem and share it with the community. The participating kids were Ankita Deep from Delaine Eastin; Esha Bhasin from Basis Independent Silicon Valley; and Rayna Arora, Jayden Pulickal, and Amaan Kadri from Itliong-Vera Cruz Middle School. In keeping with the spirit of the challenge they named their team Green Machine.

They were coached by Nimar Arora and Vandana Deep.

The team started working early in July 2015 and once the challenge details were announced they began working on programming the robot, and also visited various trash recycling centers to learn about the challenges faced in the disposal of trash. Their research quickly pointed them towards styrofoam, which occupies over one-fourth of all landfills and never decomposes.

The largest usage of styrofoam is in food and beverage containers, and in order to eliminate this they invented Ediware, a line of biodegradable edible containers using plant-based starch. They discussed their idea with a number of experts including the Sustainability Mavens at Stanford and a leading packaging company. They also created a Facebook page, Green Quotient, to

spread awareness of the harm caused by styrofoam.

The team took their ideas and robot to the FLL qualifier tournament at STEAMkids Belmont on Sunday, November 22, 2015. Unfortunately, during the tournament a critical axle in the center of their robot broke, and they couldn't fix it in time. This hurt their performance and it appeared that their FLL season was over. However, the judges loved their team spirit and awarded them the top prize in the Core Values section, and this helped them qualify for the next round. The NorCal Peninsula Championship was held at Burlingame High School on January 31, 2016. In the Championship their robot worked consistently, and Green Machine won fourth place in the Robot Game. They were also awarded second place in the Mechanical Design category.

Student Team Internship Opportunities

**SUBMITTED BY FREMONT
UNIFIED STUDENT STORE**

Fremont Unified Student Store (FUSS) would like to build a student team that will help develop FUSS's eStore to support Fremont Unified School District. The ideal student intern team will include:

Buyer: procuring products to fill FUSS's eStore
Designer: discovering creative talents on campus (e.g. collaborating with photography, art and graphic design students to design new products)

Public relations: developing marketing strategies to promote online sales

Marketing strategist: community outreach and working with local organizations

Please come to FUSS's table at the "Summer Programs Fair" on Friday, March 4 at Centerville Jr. High School to get more information and apply.

Summer Programs Fair
Friday, Mar 4
6 p.m. – 8 p.m.
Centerville Jr. High School Gym
37720 Fremont Blvd, Fremont
www.fuss4schools.org



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Angel Fund and local students help family to new life



Recently, LOV (League of Volunteers) Angel Fund, an emergency community resource program, announced the Get Back to Georgia campaign. The campaign focused on a local homeless family with a chance for stability and a better life by relocating to Rome, GA. With help from Mission San Jose Elementary (MSJE) students who contributed baskets of gift cards, presents and basic needs and a multitude of other supporters, a new life for the family became possible. In an emotional gathering at the school on February 25th, the family thanked students for their contributions.

Could the climate crisis actually be an opportunity?

SUBMITTED BY NILES DISCOVERY CHURCH

What if global warming isn't only a crisis? What if it's the best chance we are ever going to get to build a better world?

"There's no question about it," the Rev. Jeffrey Spencer, Senior Pastor at Niles Discovery Church says. "The climate crisis is the biggest and most important moral issue facing us today. If we don't mitigate the impacts of climate change, all our attempts to feed the hungry, to end wars and terrorism, to provide all people with access to clean water will be for naught."

Spencer says he's not clear what the best way to address climate change is, "in addition to leaving fossil fuels in the ground." He thinks this film will challenge our thinking about what some other strategies might be.

Filmed over 211 shoot-days in nine countries and five continents over four years, "This Changes Everything" documentary is an epic attempt to re-imagine the vast challenge of climate change. The film presents seven portraits of communities on the front lines, from Montana's Powder River Basin to the Alberta Tar Sands, from the coast of South India to Beijing and beyond.

Interwoven with these stories of struggle is Naomi Klein's narration, connecting the carbon in the air with the economic system that put it there. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform a failed economic system into something radically better.

Released only four months ago, "This Changes Everything" will be shown on Saturday, March 12 at Niles Discovery Church and will be followed by a discussion led by Jan Kirsch of 350.org Bay Area.

This screening is part of the Second Saturday Documentary Series, a film series co-sponsored by Niles Discovery Church and the San Jose Peace and Justice Center.

This Changes Everything - Documentary
Saturday, Mar 12
1:30 p.m.
Niles Discovery Church
36600 Niles Blvd, Fremont
(510) 797-0895
www.nilesdiscoverychurch.org
Free /Donation gladly encouraged

Call to artists

SUBMITTED BY DIANE LEYS

The City of Fremont Olive Hyde Art Gallery is calling for artists for the "Hidden Treasures/Local Talent 2016 Exhibit." This exhibition showcases local and regional artists of all ages in various mediums and concepts from traditional to contemporary.

To submit: Please send artist contact info, artist statement, and up to 10 images for consideration (min 300 dpi) to: Recreation Supervisor, Alvaro Zambrano at azambrano@fremont.gov

Submission deadline: Friday, March 11 – 12 p.m.
 Artists will be contacted by Wednesday, March 16 if accepted.
 Delivery of work: Sunday, March 20 at: Olive Hyde Gallery, 123 Washington Blvd, Fremont.
 Entry fee of \$25 must be paid upon acceptance to show.
 All artwork must be framed and ready for hanging.
 Exhibition dates: Friday, April 1 – Saturday, April 30.
 For further information, call (510) 791-4357.

Mission Valley ROP/James Logan named national finalist

SUBMITTED BY KATE JUDGE

Mission Valley ROP/James Logan High School has been named one of 15 national finalists in the Samsung Solve for Tomorrow Contest – selected from more than 4,100 applicants nationwide. The Samsung Solve for Tomorrow Contest is a program that challenges teachers and students to solve real-world issues in their community using classroom skills in science, technology, engineering and math (STEM). As a national finalist, Mission Valley ROP/James Logan High School will receive at least \$40,000 in technology. Students engineered a solar-powered electric vehicle charging station to harvest and store energy. Specific activities included:

- Learning about the photovoltaic processes for real-life implementation
- Designing and constructing the station structure and solar array within a specified structure space
- Configuring the battery bank, charge controller inverter and solar array combiner box
- Installing wiring in the station structure to conduct trial runs for accuracy

On Tuesday, March 15, Eba Mohamed and his students will present their project live to a panel of judges at the brand new Samsung 837 building in New York City. Three grand prize winners will be chosen by the panel; a fourth will be chosen by Samsung employees; and a fifth, the Community Choice Award winner, will be determined by public social media voting. The five grand prize winners will receive an estimated \$120,000 in technology.

Social media voting is open beginning 12:00 a.m. ET on March 1 until 11:59 p.m. ET on April 1. To vote for Mission Valley ROP/James Logan High School, voters must post or tweet using the school's dedicated hashtag #SamsungSolveMVROP and #SamsungSolve on Instagram and/or Twitter. Votes are limited one vote per person per day. Multiple votes a day or retweeting and sharing social posts will not count as votes. View Mission Valley ROP/James Logan High School's project video at <http://goo.gl/7nF7wL>.

Hearts In Harmony

SUBMITTED BY DONNA LOU MORGAN

Bay Area Showcase Chorus, a chapter of Sweet Adelines International, presents their annual "Hearts In Harmony" show March 5. The show includes over 90 women singing 4-part harmony and features Prime Time, a mixed ensemble and the 2014 Harmony Sweepstakes Regional Champions.

Prime Time has been delighting audiences around the Bay Area with their eclectic mix of a cappella for over six years. Their repertoire ranges from jazz standards to rubato ballads to pop breakup tunes and even dance party classics.

Bay Area Showcase Chorus has been the Sweet Adelines International Region 12 champion chorus for most of the past twenty years. The chorus entertains throughout the Bay Area and is led by Master Director Julie Starr. Sweet Adelines International is a worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education, competition and performance. This nonprofit music education organization encompasses more than 24,000 members, 1,000 registered quartets and 500 choruses.

Tickets for Hearts In Harmony are \$30 for adults, \$15 student/youth, and \$40 for VIP. Ticket price includes refreshments and a silent auction. To purchase tickets, visit www.SingHarmony.org or call (408) 973-1555.

Hearts In Harmony
Saturday, Mar 5
3 p.m. (Doors open at 2:15 p.m.)
IFES Portuguese Hall
432 Stierlin Rd,
Mountain View
(408) 973-1555
www.SingHarmony.org
Tickets: \$30 adult, \$15 student/youth, \$40 VIP

Is your home earthquake ready?

SUBMITTED BY CITY OF HAYWARD

Protect your home with the Brace and Bolt Retrofit Program, which is designed to make your home earthquake safe. The City of Hayward is providing easy-to-follow plans, and waiving permit and plan check fees for select retrofits on single-family homes. These retrofits are simple and don't require a contractor. Get more information at the Permit Center or bring your retrofit plans for approval.

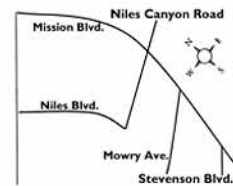
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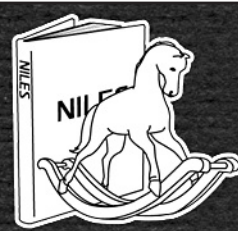
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SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

"Starting a Home-Based Business" seminar discusses several elements necessary for starting a successful home-based business. These elements include: business planning, licenses, permits, marketing and work/life balance. Understanding these issues is critical to becoming a successful home-based entrepreneur. Register at <http://acsbdc.org/node/20911>.

Starting a Home-Based Business

Thursday, Mar 10

9 a.m. - 12 p.m.

Eden Church, Jensen Room

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(510) 208-0410

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<http://acsbdc.org/node/21075>

Free

Educator Job Fair

SUBMITTED BY BRIAN KILLGORE

Interested in a career in Education? The Fremont Unified School District (FUSD) is hosting a Job Fair for Teachers and Certificated Educators Saturday, March 19, at the FUSD District Office.

In preparation for the 2016-17 school year, FUSD is recruiting qualified educators in the following positions:

Teachers for all grade levels and subjects

Special Education - Early Childhood, DHH, Adapted PE, Mild/Moderate/Severe & Resource

Speech Language Pathologists
School Psychologists
BCLAD Multiple Subject (Mandarin and Spanish)

The FUSD Job Fair will be

held in two sessions: multiple subject educators are invited from 9 a.m. -12 p.m. and single-subject from 1 p.m. - 4 p.m. Attendees interested in Special Education and Pupil Personnel Services are invited to either session.

Registration is required to attend the Job Fair. Please visit the FUSD website at www.fremont.k12.ca.us

Job Fair for Teachers and Certificated Educators
Saturday, Mar 19

9 a.m. - 12 p.m. /Multiple Subject; Special Educ; Pupil Svs
1 p.m. - 4 p.m. / Single Subject; Special Educ; Pupil Svs

FUSD District Office
4210 Technology Drive,
Fremont

www.fremont.k12.ca.us

Free summer music program keeps Fremont students in tune

ARTICLE AND PHOTO SUBMITTED BY QUEENIE CHONG

School will soon be out but students can continue practicing. This is the message behind the free band and orchestra classes offered this summer by the Instrumental Music Department of Hopkins Junior High School, Fremont. The program is now accepting registration from eligible students of the Fremont Unified School District (FUSD). Every year over 300 qualified music students entering 7th to 12th grades all over Fremont are welcomed every weekday morning for three weeks in July to participate.

Intermediate Band and Intermediate String Orchestra are taught by Mr. Cary Nasatir, a professional percussionist, teacher, author, and the owner of the Nasatir School of Percussion (Castro Valley). He is also music director of the Jenny Lin Foundation Summer Symphonic Orchestra since 2001, adjunct faculty member at Patten University (Oakland), and music coach at the following schools: Moreau Catholic High School (Hayward),

Patten Christian Academy (Oakland), and Hopkins Junior High School.

Advanced Band and Advanced String Orchestra are directed by Mr. Greg Conway, Director of Instrumental Music at Hopkins. A graduate of California State University, Hayward, with a B.A. in music education and saxophone performance, he was recently selected to receive the Gilbert T. Freitas Annual Memorial Award for Achievement in Instrumental Music Education presented by the California Association of Music Education (CMEA) Bay Section.

Attendance for this summer music program is flexible. Students are encouraged to enroll even if they are going to miss some classes. However, participants are required to perform at the evening concert on July 23. It is common that some families actually plan their summer activities around the three weeks so that their students will be able to take full advantage of this exceptional program.

The program is prepared to receive musicians with different levels of experience. Some of the younger participants will be high-achieving elementary school students;

others will be budding junior high school musicians hoping to preview what it would be like to rehearse in an ensemble five days a week. And, some students will be doubling on a secondary instrument by joining both levels of classes; still others will be seasoned high school students who play at the advanced level and volunteer to assist others at the intermediate level classes.

Whatever the reason, all who have participated agree that it provides a unique opportunity to maintain and improve their skills during the summer.

Visit www.musicathopkins.com to view further details and to register online. Any questions may be directed to Mr. Conway at gconway@musicathopkins.com



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Race track derby



SUBMITTED BY RENEE MARTIN

The second grade class at St. Edward School in Newark completed their Physical Science unit, which included study of force, motion, speed and friction in a really fun way. Each student built and personalized a pinewood car. With the engineering help from their teacher's husband, the students learned about the requirements and construction of the track. The day of the derby was very exciting as students took their cars to the race track. Parents, grandparents and other classes joined in the festivities as spectators. All agreed that this was a great way to finish an amazing unit of learning.

Fantastic Events (and Fantastic People, too!)

Mad Hatter's Tea Party

Thursday, March 10, 1:30 - 3 p.m.

Enjoy an array of teas and desserts while listening to the "wind in the strings" by harp and flute duo, *Sue and Ken Dinwiddie*.

Ring Toss for Heart Charity Event

Wednesday, March 23, 1:30 p.m.

Show your support as Carlton Senior Living hosts a ring toss charity event to raise money for the **American Heart Association**. We will have a variety of goodies for purchase and raffle drawings. Call for more information!

Easter Celebration

Sunday, March 27

Enjoy music by *Greg Taylor* starting at 11:30 a.m. and stay for the Annual Easter Egg Hunt at 1:00 p.m. with a visit from the Easter Bunny.



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Carlton Senior Living in Fremont is a beautiful independent living and assisted living community for seniors!

Home & Garden

March is a hive of activity



ARTICLE AND PHOTOS BY
DANIEL O'DONNELL

March Madness has been known to beekeepers long before the college basketball tournament. The buzz in the air is not about team brackets and standings. Nor is it about the millions of people that swarm in front of their televisions each night to see the next matchup. March madness in the apicultural, or bee, world is literally about the buzz in the air when thousands of bees take to the sky in what is called a swarm.

Honey bees live in complex and organized colonies that generally follow a predictable cycle. They thrive in the spring when nectar and pollen are abundant, and receive their protein from the pollen they collect. Nectar provides the energy needs of the workers, the foundation for honey they produce, and food for the rapidly growing young bees. The development time from egg to larva, to pupa, to functioning worker bee is 21 days. A successful colony can have a population upwards of fifty thousand worker bees very quickly. When a colony becomes overcrowded it will allow the birth of a new queen. At this time, about half the colony's bees and the existing queen will decide to swarm.

Scout bees will find a suitable location for their new home a few days before leaving. When the time is ideal, the queen and her loyal followers will leave the hive.

The queen is vulnerable outside the hive and she will quickly land somewhere so the other bees can surround and protect her as they wait and organize. Scout bees will perform a directional or "waggle" dance to let the others know where they are going and when ready, the colony will fly directly to their new home. The old colony will continue as if nothing has happened.

The new colony will have the same structure and hierarchy as the former. Every colony has one female queen bee, thousands of female worker bees, and hundreds of male drones. Immediately, worker bees will begin to forage for food and build the internal structure of their new home. The queen will start to lay her eggs and expand the population of the colony.

Swarms are neither uncommon in the Bay Area nor dangerous. We have realized the invaluable resource that bees provide through pollination. However, a bee colony might decide to



make its new home in a location that is not suitable. When that happens, extermination is not the answer. The Alameda County Bee Keepers Association and Santa Clara Bee Keepers Guild both have swarm pages on their websites that provide telephone numbers of members who will relocate the swarm colony.

Swarm season is also a great time to become a beekeeper. Honey bees face an enormous battle for survival. Pesticides,

continued on page 5



Swarm - Photo courtesy of Rich Godfrey

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There is NO substitute for QUALITY. We are PROUD of our product and we appreciate our customers.

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Clearance Sunday - \$5 per bag
Bring your own grocery bags

\$1.00 per inch Stacked

For Information 510-494-1103

All proceeds from our book sales are given to the Fremont Library System

continued from page 12

urban sprawl, traffic, disease, and predators are stressing bee colonies. Beekeeping is a hobby that provides tremendous benefit to the environment and helps preserve bee colonies from extinction. It also can provide five gallons or more of fresh honey per year as well as wax that can be used to make soaps, salves, and lotions.

The things necessary to get started are a hive, a water source, and a bee colony. Commonly, hives consist of boxes, stacked on top of each other, that contain removable frames. Bees use the frames to create wax combs that hold the honey and provide the places where the queen will lay her eggs. A water source such as a birdbath or shallow water dish filled with rocks near the hive is important because water is not always available. The rocks give the bees a dry surface to land on and crawl onto if they fall into the water. Getting a colony is easy; the swarms the beekeeper associations catch need a home and they will be glad to help.

Protective gear, hive tools, a smoker to calm the bees, and honey extraction equipment may or may not be necessary depending upon the level of time, interest, or commitment available. Some



equipment is available to rent at a low price from local bee clubs.

The perfect places to figure all this out are the local beekeepers associations. The Santa Clara Bee Keepers Guild (<http://www.beeguild.org/>) hosts a free novice beekeeping class the

first Monday of every month at 6 p.m. The Alameda County Beekeeper Association (<http://site.alamedabees.org/>) meets the second Tuesday of every month and hosts a free beginning beekeepers session at 7 p.m. BioFuel Oasis in Berkeley

(<http://biofueloasis.com/>) also offers beginner and advanced classes for a small fee. To purchase equipment, contact Sam's Downtown Feed and Pet Supply in San Jose at (408) 287-9090 and BioFuel Oasis at (510) 665-5509.

March Madness will calm down in both the basketball and bee worlds. However, long after the basketball player leave the courts, beekeepers will still be courting their bees.

A different kind of Fair

SUBMITTED BY FREMONT UNIFIED STUDENT STORE

If you have never been to Fremont Unified Student Store's (FUSS) "Summer Programs Fair" before, you may want to come on Friday, March 4 at Centerville Jr. High School because this year is going to be different. Not only will your children benefit from the many summer programs offered by our vendors, they will also have the opportunity to get internship training, as well as meet student entrepreneurs.

Program categories for PreK-12 students include: academics, arts and crafts, business and entrepreneurship, communications, competitions, internships, leadership, music,

science and technology, speech and debate, sports, teen programs and travel.

You will also have the opportunity to meet Irvington High School students who will share important information about Academic Stress. All net proceeds from FUSS events go to support Fremont Unified School District schools and programs. For more information, visit www.fuss4schools.org.

Summer Programs Fair
Friday, Mar 4
6 p.m. - 8 p.m.
Centerville Jr. High School Gym
37720 Fremont Blvd, Fremont
www.fuss4schools.org

Journalism Award: Call for submissions

SUBMITTED BY TRUTEK ENVIRONMENTAL EDUCATION FUND

The Trutek Environmental Education Fund announces an award opportunity for high school journalists writing on environmental issues. Entries should be published in the newspaper of an East Bay high school during the 2015-2016 school year.

A first place award in 2014 was granted to the editor of "The Voice," the newspaper of Fremont's Irvington High School, for a front-page article on California's drought and the school district's response to the crisis. A second place award was made to the feature editors of the same periodical for a centerfold on varied environmental issues around the world.

All entries are required to cite sources properly, whether using print or online materials. Independent entries should be accompanied by the name of the writer or writers, the year in school, and the name of a teacher or administrator who can verify enrollment. Please also provide an email address where notifications can be sent.

The first place award will be \$500. Suggested topics are not meant to be a limitation. Submissions should be sent to The Trutek Fund, P.O. Box 3357, Temescal Station, Oakland, CA 94609. The deadline is Friday, April 29, one week following Earth Day in 2016. Please consult the website at www.trutekenviro.org for further details and examples of suitable topics

Home Sales Report

CASTRO VALLEY | TOTAL SALES: 8
 Highest \$: 782,500 Median \$: 612,500
 Lowest \$: 320,000 Average \$: 608,000

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
4424 Gem Avenue	94546	602500	3	1431	195001-29-16
19091 Madison Avenue	94546	771500	3	1688	194801-28-16
17206 President Drive	94546	612500	2	1368	194602-02-16
4175 Ravenwood Place	94546	370000	3	1168	197001-28-16
20229 Redwood Road	94546	720000	3	1910	194001-27-16
20237 Santa Maria Avenue	94546	320000	2	775	195001-28-16
3169 Sydney Way	94546	685000	3	1422	195601-29-16
19862 Zeno Street	94546	782500	4	2112	196401-29-16

FREMONT | TOTAL SALES: 16
 Highest \$: 1,325,000 Median \$: 820,000
 Lowest \$: 445,000 Average \$: 831,125

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
35786 Augustine Court	94536	1120000	4	2376	1970 01-27-16
2579 Bishop Avenue	94536	925000	3	1487	1986 01-28-16
38721 Cherry Lane	94536	734000	3	1591	2008 01-27-16
5114 Morris Way	94536	665000	3	1080	1960 01-29-16
35378 Purcell Place	94536	1090000	4	1467	1975 02-02-16
3324 Red Cedar Terrace	94536	445000	2	840	1986 01-29-16
38010 Stenhammer Drive	94536	650000	2	841	1947 01-29-16
4260 Westminster Circle	94536	940000	3	1524	2003 01-29-16
4266 Westminster Circle	94536	1030000	4	2244	2002 01-28-16
41053 High Street	94538	628000	3	1056	1909 01-29-16
2582 Abaca Way	94539	940000	3	1370	1971 02-02-16
49002 Cinnamon Fern Com #326	94539	511000	1	905	2009 02-02-16
47330 Havasu Street	94539	1325000	4	1784	1976 01-27-16
34555 Colville Place	94555	820000	4	1402	1972 01-29-16
34503 Nantucket Common	94555	525000	3	1166	1970 01-29-16
33928 Tybalt Court	94555	950000	3	1474	1986 01-29-16

HAYWARD | TOTAL SALES: 33
 Highest \$: 1,135,000 Median \$: 500,000
 Lowest \$: 200,000 Average \$: 543,561

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
340 Blossom Way	94541	300000	3	1200	2002 01-28-16
2190 Bright Place	94541	670000	3	1972	1956 02-02-16
19120 Calabria Place	94541	580000	3	1676	1980 01-28-16
693 Dean Street	94541	421000	2	936	1947 01-29-16
1924 East Street	94541	500000	3	1026	1953 01-29-16
1773 Gazelle Way	94541	410000	3	1293	1972 01-29-16
708 Grand Terrace	94541	319500	2	1235	2003 01-29-16
749 Grove Way	94541	325000	2	1210	1941 01-27-16
17439 Meekland Avenue	94541	440000	2	1318	1947 02-02-16
23131 Nevada Road	94541	500000	3	1025	1951 01-28-16
21668 Prospect Court	94541	578000	3	2118	1947 01-27-16
302 Williams Way	94541	625000	4	1999	2011 01-29-16
3737 Arbutus Court	94542	1135000	4	3387	2008 01-27-16
27087 Columbia Court	94542	775500	4	2088	1987 01-27-16
21 Tullach Place	94542	1030000	4	3459	2011 01-29-16
30842 Brae Burn Avenue	94544	557000	3	1170	1955 02-02-16
1747 Canterbury Lane	94544	360000	4	2011	1996 01-29-16
191 Dogwood Court	94544	440000	2	1340	1973 01-28-16
26735 Eldridge Avenue	94544	500000	4	1362	1955 01-29-16
132 Gloria Street	94544	550000	3	1821	1952 01-28-16
789 Horton Court	94544	570000	3	1427	1992 01-27-16
260 Industrial Parkway #5	94544	200000	1	686	1973 01-29-16
531 Jefferson Street	94544	380000	2	828	1948 01-29-16
27712 Manon Avenue	94544	850000	8	3196	1964 01-27-16
458 Ranker Place	94544	755000	8	3600	1966 01-28-16
24611 Surrey Way	94544	560000	3	1173	1958 01-29-16
30126 Vanderbilt Street	94544	575000	4	2098	1961 01-27-16
27555 Barcelona Avenue	94545	430000	3	1119	1956 01-28-16
1441 Cathy Way	94545	560000	4	1280	1959 01-27-16
27582 Cliffwood Avenue	94545	405000	3	1119	1956 01-27-16
1069 Currant Way	94545	315500	3	1164	1959 01-28-16

2815 Dune Circle	94545	861000	5	2687	2003 01-27-16
21100 Gary Drive #205	94546	460000	3	1232	1981 01-28-16
1434 Grove Way	94546	595,000	2	786	1900 01-21-16

MILPITAS | TOTAL SALES: 9
 Highest \$: 950,000 Median \$: 831,500
 Lowest \$: 720,000 Average \$: 816,556

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
499 Heath Street	95035	720000	4	1341	1960 02-04-16
33 Jacklin Circle	95035	870500	3	1657	1982 02-05-16
1611 Jupiter Drive	95035	760000	3	1240	1960 02-09-16
1972 Momentum Drive	95035	780000	0	0	02-04-16
1978 Momentum Drive #150395035	831500	0	0	0	02-03-16
207 Rainbow Place	95035	838000	4	1764	2000 02-09-16
879 Rivera Street	95035	950000	4	1460	1971 02-03-16
166 Sagemeadow Court	95035	739000	2	1280	1994 02-05-16
1199 Sunrise Way	95035	860000	4	1824	1969 02-09-16

NEWARK | TOTAL SALES: 6
 Highest \$: 770,500 Median \$: 435,000
 Lowest \$: 415,000 Average \$: 594,333

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
39931 Cedar Boulevard #309	94560	432000	2	1071	1985 01-27-16
6812 Jarvis Avenue	94560	415000	2	928	1982 01-28-16
35198 Lido Boulevard #G	94560	435000	2	1076	1984 01-27-16
37816 Taro Terrace	94560	770500	0	0	01-27-16
37818 Taro Terrace	94560	748500	0	0	01-27-16
37824 Taro Terrace	94560	765000	0	0	01-27-16

SAN LEANDRO | TOTAL SALES: 16
 Highest \$: 900,000 Median \$: 530,000
 Lowest \$: 340,000 Average \$: 554,219

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
2134 Arctic Street	94577	575000	4	1702	1950 01-29-16
1488 Bancroft Avenue	94577	860000	6	2738	1951 01-28-16
1622 Daniels Drive	94577	585000	3	1846	1949 02-02-16
797 Estudillo Avenue	94577	560000	4	1677	1912 01-29-16
22 Euclid Avenue	94577	340000	3	1770	1920 02-02-16
2483 Fairway Drive	94577	390000	3	1308	1974 01-28-16
1482 Jean Way	94577	470000	2	832	1942 01-27-16
1115 Jefferson Street	94577	363500	2	1112	1975 01-29-16
2844 Marineview Drive	94577	700000	3	1884	1966 01-28-16
777 Odonnell Avenue	94577	485000	3	1040	1950 01-28-16
1418 150th Avenue	94578	900000	8	3552	1951 01-29-16
1465 152nd Avenue	94578	430000	2	1048	1947 01-28-16
1568 153rd Avenue	94578	429000	2	1220	1940 01-29-16
792 Begonia Drive	94578	600000	0	1659	1978 01-27-16
14745 Darius Way	94578	650000	2	625	1950 01-28-16
15375 Farnsworth Street	94579	530000	3	1440	1955 01-29-16
1971 Boxer Court	94580	305000	4	1849	1955 01-27-16
15344 Dermody Avenue	94580	475000	3	1260	1950 01-29-16
16158 Via Chiquita	94580	456000	3	1475	1950 02-02-16
17025 Via Media	94580	570000	3	1660	1959 01-29-16

UNION CITY | TOTAL SALES: 11
 Highest \$: 850,000 Median \$: 665,000
 Lowest \$: 350,000 Average \$: 650,500

ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED
33631 12th Street	94587	350000	3	1295	1959 01-27-16
1045 Carnelian Terrace	94587	645000	3	1675	2006 02-02-16
4332 Holt Street	94587	800000	4	1802	1984 01-29-16
2723 Killdeer Court	94587	850000	5	1974	2004 02-02-16
4564 Laura Way	94587	825000	4	2031	1972 02-02-16
3157 San Joaquin Way	94587	695500	4	1530	1971 01-27-16
4314 Solano Way	94587	435000	2	875	1972 01-27-16
224 Tamarack Drive	94587	610000	3	1393	1957 01-27-16
4119 Tumbleweed Court	94587	700000	3	1426	1979 01-28-16
1055 Turquoise Terrace	94587	665000	3	1675	2007 01-29-16
31176 Union City Blvd	94587	580000	4	1312	1953 01-28-16

STEM-to-Sea-and-Sky Program

SUBMITTED BY VICTORIA SÁNCHEZ DE ALBA

The USS Hornet Museum is partnering with the Science, Technology, Engineering and Mathematics (STEM) Office of the United States Naval Academy (USNA) to host the 2nd Annual Stem-to-Sea-and-Sky Program on Saturday, March 12. This special science teacher training event, which is free for all Bay Area teachers, will be held aboard the Hornet in Alameda.

In addition to no cost for Bay Area teachers to attend the Hornet 2nd Annual Stem-to-Sea-and-Sky Program, all class supplies will also be provided free of charge. Advanced registration is required. To register or receive more information, please contact Heidi Schave, Hornet Education Director, at: edu@uss-hornet.org or (510) 521-8448 ext. 224.

Instructors from the USNA and the Hornet will be on hand to demonstrate project-based learning techniques, as well as to host fascinating hands-on activities on important topics such as electrochemistry, materials science, fluid mechanics, and more. Tours of the spaces used for the Hornet's STEM education programs, which demonstrate and explain STEM classroom concepts aboard the Bay Area's famous "floating museum," will also be offered throughout the afternoon.

A registered state and national historic landmark, the Hornet is also home of the largest collection of Apollo space mission artifacts on the West Coast.

STEM-to-Sea-and-Sky Program
Saturday, Mar 12
1 p.m. - 4 p.m.
USS Hornet Museum
707 W. Hornet Ave, Pier 3, Alameda
(510) 521-8448 ext. 224
edu@uss-hornet.org

Pre-registration required. Free to Bay Area teachers.

Milpitas Rotary Club news

SUBMITTED BY FRANK DE SMIDT

Don Peoples presided at the February 22 Club meeting featuring three Rotary Speech Contest semifinalists. Milpitas Unified School District Superintendent Cary Matsuoka introduced our student speakers to a roomful of Milpitas Rotarians and guests.

Rankings of semifinalists were: 1st Place Rachel Chang Milpitas High, 2nd Place Brandon Dimapasoc Piedmont Hills High, and 3rd Place Ajaipal Chahal Santa Clara High. As the 1st Place semifinalist, Rachel Chang will continue on to the Rotary International District 5170 Northeast CA Regional Competition in San Jose on March 18.

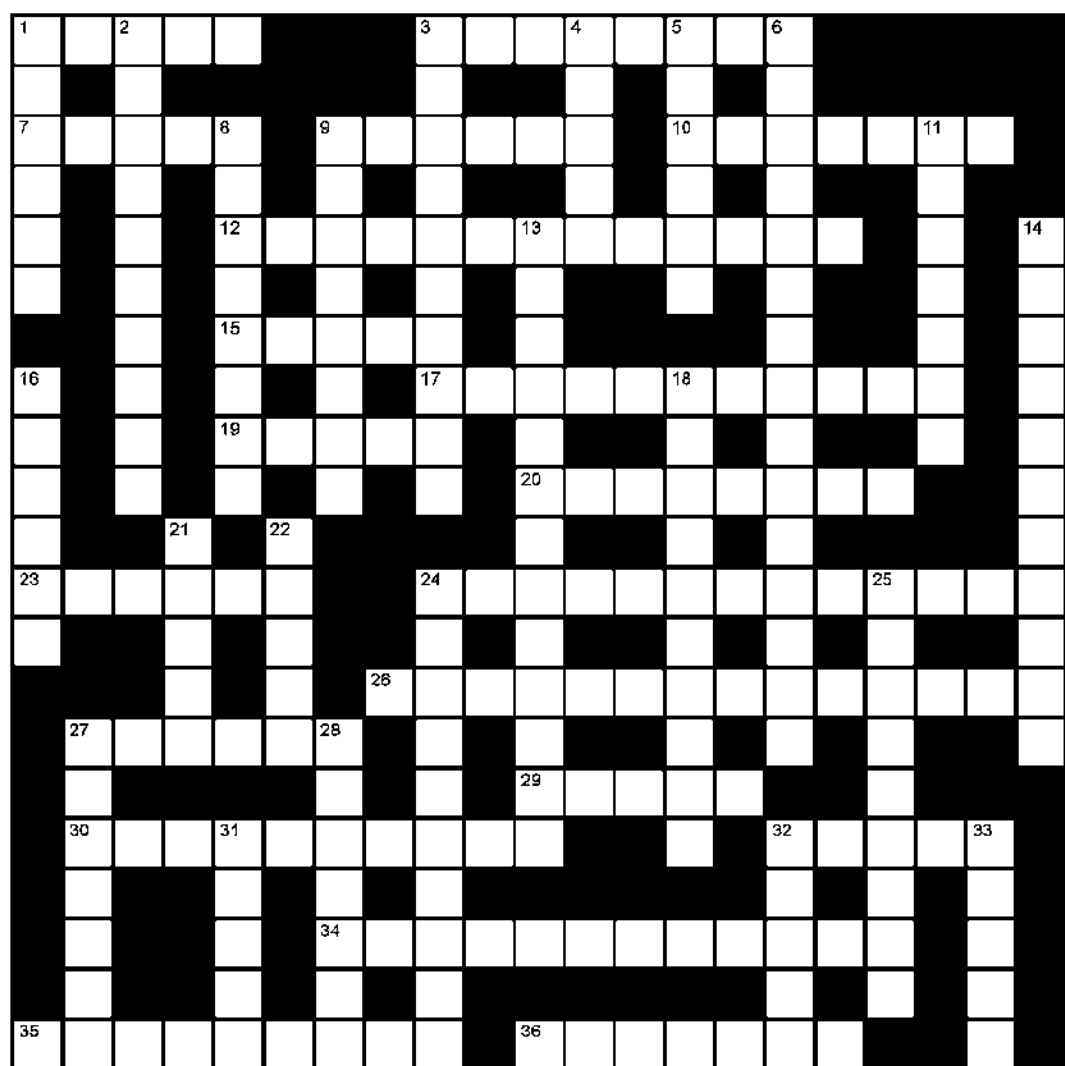
For a complete list of the District 5170 Speech Contest schedule please visit: <http://rotarydistrict5170.org/SitePage/speech-contest>



(L to R): 2nd Place Brandon Dimapasoc, Piedmont Hills High; 1st Place Rachel Chang, Milpitas High; 3rd Place Ajaipal Chahal Santa Clara High, with Milpitas USD Superintendent Cary Matsuoka

Mind Twisters

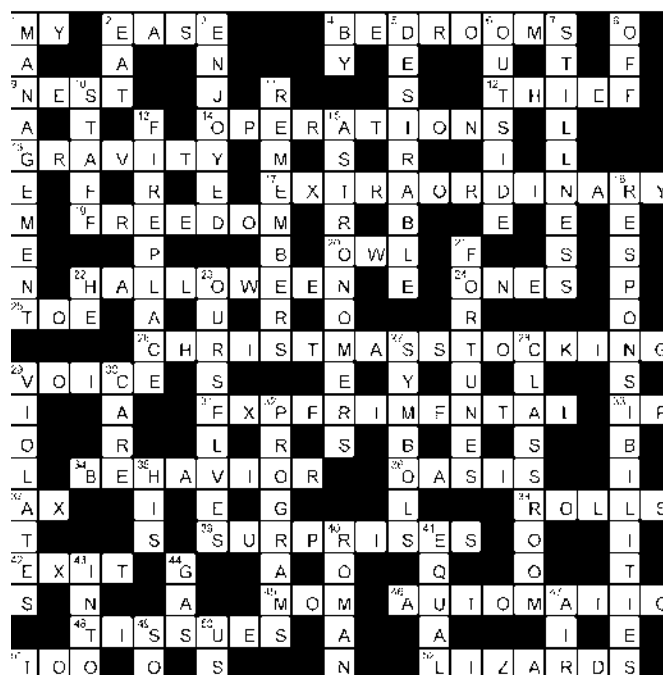
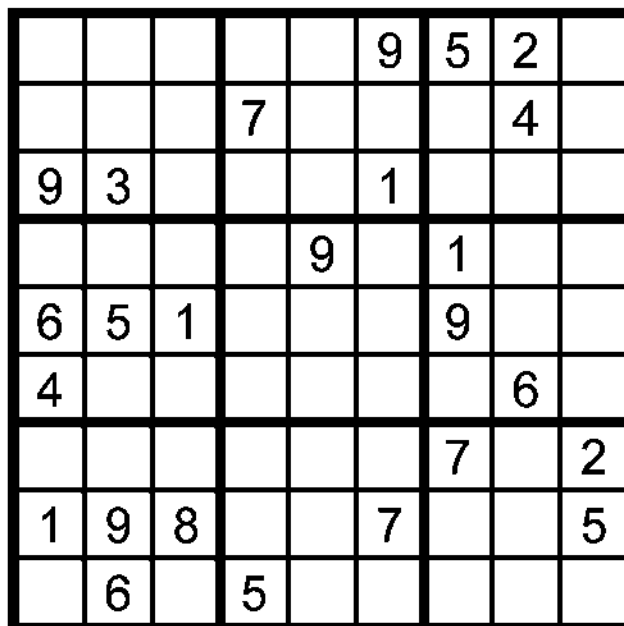
Crossword Puzzle B 357



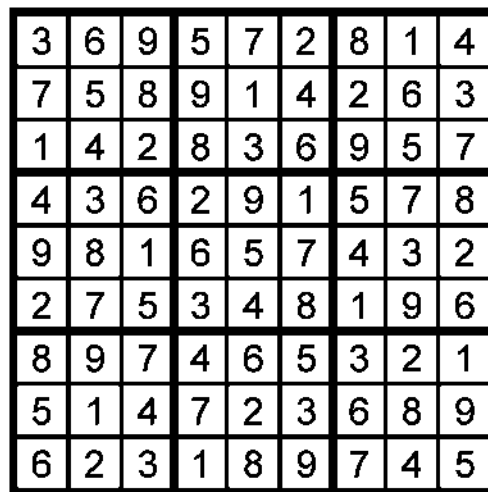
- Across**
- 1 Periods of time (5)
 - 3 characteristic of an artist (8)
 - 7 Agrees (with) (5)
 - 9 Elect (6)
 - 10 at a short distance (7)
 - 12 _____ Sea (13)
 - 15 "You there?" (5)
 - 17 legislature of Great Britain (11)
 - 19 Beethoven's "Choral" Symphony (5)
 - 20 to form an estimate (8)
 - 23 cone-shaped utensil (6)
 - 24 occurrences (13)
 - 26 mathematical operation (14)
 - 27 tuberous crop (6)
 - 29 Carnival attractions (5)
 - 30 opportunities (10)
 - 32 Cy Young, e.g. (5)
 - 34 expert (12)
 - 35 birthdays, e.g. (9)
 - 36 same meaning (7)
- Down**
- 1 melancholy (6)
 - 2 normally (10)
 - 3 punctuation (10)
 - 4 ___ tube (5)
 - 5 proper pitch (6)
 - 6 qualities (15)
 - 8 elaborate musical composition (8)
 - 9 snuggling (8)
 - 11 assume (7)
 - 13 food storage (13)
 - 14 overseeing (11)
 - 16 steep rock face (6)
 - 18 groups of people (10)
 - 21 Genuflected (5)
 - 22 Bias (5)
 - 24 tenacious (10)
 - 25 innately (9)
 - 27 of little or no growth (7)
 - 28 Octopoda (7)
 - 31 Gibson, Pitt e.g. (5)
 - 32 Bother (5)
 - 33 perishing (5)

Sudoku:

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



B 358



Tri-City Stargazer MARCH 2 - MARCH 8, 2016

For All Signs: March is an eclipse season this year. The new Pisces moon of the 8th and the Libra full moon of the 23rd are both eclipsed. In ancient times eclipses were believed frightening, heralding negative omens, especially in regions of their visibility. Contemporary astrologers now perceive these seasons as periods that relieve critical mass, similar to that of a small earthquake. For many of us this month there will be an experience of manifestation or illumination about situations that have been long brewing. It is a time to face facts, but not all of those facts are frightening or negative. Some people experience very positive results of past effort during eclipse periods. The Pisces Moon of the 8th is not visible in the U.S. except for Alaska. In this sign a new spirit is born to each of us, an opportunity to follow a new spiritual path.

Aries the Ram (March 21-April 20): During the months of May-June your attention will be drawn to career and life direction. Activity in the outer world picks up speed. Authorities and others may be challenging, so have your ducks in a row if you take initiatives. Use this time to improve your product or your presentation.

Taurus the Bull (April 21-May 20): This is a time of revelation for artists. An idea may strike you seemingly from nowhere. The reality is that the idea comes from your rapid processing of collective processes. You may capture a piece of the culture and focus it into your work almost without thought.

Gemini the Twins (May 21-June 20): You are somewhat edgy and irritable this week. Parts of your mind are scattered into so many corners that it is hard to pull everything together. You know clearly where boundaries need to be drawn, and you are not hesitant to do so. The best of verbal warriors is concise and says what is needed, but no more.

Cancer the Crab (June 21-July 21): The eclipsed new

moon on the 8th of March is in your area of the law, ethics, people at a distance, education and publications. This opens a season in which these areas come into focus and call for your attention. Your belief about what is right could be in conflict with your values. Ponder this until the solution becomes clear.

Leo the Lion (July 22-August 22): A new plan that originated in December is arriving at a turning point. Sometimes our ideas take a twist of their own. This is a time in which you must decide whether or not to pour more resources into the plan or let it go. Generally speaking, though you would rather not have the problem, you probably will choose to see it through.

Virgo the Virgin (August 23-September 22): This looks like a week in which you really want to say your piece, but you have a sense that would be a bad idea. This is correct if you feel so upset that you can't present your case with a clear rationale. If you organize your thoughts and present them without hesitation, you could accomplish an improvement.

Libra the Scales (September 23-October 22): This is a good time to experience a new type of activity with your lover or partner. Go somewhere different together. Make an effort to try out new restaurants or change the usual ambiance as you are together. Don't just sit and watch TV, particularly if that is what you usually do. Play!

Scorpio the Scorpion (October 23-November 21): Mars, your ruling planet, shifts your attention to fresh territory. During the next 12 weeks, your activities and feelings will be intensified in the life sector related to vehicles, short distance travels, politics, communications, education, your neighborhood, and siblings. Use caution while driving because your accelerator foot may be a bit itchy.

Sagittarius the Archer (November 22-December 21): Mars, the red planet of war, enters your sign this week and will be traveling with you for 12 weeks. This energy will be combined with Saturn so you are likely planning to start a big project this month. Move carefully and check yourself for errors along the way. These few

weeks it is especially important not to make mistakes.

Capricorn the Goat (December 22-January 19): The Goats live always with a strong internal critic. Sometimes it is louder than others and it rarely tells the whole truth. During this period you may be hearing a dark "tape" about your inability to organize your life according to the standards of the world. Take good care of your physical health now. The physical cycle is weakened.

Aquarius the Water Bearer (January 20-February 18): This may be an expensive period and likely involving "not fun" costs. Repairs are on the horizon. The problem(s) may

require more than you have on hand at the moment. Hopefully, you have kept up your credit and can access it if necessary.

Pisces the Fish (February 19-March 20): During December you began the initial steps of materializing your new life direction. At this point you arrive at a significant turning point. There is the possibility that you could turn back toward the known and security. The more life-giving option is to pour more of your resources into the new tack.

Are you interested in a personal horoscope?
Vivian Carol may be reached at (704) 366-3777 for private psychotherapy or astrology appointments (fee required).



www.horoscopesbyvivian.com



TRAFFIC TALK

SUBMITTED BY THE FREMONT POLICE DEPARTMENT

Speed kills.

That's probably the most popular phrase used when it comes to public safety campaigns urging drivers to slow down. The reason the phrase is so utilized is because it's true. Nationally, about 30 percent of all fatal crashes are attributed to excessive speeds.

In California during 2014, almost one-third of more than 3,000 deadly crashes were attributed to speeding. And in Alameda County during that same year, 23 of the 81 fatal crashes were determined to be due in part to cars traveling too fast, according to the National Highway Traffic Safety Administration. Thankfully, Fremont didn't have a single fatal crash in 2014 with speed listed as the primary collision factor.

However, one of the eight fatal crashes in Fremont during 2015 was determined to be due in part to speeding. And while one fatal crash attributed to speed may not seem significant in the grand scheme of things, consider that there still were 79 crashes in Fremont last year attributed to the same factor, and an overwhelming majority of them – 58 to be exact – left a total of 87 people injured.

And through the first two months of this year, there were already five injury crashes in which speed was determined to be the primary collision factor. In one such case, the driver of an involved vehicle was believed to be going nearly double the posted 40 miles per hour speed limit. That driver suffered two broken legs, but the result could have been much worse if the vehicle had struck the involved tree at a slightly different angle.

So while speed kills, it also injures people. In fact, speed is a fundamental predictor of injury collisions due to reduced reaction time and, obviously, the force at impact. Imagine a collision where one vehicle collides with another vehicle at 25 MPH. Now, think of that same collision where the vehicle is travelling at 40 MPH at impact. It is a scary thought how much more damage someone can cause by just driving 15 MPH faster. The risk is not worth the reward of arriving at your destination a couple minutes sooner.

One of the overarching goals of the Fremont Police Department is to lower injury collisions. We know more citizens are affected by injury collisions in the City than by violent crime. That is why the mission of the Traffic Unit is to promote a safer vehicle/pedestrian environment through the use of education,

enforcement, engineering and evaluation. We attempt to find various ways to educate the public and enforce violations, and work closely with Traffic Engineering to keep an open dialogue about traffic issues facing the City. The Traffic Unit is also constantly evaluating how to improve its efforts.

For the month of March, the Fremont Police Department's Traffic Division will be focusing on speed-related traffic issues. The idea is to impact the actions of drivers through enforcement – via tickets and warnings – and education such as this monthly column and frequent posts on social media platforms: Facebook, Twitter and Instagram. So don't be surprised if you see radar or Lidar guns pointed in your direction, see our mobile speed trailer deployed in your neighborhood, or if your social media streams are filled with pictures of violations and brief reminders of how important it is to keep your speeds in check.

Traffic Talk is a monthly column submitted by the Fremont Police Department's Traffic Unit. Submit a traffic-related question via e-mail to TrafficTalk@fremont.gov. Interact with the Police Department @FremontPD on Twitter or facebook.com/FremontPoliceDepartment.

FUSD students win at Silicon Valley First LEGO League Championship



SUBMITTED BY BRIAN KILLGORE

A Robotics team made up of students from Fremont's Centerville Junior High School and Niles Elementary School, put their building skills to the test and came out with 1st-Place Champions and Robot Performance Awards at the Silicon Valley First LEGO League Championship, held February 13 in Morgan Hill.

Calling themselves "We Love Pi," the FUSD students were one of 48 teams from across the Bay

Area invited to the competition after winning two awards - Robot Performance & Robot Design - at the qualifier round in November. "We Love Pi" will now represent Northern California at the Razorback Invitational World Championships, to be held during May in Arkansas.

Team members include Mereema Marmash, Sherif Marmash, Sahir Qureshi and Malin Sapkota from Centerville Junior High School, as well as Samih Qureshi and Karina Sapkota from Niles Elementary School.

ABWA Pathfinder Chapter offers two scholarships

SUBMITTED BY K. NICKELL

Pathfinder Chapter of the American Business Women's Association (ABWA) offers two scholarships to deserving female students for the 2016 year:

1. Pathfinder will offer a \$1,000 scholarship to a deserving female student attending an accredited licensed technical, vocational school, or community college that is authorized to confer degrees at the associate level within the United States. Those applying will be college first or second year in August 2016 and have been accepted at an accredited institution.

2. Pathfinder will offer a \$2,000 scholarship to a deserving female student attending an accredited college or university authorized to confer baccalaureate degrees within the United States. The field of study is open and not specified. Those applying will be college first or second year in August 2016 and have been accepted at an accredited college or university.

Eligibility criteria for all applicants:

- Must be female
- Must be citizens of the United States and reside in Alameda, Santa Clara, Contra Costa, East Contra Costa, San Mateo or San Joaquin Counties in California

Must have achieved a cumulative GPA of 2.75 or better on a 4.0 scale

Eligible women interested in applying for either the \$1,000 or the \$2,000 scholarship must contact our Professional Development Chair. All applications must be completed online by March 31, 2016 to be considered.

Contact the Scholarship Professional Development Chair for Pathfinder Chapter:

Barbara Wogsland: at email: bwogsland@starstream.net or phone: 1-(916)-435-9517.

The Stephen Bufton Memorial Educational Fund (SBMEF), ABWA's national educational fund, is one of the most highly respected grant and scholarship funds in the country. The Stephen Bufton Memorial Educational Fund is a 501 (c) 3 charitable trust and public foundation.

The National Officers and Trustees of the Stephen Bufton Memorial Education Fund (SBMEF) serve as the selection board for the scholarship.

Learn more about ABWA by visiting us online at www.abwa-pathfinder.org and/or www.abwa.org



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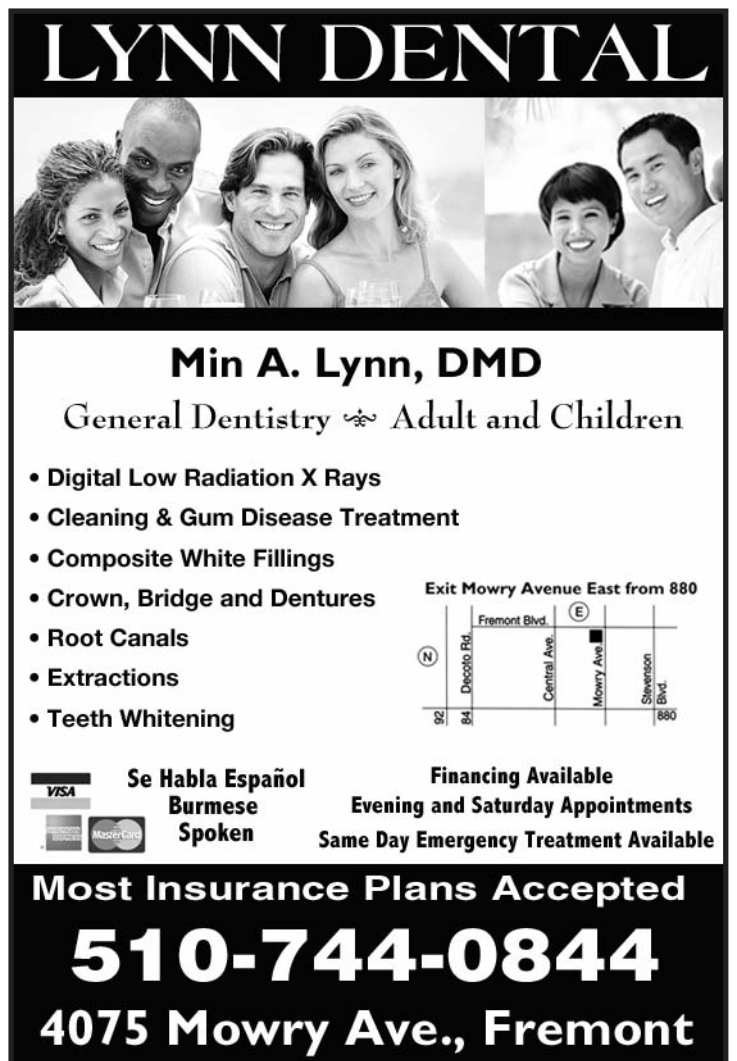
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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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NEWSPAPERS IN EDUCATION WEEK 2016

Student Publishes a Newspaper!

Replace the missing words in this article.

KIDS IDEAS SCHOOL AFTER SMILE FAMILIES NEWSPAPER CREATE

Zoey is a Wisconsin 3rd grader. She reads *Kid Scoop* in her local _____, the *Watertown Daily Times*.

Her mother, who publishes a newspaper for the 5th grade at her _____, inspired Zoey to _____ her own newspaper.

Zoey's newspaper is called *Webster3*. She gets her story _____ from the world around her. The next issue is all about birthdays, and _____ that she will do an issue about how animals survive.

Zoey's biggest challenge is getting people to take her seriously. "They don't think I'm really going to do it. But they are wrong!"

Zoey and her classmates.



Zoey also wants other _____ to contribute to her paper. "*Kid Scoop* helped me by getting my classmates excited about writing," said Zoey. "I also like it when they _____ when they get published."

Her paper will be available to kids and _____ online. "When I grow up," Zoey said, "I want to be a magazine editor and president, a fashion designer and a pro-cupcake baker."



BIG NEWS: Wisconsin Classrooms Have a No Books Day

On Wednesday, March 9th, classrooms in Watertown, Wisconsin, will put books aside and spend the day learning with the newspaper. This is an annual event for the *Watertown Daily Times* and is called **No Books Day**. Last year 49 classrooms participated.



"Teachers tell us students love a break from the usual text books and that they love seeing how their school subjects connect to the real world," reports Dawn McBride, Newspaper In Education Coordinator for the *Watertown Daily Times*.

"Newspapers can be used in the classroom for activities using every school subject – math, science, social studies, history, art and even P.E.," says McBride.

Kid Scoop Together: Write a Press Release

Think about something that has happened at your school or in your community or neighborhood this past week. Did you go on a field trip? Did anyone win an award or do something special? Write a press release about it!

Use the form below to organize your information.

Who: _____

What: _____

When: _____

Where: _____

Why: _____

How: _____

Write a paragraph using the facts you used to complete the form above.

READING Parts of an Article

Read the first three paragraphs of an article in the newspaper. Underline **who** the article is about in red. Underline **what** the article is about in blue. Circle in green **when** and **where** the event in the article takes place. Then fill in the chart below:

HEADLINE: _____

WHO: _____

WHAT: _____

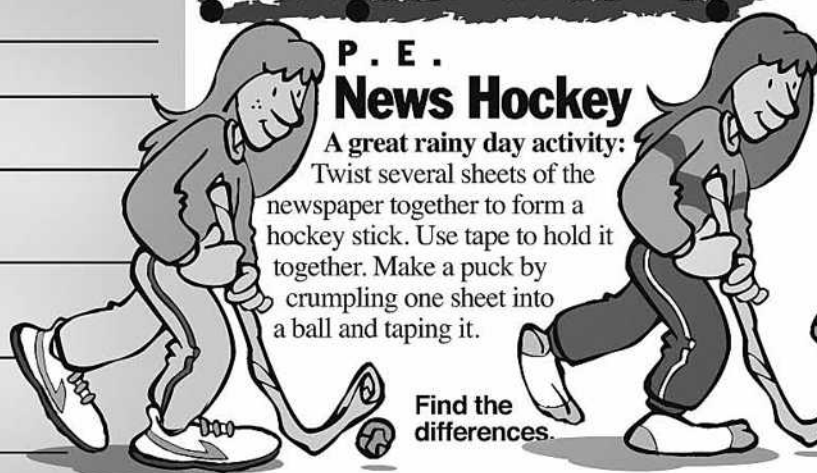
WHEN: _____

WHERE: _____

SPELLING Dot-to-Dot Challenge

On a sheet of newspaper, find and circle the letters that spell each of the following words that are a challenge to spell. Connect the circled letters for each word with lines. Can you make a design from your lines and dots?

- Wednesday
- meringue
- ache
- neighbor
- calendar
- castle
- weird
- engine
- amphibian
- airplane



P. E. News Hockey

A great rainy day activity: Twist several sheets of the newspaper together to form a hockey stick. Use tape to hold it together. Make a puck by crumpling one sheet into a ball and taping it.

Find the differences.

Extra! Extra! MATH It Adds Up

Look through the newspaper to find:

- Five numbers that add up to 100.
- Three numbers that add up to 65.
- Six numbers that add up to 44.

Standards Link: Number Sense: Calculate sums to 100.

Send your press release to the editor of the paper! Be sure to include your name and how to contact you in case the editor needs to ask you questions.

SCIENCE Classifying

Take three sheets of paper. Label one **ANIMAL**. Label the others **VEGETABLE** and **MINERAL**. Cut pictures or advertisements from the newspaper. Paste them on the correct papers. Try to find several for each page.

Kid Scoop Puzzler

The newspaper isn't all serious stuff. Comics, puzzles, movie listings and more make the newspaper entertaining. Set a timer for five minutes. Look through the newspaper and see how many fun things you can find. Circle each item with a blue crayon. Have a friend try next, using a red crayon. Who found the most?



Give these comic characters something funny to say.

Standards Link: Research: Use the newspaper to locate information.

Double Double Word Search

- NEWSPAPER
- CRUMPLING
- DESIGNER
- ARTICLE
- SERIOUS
- COMICS
- EDITOR
- ANNUAL
- CHART
- ISSUE
- BAKER
- WEIRD
- USUAL
- TEXT
- ACHE

Find the words in the puzzle. Then look for each word in this week's *Kid Scoop* stories and activities.

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **CONTRIBUTE**

The verb **contribute** means to work at something often to learn it well.

The students **contributed** an article about pandas for Zoey's newspaper.

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

FROM THE Kid Scoop LESSON LIBRARY

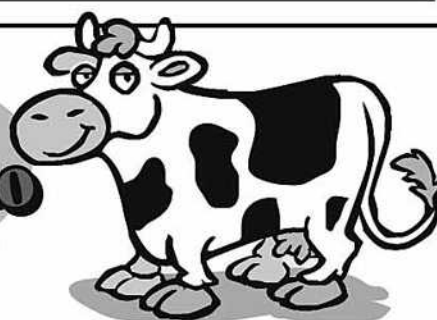
Cutting Cut Lines

The short information info under a picture is called a **cut line**. Cut out pictures from today's newspaper. Separate the pictures and cut lines. Give them to someone to see if they can put them back together correctly.

Standards Link: Research: Use the newspaper to locate information.

What newspaper do cows read?

ANSWER: The Daily Moos.



Write On!

Why I Read the Newspaper

Why do you like to read the newspaper? Which parts of the newspaper do you like the best?

Community Health Education Programs



For a complete list of classes, lectures and support groups, or to register, visit pamf.org/healtheducation

March and April 2016

All our lectures and events are free and open to the public.

Sensible Snacking Tips

March 8, 6:30 to 8 p.m.

Join registered dietician and certified diabetes educator **Valerie Spier** to learn simple guidelines for healthy snacking and easy-to-prepare snack recipes.



Dublin Center
4050 Dublin Blvd, Dublin
925-875-6464

Is Your Diet Inflammatory?

March 23, 7 to 8:30 p.m.

Learn about the health implications of an inflammatory diet and how to choose foods that protect your body and promote healing. Presented by **Valerie Spier, MPH, R.D., CDE.**



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Our onsite nurse health educators and specialists can help you find the health information and community resources you need.

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Childbirth and Parent Education Classes

650-853-2960

- Breastfeeding Your Newborn
- Childbirth Preparation
- From Hospital to Home: Advice from Your Baby's Doctor
- Baby Basics
- Postpartum Support Group: A Mother's Place 925-875-6429



Nutrition and Diabetes Classes

510-498-2184

- Carbohydrate Counting Skills
- Heart Smart (cholesterol management)
- Living Well with Prediabetes
- Living Well with Diabetes
- Sweet Success Diabetes and Pregnancy Program
- Eating Well with Diabetes



Weight Management Programs

510-498-2184

- Bariatric (weight loss) Surgery Program - informational sessions and support groups
- New Weigh of Life – adult weight management



Living Well Classes

650-853-2960

- Mindfulness Orientation
- Mindfulness-Based Stress Reduction
- Meditative and Reflective Journaling Class

Making a difference... one drive at a time

BY SARA GIUSTI
PHOTOS COURTESY OF LIFE ELDERCARE

Imagine: your cupboards are nearly empty, prescriptions need to be refilled, but energy for grocery shopping or a visit to the pharmacy is meager at best. Never mind figuring out how to get there, with no family or friends nearby to drive and help you. What would you do?

Fortunately, a non-profit based in Fremont is eager to help. Since 1975, LIFE ElderCare has provided seniors and people with disabilities in the Tri-City area with life-changing services. They are the team behind Meals on Wheels, Friendly Visitors (senior visitation and support), a Fall Prevention Program, Lavender Seniors (social support for LGBTQ seniors), and VIP Rides, in which volunteers drive and assist seniors and people with disabilities who need assistance getting to and from appointments.

In late 2015, VIP Rides launched services in Hayward and its surrounding areas, building upon its operations in Fremont, Newark, and Union City, which began in 2004. Volunteers are paired with participants, who can now shop for groceries, visit the doctor and dentist, and go to other appointments for a healthier, happier life.

VIP drivers also assist participants during their trips; this can range from helping them shop (reaching for items on a shelf, reading labels, etc.), lending a steady arm to walk, helping read and sign forms, or pushing

wheelchairs. However, volunteers do not need to lift clients or perform heavy lifting.

It takes just three things to be eligible for VIP Rides service: a chronic illness or disability that prevents driving and completing tasks, no one nearby to help, and be 18 years or older (while VIP Rides primarily serves seniors, the program will serve eligible adults with disabilities). VIP Rides is also free; LIFE ElderCare does ask



participants for donations but will not deny services to those in need.

VIP Rides provides more than 5,000 rides a year and received the STAR Award for Quality from the Community Transportation Association of America in 2014. The program is funded through a partnership with Fremont's Paratransit Program and the Alameda County Transportation Commission Special Transportation for Seniors and People with Disabilities Gap Grant Measure B.



"Before [participants] found VIP Rides, many have reported getting lost while navigating their way around medical office parks, not being able to fill prescriptions or complete forms because of

for Health Statistics, unnecessary emergency room visits add \$5 billion to \$7 billion to national health care costs," said Osage.

Volunteers are screened and trained before they start driving participants, and commit to a minimum of two hours twice a month. There are more than 300 volunteers at LIFE ElderCare, but more are always needed.

One volunteer, Kaveri, a retired registered nurse, has been volunteering with VIP Rides since October 2013. She first heard about the program in an ad, and simply gave the listed phone number a call. She began volunteering shortly after, and does so three times a week.

"My experience is a really, really positive one. I really look forward to going," Kaveri said. "It's

very gratifying on both sides. These are people whose minds are working well but body is not. [VIP Rides] helps with their dignity of living, of staying in their own home and keeping their independence. It keeps their sanity," Kaveri explained.

Kaveri doesn't just drive participants. She helps them shop, provides support during a doctor visit, makes sure they are settled in at home safely, or simply lends an ear. "They can talk to us [volunteers], we are non-judgmental. They can express their feelings, vent, have social interaction," Kaveri said.

"Volunteering gives me a chance to get out of the 'me' mindset. We take so many things for granted," Kaveri said. "I am doing this out of service, compassion... think about how helpful it is from their point of view," she said.

"I have the privilege to drive. It is so gratifying to see I made a little difference in their life," said Kaveri. "Instead of 'I would or I could,' make it happen!"

To sign up for VIP Rides, call Valerie at (510) 574-2096 or visit www.lifeeldercare.org/services-sign-up-form/. For information about volunteering, visit www.lifeeldercare.org/volunteer. To donate, visit www.lifeeldercare.org/donate.



impaired vision, or avoiding appointments altogether. All of this—including being unable to shop for fresh groceries—puts them at risk for serious health complications," explained Patricia Osage, Executive Director of LIFE ElderCare.

"[T]he program not only promotes greater community health—it also reduces the enormous public costs to the community that happen when regular health care is not available... According to the National Center

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 January-June 2016

Diabetes Matters

A free, monthly diabetes education class with expert speakers that provides science-based information to help all community members increase knowledge about diabetes. Individuals and families who live with diabetes are encouraged to attend. No registration required. (Stay for the Diabetes Support Group from 8 to 9 p.m.) Learn more at www.whhs.com/diabetes.

JANUARY-JUNE 2016 SCHEDULE

January 7
 Yvonne Dobbenga-Rhodes, RN:
 "Goal Setting" for Diabetes Success 7 to 8 p.m.
 Diabetes Support Group 8 to 9 p.m.

February 4
 Archana Bindra, MD:
 "Insulin Delivery: "To Pump or Not to Pump" 7 to 8 p.m.
 Diabetes Support Group 8 to 9 p.m.

March 3
 Anna Mazzei, RD, CDE:
 "Field Trip: Grocery Shopping with Diabet-EZ" 7 to 8 p.m.
 (Class size limited to 20. Call (800) 963-7070 or visit www.whhs.com to register.)
 Diabetes Support Group 8 to 9 p.m.

April 7
 Minh-Thu Dennen, PharmD:
 "Brown Bag Medication Review" 7 to 8 p.m.
 Diabetes Support Group 8 to 9 p.m.

May 5
 Vida Reed, RN, CDE: "The History of Diabetes" 7 to 8 p.m.
 Diabetes Support Group 8 to 9 p.m.

June 2
 Diabetes Roundtable Panel Discussion with Experts 7 to 8 p.m.
 Diabetes Support Group 8 to 9 p.m.

Diabetes Matters classes and support groups are held on the first Thursday of every month (except for July) and are free and open to the public.

All classes and support groups will be held in the Conrad E. Anderson, MD, Auditorium (Washington West, 2500 Mowry Ave., Fremont).

For more information about Washington's other diabetes education programs, visit www.whhs.com/diabetes or call (510) 745-6556.

Seminars are televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.tv.

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38991 Farwell Drive, Fremont

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(\$25 Value)
*First time registration only

*Registration with this ad!

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PIANO LESSONS \$10 per week (1 hour class)	Piano/Keyboard Singing/Vocal	Guitar/Bass Conga/Drums
GUITAR LESSONS \$15 per week (1 hour class)	Flute/Trombone Violin/Clarinet	Sax/Trumpet Ukulele


Hayward Music Center

124249 Hesperian Blvd., Hayward 510-264-9669

Fremont Laser Med Spa


Dr. James Kojian, M.D. Owner
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Destroy the fat cells
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Non Invasive
Buy 10 Cavitation fat cell blasting trtmnts and get 10 ILipo Free

Antioxidant Based Pigment Removal



Reduce the production of melanin, brown spots, and acne
\$500 COUPON towards recommended package

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Liquid Face Lift Done by Dr. James Kojian
1.Fill your tear trough (under eye area)
2.Lift your cheekbone area
Look 10-15 years younger
\$150 COUPON towards recommended package

Interest Free Care Credit Available
FREE Consultation 510-783-2277
www.fremontlasermedspa.com
210 Fremont Hub Courtyard, Fremont

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50% OFF FIRST 2 MONTHS

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Excludes RV spaces
www.reevesmgt.com

OPEN 7 DAYS A WEEK

CAL SELF STORAGE

26869 Mission Blvd., Hayward
(Behind FOOD SOURCE)
510-538-1536

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

Arts & Entertainment



CONTINUING EVENTS

Tuesday, Jan 21 - Sunday, Apr 2

Children's Book Illustrator Exhibit
11 a.m. - 5 p.m.
Illustrators share their artwork
Artist reception Saturday, Mar 12 @ 1 p.m.
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Mondays, Jan 25 thru Mar 14

Diabetes Support Program - R
1 p.m. - 3 p.m.
Type 2 Diabetes education
Participants must attend all classes
Kenneth C. Aitken Center
17800 Redwood Rd.,
Castro Valley
(510) 881-6738

Tuesdays, Feb 2 thru Apr 12

Free Quality Tax Assistance
10 a.m. - 4 p.m.
Tax help for low income households
Tri-Cities One Stop
39399 Cherry St., Newark
(510) 574-2020

Tuesdays & Thursdays, Feb 2 thru Apr 14

AARP Income Tax Assistance - R
Tues: 1 p.m. - 3 p.m.
Thurs: 9 a.m. - 3 p.m.
Volunteers assist seniors with tax returns
Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 790-6600

Wednesday, Feb 3 - Friday, Apr 15

Free Quality Tax Assistance
Wed & Thurs: 4 p.m. - 8 p.m.
Fri: 10 a.m. - 1 p.m.
Tax help for low income households
Fremont Family Resource Center
39155 Liberty St. (at Capitol),
Fremont
(510) 574-2020

Monday, Feb 5 - Friday, Apr 4

Landscapes, Brilliant in Light and Color
8 p.m. - 5 p.m.
22 artists explore landscapes
Reception Friday, Feb 5 at 5:30 p.m.
John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Saturdays, Feb 6 - Apr 16

Free Quality Tax Assistance
10 a.m. - 2 p.m.
Tax help for low income households
New Haven Adult School
600 G St., Union City
(510) 574-2020

Saturdays, Feb 6 - May 7

Sabercat Creek Habitat Restoration
9 a.m. - 12 noon
Volunteers remove litter and invasive plants
First Saturday every month
City of Fremont Environmental Services
39550 Liberty Street, Fremont
(510) 949-4570
https://sites.google.com/site/sabercatcreekrestoration/

Monday, Feb 8 - Friday, Mar 4

Phantom Art Gallery Exhibit
8 a.m. - 5 p.m.
Art work from Barbara Lee Senior Center
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3210
www.ci.milpitas.ca.gov

Mondays, Feb 8 thru Apr 11
Free Quality Tax Assistance
10 a.m. - 2 p.m.
Tax help for low income households
Tri-City Volunteers
37350 Joseph St., Fremont
(510) 574-2020

Thursday, Feb 11 - Sunday, Mar 6
Mrs. Warren's Profession \$
Thurs - Sat: 8 p.m.
Sun: 2 p.m.
Provocative story of prostitution in the 1800's
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org



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BY NIGHT

BEST BBQ in Fremont

LIVE MUSIC

Friday & Saturday at 9:00 pm

3/4 Crooked Eye Tommy
3/5 Diva Ladee Chico

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Best of Fremont 2016
Best BBQ
bestfremont.com

3340 MOWRY AVENUE. FREMONT, CA. 94538 (510) 713-1854

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M, T, W, Th, Sun 11am-10pm
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Expires 3/30/16

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ANY MEDIUM PIZZA \$1 OFF

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3765 I Niles Blvd. Fremont
Present Coupon When Ordering. Mobile Coupons Not Accepted
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Hindi II
Hindi III
Hindi IV

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OPEN HOUSE
Sat. February 27
1:30 - 2:30pm
43006 Christy St
Fremont

SIGN UP TODAY!
www.mbk hindi.org

MBK

Madhu Bhasha Kendra
501 (c)(3) non-profit organization
info@mbkhindi.org
510-682-4249



Farmers' Markets

FREMONT:

Centerville
Saturdays
9 a.m. - 1 p.m.
Year-round
Bonde Way at Fremont Blvd.,
Fremont
(510) 909-2067
www.fremontfarmersmarket.com

Downtown Fremont
Farmers' Market
Wednesdays
3 p.m. - 7 p.m.
May thru October
Capital Ave. between Liberty St.
and State St.
www.westcoastfarmersmarkets.org

Kaiser Permanente Fremont
Farmers' Market
Thursdays
10 a.m. - 2 p.m.
Year-round
39400 Paseo Padre Pkwy.,
Fremont
800-949-FARM
www.pcfma.com

Irvington Farmers' Market
Sundays
9 a.m. - 2 p.m.
Year-round
Bay Street and Trimboli Way,
Fremont
800-949-FARM
www.pcfma.com

Niles Farmer's Market
Saturdays
9 a.m. - 2 p.m.
Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
www.westcoastfarmersmarket.org

HAYWARD:

Hayward Farmers' Market
Saturdays
9 a.m. - 1 p.m.
Year-round
Hayward City Plaza
777 B. St., Hayward
1-800-897-FARM
www.agriculturalinstitute.org

South Hayward Glad Tidings
Saturdays
9 a.m. - 3 p.m.
Year-round
W. Tennyson Rd. between Tyrell
Ave. and Tampa Ave., Hayward
(510) 783-9377
www.cafarmersmarkets.com

SAN LEANDRO:

Kaiser Permanente
San Leandro
Wednesdays
10 a.m. - 2 p.m.
June 11, 2014 to
December 31, 2014
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:
Milpitas Farmers' Market at
ICC
Sundays
8 a.m. - 1 p.m.
Year-round
India Community Center
525 Los Coches St.
800-949-FARM
www.pcfma.com

NEWARK:
Newark Farmers' Market
Sundays
9 a.m. - 1 p.m.
Year-round
NewPark Mall
2086 NewPark Mall, Newark
1-800-897-FARM
www.agriculturalinstitute.org

Bayfair Mall
Saturdays
9 a.m. - 1 p.m.
Year-round
Fairmont and East 14th St., San
Leandro
(925) 465-4690
www.cafarmersmkt.com

UNION CITY:
Kaiser Permanente Union
City Farmers' Market
Tuesdays
10 a.m. - 2 p.m.
Year-round
Kaiser Permanente Medical
Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.com

Union City Farmers' Market
Saturdays
9 a.m. - 1 p.m.
Year-round
Old Alvarado Park
Smith and Watkins Streets,
Union City
800-949-FARM
www.pcfma.com

Fridays, Feb 12 thru Apr 29
Senior Sing Along Chorus \$
2 p.m. - 3 p.m.
Enjoy singing and socializing
Kenneth C. Aitken Center
17800 Redwood Rd.,
Castro Valley
(510) 881-6738
www.haywardrec.org

Saturday, Feb 13 - Sunday,
Mar 13
Angels Flying over the Pacific
Ocean
Viewing during library hours
Artwork from young Chinese artists
Opening Ceremony & Reception:
Saturday, Feb 13
10 a.m. - 12 p.m.
Fremont Main Library, Fukaya
Room B
2400 Stevenson Blvd, Fremont
(510) 745-1421
www.aclibrary.org
http://us-chinaculture.com

Friday, Feb 19 thru Sunday,
Mar 13
Drinking Habits \$
Fri & Sat: 8 p.m.
Sun: 2 p.m.
Nuns secretly make wine to save their
convent
Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Fridays, Feb 19 thru Mar 18
Ballroom Dance Classes \$
Beginners: 7:00 p.m. - 8:00 p.m.
Intermediate: 8:15 p.m. - 9:15
p.m.
Tango, Waltz, Samba and Foxtrot
Couples only
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 797-9594

Thursday, Feb 19 thru Sun-
day, Mar 19
Fremont: An Affectionate Focus
Photography Exhibit
12 noon - 5 p.m.
Works by local photographers
Opening reception Friday, Feb 19 at 7
p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Mondays, Feb 22 thru Mar 21
Family Caregiver Support Pro-
gram - R
10 a.m. - 12 noon
Training and resources to care for the
elderly
Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 790-6600
fsharifi@fremont.gov

Saturdays, Mar 5 - Mar 26
Homebrewing Workshop \$R
1 p.m. - 3 p.m.
Brew and bottle Ardenwood Ale
Must attend all sessions no class
on Mar 19
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Tuesdays, Mar 1 thru Apr 26
Bridge 1
9:30 a.m. - 10:30 a.m.
Introduction to set up, bid play and score
keeping
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, Mar 1 thru Apr 26
Bridge 2
10:30 a.m. - 11:30 a.m.
Mastering game strategy
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, Mar 1 thru May 31
Drop-In Advanced Math Help
6:30 p.m. - 7:30 p.m.
Algebra, geometry, calculus, trigonome-
try and physics
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677

Wednesday, Mar 2 - Sunday,
Mar 30
Roving Artists Showcase
5 a.m. - 9 p.m.

CHINA EXPRESS

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With Coupon Only Exp. 3/30/16 **Dine in or Take Out**

only \$5

+tax

DAILY SPECIAL

Lemon Chicken
Kung Pao Chicken
Mushroom Chicken
Sweet & Spicy Port Ribs
Sweet & Sour Pork
Broccoli Beef
(Sml size) Chicken Corn Soup
and much more....

Open Daily 11am - 9pm **Party Trays & Catering**

We take Credit Cards
www.chinaexpressfremont.com
510-623-9393

39473 Fremont Blvd., Fremont
The Crossroads Shopping Ctr. Fremont Blvd. & Walnut

Find Out

What's Happening

At the **NEWARK**
CHAMBER OF COMMERCE

Find all the details for these and more Chamber Member events at www.newark-chamber.com. Prospective Members: Come see the benefits of becoming a Newark Chamber Member!

Wed, March 16, 5pm-7pm, a fun St. Patrick's Day themed Chamber Mixer, hosted by Swiss Park Newark, at 5911 Mowry Ave. Chamber members, bring a friend! Prospective members - meet and get to know Newark business people!

Tue, March 29, 5pm-7pm, a Tri-City Chamber Mixer, hosted by the Fremont Elks at the Elks Lodge & Banquet Hall, 38991 Farwell Dr, Fremont. Come enjoy the party! You'll hear what the Elks do in our own communities!

Tue, April 12, 5pm-7pm, Celebrate Spring! at this month's Chamber Mixer hosted by the DoubleTree by Hilton-Newark|Fremont, at 39900 Balentine Dr, Newark. You'll love mixing it up!

Thur, April 21, 11:15am-1:30pm, Newark's Annual "State of the City" Luncheon. This popular event fills up fast. Hear exciting updates about our City, from Mayor Alan L. Nagy. At the DoubleTree Hilton—Newark-Fremont, 39900 Balentine Dr. Get the reservation form on www.newark-chamber.com

REMINDER: THE CHAMBER HAS RELOCATED
Find us in the Community Center Building at **35501 Cedar Blvd.** Call to schedule appointments at **510-578-4500** or to get more information. **Our email address is: info@newark-chamber.com**

FREE Adult Reading and Writing Classes are offered at the Alameda County Library
Tell A Friend Call Rachel Parra 510 745-1480

FREE
Transportation
service and
supportive
companionship
for ambulatory
cancer patients

Fremont, Newark
and Union City Area

DRIVERS FOR SURVIVORS, INC.
Making a Difference, One Survivor at a Time

Have you received the devastating diagnosis you have cancer and need to get to medical appointments?
We are here for you!
We will transport you for FREE.

Do you have occasional extra hours?
We always need more drivers to transport our clients.

Companionship - Alleviating Stress - Free Transportatn Assistance

Help us raise funds: come to an event or give a cash donation

Please call 510-896-8056

Email: programassistant@driversforsurvivors.org
www.DriversForSurvivors.org

Paintings featuring fruits and vegetables
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Cal State East Bay University
25800 Carlos Bee Blvd.,
Hayward
(510) 885-3118
www.csueastbaytickets.com

Thursday, Mar 3 - Saturday,
Mar 19
Urinetown the Musical \$
7 p.m.
Sat: Mar 12 at 2 p.m.
Hilarious tale of greed and corruption
during a water shortage
Irvington High School
41800 Blacow Rd., Fremont
(510) 590-7510
http://www.ihsdrama.com/

Fridays, Mar 4 thru Mar 25
Toddler Ramble Colorpalooza
10:30 a.m. - 11:15 a.m.
2:30 p.m. - 3:15 p.m.
Kids play with color
Ages 1 - 3
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Thursdays, Mar 3 - Apr 28
Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Saturday, Mar 5 - Sunday,
Mar 20
Chicago the Musical \$
Fri & Sat: 8:00 p.m.
Sun: 2:30 p.m.
Women on trial for murder set in the
jazz era
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
http://www.stage1theatre.org/tickets/

Friday, Mar 4 - Sunday, Mar 13
The 25th Annual Putnam
County Spelling Bee \$
Fri & Sat: 8 p.m.
Sun: 2 p.m.
Musical comedy about a youth spelling
competition
No performance Sunday,
Mar 6th

**BRONCO BILLY'S
PIZZA PALACE**

Superior Pizza made fresh daily from the finest premium ingredients. Specially blended sauces, homemade hand spun dough.

M, T, W, Th, Sun 11am-10pm Expires 3/30/16
Fri & Sat. 11am - 11pm

ANY X-LARGE PIZZA \$3 OFF
ANY LARGE PIZZA \$2 OFF
ANY MEDIUM PIZZA \$1 OFF

510-727-0532

Dine In - Take Out - Delivery (Limited Area & Time)
26775 Hayward Blvd. Hayward
Present Coupon When Ordering. Mobile Coupons Not Accepted
Offers Cannot be Combines.

Saturdays, Mar 5 - Mar 26
Ax of Murder \$
8 p.m.
Zany comedic murder mystery
Sunol Glen School
11601 Main St., Sunol
(925) 449-2693
www.sunol.net

Saturdays, Mar 5 - Mar 26
Mental Wellness Series for African Americans
9 a.m. - 12 noon
Manage stress, depression and improve communication
La Quinta Inn & Suites
20777 Hesperian Blvd., Hayward
(510) 828-3017

Sunday, Mar 6 - Tuesday, Mar 29
Shared Perceptions
11 a.m. - 4 p.m.
San Lorenzo Adult School Exhibit
Artist reception Saturday,
Mar 12, 12 noon
Alameda Historical Museum
2324 Alameda Ave., Alameda
(510) 521-1233
www.alamedamuseum.org

Mondays, Mar 7 thru Apr 25
Bunco
10 a.m.
Dice game
No experience necessary
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

THIS WEEK

Tuesday, Mar 1
Mobility Transit Workshop and Fair
10 a.m. - 1 p.m.
Paratransit, taxi vouchers, LIFE elder-care information
Event for seniors and people with disabilities
San Leandro Community Center
13909 East 14th St., San Leandro
(510) 577-6080
www.sanleandro.org

Wednesday, Mar 2
Toddler Time \$
10:30 a.m. - 11:45 a.m.
Activities and farm chores for tots
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Wednesday, Mar 2
Open House \$
1 p.m. - 3 p.m.
Docent led tours of historic home
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Wednesday, Mar 2
Citywide Intersection Improvement Study
7:00 p.m. - 8:30 p.m.
Public forum to assist with traffic safety
Hayward City Hall
777 B St., Hayward
(510) 208-0410
www.ci.hayward.ca.us

Wednesday, Mar 2
Protection of Artistic Imagery Online and Off Line
6:30 p.m.
Discuss legal property matters of art
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Wednesday, Mar 2
Job Search Workshop
3:30 p.m. - 5:00 p.m.
Resume writing and interviewing assistance
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Wednesday, Mar 2
Tip a Cop Fundraiser \$
6 p.m. - 9 p.m.
Fremont PD volunteer to support Special Olympics
PF Chang's
43316 Christy St, Fremont
(510) 654-1400
https://local.nixle.com/alert/5595266/?sub_id=555129

HAYWARD 9/11 MEMORIAL

Please help us Honor our Heroes: The 9/11 Victims / Police Firefighters / Veterans

Donate \$1,000 or more gets your name engraved forever on the Memorial.

Sponsor a custom worded brick for \$100 or \$150 that will be installed forever at the Memorial site.

Please visit our website for details about the Memorial and how to help and donate:

www.Hayward911Memorial.com
Dedication will be on Memorial Day
Monday, 30 May 2016

Thursday, Mar 3
Nowruz Celebration
6:00 p.m. - 7:30 p.m.
Dance performance for Afghanistan New Year
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464
www.aclibrary.org

Thursday, Mar 3
Diabetes Matters Workshop - R
7 p.m. - 9 p.m.
Grocery shopping field trip with certified dietitian
Washington Hospital
2500 Mowry Ave., Fremont
(800) 963-7070
www.whhs.com/diabetes

Thursday, Mar 3
Niles Rotary Speech Contest
11:45 a.m. - 1:30 p.m.
High school students compete for prizes
Washington Hospital
2500 Mowry Ave., Fremont
(510) 516-9219
www.nilesrotary.org

Friday, Mar 4 - Sunday, Mar 6
Jewelry, Gem and Mineral Show and Sale \$
Fri - Sat: 10 a.m. - 6 p.m.
Sun: 10 a.m. - 5 p.m.
Fossils, gemstones, jewelry and more
Newark Pavilion
6430 Thornton Ave., Newark
(510) 793-5683
www.mgscv.org

Friday, Mar 4
Science Lecture and Demonstration
4:30 p.m.
Especially for children grades 2 and up
Presented by Mission San Jose HS
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Friday, Mar 4
Tim Roberts Guitarist \$
8 p.m.
Live Jazz and Rock music
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Friday, Mar 4
Milpitas Community Concert Band \$
7:30 p.m.
Roadtrip USA musical adventure
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3210
www.ci.milpitas.ca.gov

Friday, Mar 4
FUSS Summer Programs Fair
6 p.m. - 8 p.m.
Academic, leadership and arts programs for students
Internship training opportunities
Centerville JR High School
37720 Fremont Blvd., Fremont
(510) 797-2072
http://www.fuss4schools.org/eve nt/fuss-summer-programs-fair/

Saturday, Mar 5
Chores for Little Farmers \$
10:30 a.m. - 11:00 a.m.
Prepare treats for farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 5
Apple Cider Pressing \$
12 noon - 12:30 p.m.
Squeeze juice and sample results
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 5
Old Fashioned Fun \$
1:30 p.m. - 2:30 p.m.
Enjoy stilt racing, tug-o-war, and sack races
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 5
Budding Birders
1:00 p.m. - 2:30 p.m.
Activities to identify different birds
Ages 7+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturday, Mar 5
Bird Walk
8 a.m. - 10 a.m.
Discover migration patterns and habitats
Ages 8+
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

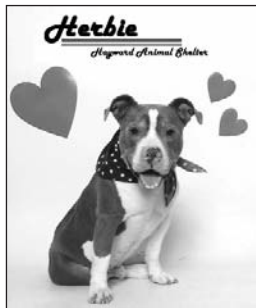
Saturday, Mar 5
Indoor Flea Market
8 a.m. - 1 p.m.
Household items book and toys
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

I need a Forever Home



Black Beauty truly is a beauty. She's a sweet young bun who loves Timothy hay, cilantro and dark leafy greens. This quiet little girl enjoys exploring and looks forward to having more space to check out when she finds her perfect indoor home. She's a little shy but very easy to handle. She's spayed and ready to go to her forever home. Info: Hayward Animal Shelter, (510) 293-7200.

Herbie is a lovable, playful boy, who loves long walks and toys. He wants to please and will do well with positive obedience training. Although Herbie has plenty of energy, after a nice long walk and playtime, he's very content to just sit by your side and is especially partial to having his back petted. Good with kids 13yrs and older. Info: Hayward Animal Shelter, (510) 293-7200.



ENRICH YOUR LIFE - BECOME A VOLUNTEER!
Hayward Animal Shelter
www.facebook.com/haywardanimalshelter
510-293-7200
16 Barnes Court (Near Soto & Jackson) Hayward
Tuesday - Saturday 1pm - 5pm

BOOKMOBILE SCHEDULE

Alameda County
Renew books by phone
(510) 790-8096
For more information
about the Bookmobile call
(510) 745-1477 or visit
www.aclibrary.org.
Times & Stops subject to change

School, 34901 Eastin Dr., UNION CITY
4:15 - 4:45 Contempo Homes, 4190 Gemini Dr., UNION CITY
5:15 - 6:45 Forest Park School, Deep Creek Rd. & Maybird Cir., FREMONT

Tuesday, Mar 1
9:45- 10:15 Daycare Center Visit - FREMONT
10:45 - 11:15 Daycare Center Visit - FREMONT
2:15 - 2:45 Daycare Center Visit - NEWARK
4:30 - 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT
5:50 - 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT

Tuesday, Mar 8
9:45 - 11:30 Daycare Center Visit - FREMONT
2:30 - 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT
4:45 - 5:30 Baywood Apts., 4275 Bay St., FREMONT
5:50 - 6:30 Jerome Ave. and Ohlones St., FREMONT

Wednesday, Mar 2
12:45 - 2:15 Glenmoor School, 4620 Mattos Drive, FREMONT
2:45 - 3:45 Station Center, Cheeves Way, UNION CITY
4:00 - 4:30 Purple Lotus Buddhist School, UNION CITY
6:00 - 6:30 Camellia Dr. & Camellia Ct., FREMONT

Wednesday, Mar 9
1:00 - 2:00 Del Rey School, Via Mesa at Via Julia, SAN LORENZO
2:30 - 3:00 Eden House Apts., 1601 165th Ave., SAN LEANDRO
3:30 - 4:00 Baywood Ct., 21966 Dolores St., CASTRO VALLEY
6:00 - 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, Mar 3
10:00 - 10:30 Daycare Center Visit, CASTRO VALLEY
10:45 - 11:45 Daycare Center Visit, CASTRO VALLEY
1:20 - 1:50 Key Academy, 16244 Carolyn St., SAN LEANDRO
2:15 - 3:15 Cherryland School, 585 Willow Ave., HAYWARD

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For more information
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Monday, Mar 7
9:30 - 10:05 Daycare Center Visit, UNION CITY
10:25 - 10:55 Daycare Center Visit, UNION CITY
1:45 - 2:45 Delaine Eastin

Wednesday, Mar 2
1:45 - 3:00 Foothill School, 1991 Landess Ave., MILPITAS
3:20-3:50 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

Saturday, Mar 5

Nature Detectives Water Everywhere
 11 a.m. - 12 noon
Discover the properties of water
 Ages 3 - 5
 Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward
 (510) 670-7270
 www.haywardrec.org

Saturday, Mar 5

Free Admission Day
 10 a.m. - 4 p.m.
Education exhibit and Community Gallery
 Hayward Area Historical Society Museum
 22380 Foothill Blvd., Hayward
 (501) 581-0223
 www.haywardareahistory.org

Saturday, Mar 5

Molly's Revenge \$
 7 p.m. - 9 p.m.
Live Celtic music
 Mission Coffee Roasting House
 151 Washington Blvd., Fremont
 (510) 474-1004
 www.fremontcoffee.com

Saturday, Mar 5

Nature Walk for Health
 10:30 a.m. - 11:30 a.m.
Guided 1.3 mile walk thru tidelands
 SF Bay Wildlife Refuge
 1 Marshlands Rd., Fremont
 (510) 792-0222

Saturday, Mar 5

Docent Training - R
 1 p.m. - 2 p.m.
Teach others about Salt Pond Restoration
 Alviso Environmental Education Center
 1751 Grand Blvd., Alviso
 (510) 792-0222 x141

Saturday, Mar 5

The B Street Writers Meeting - R
 7 p.m.
Reading, tea and dessert
 Golden Tea Garden
 22630 Main St., Hayward
 (510) 538-4832
 bstretwriterscollective@yahoo.com

Saturday, Mar 5

eBooks and eAudiobook Help
 10:30 a.m. - 12:30 p.m.
Assistance downloading electronic books
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1400
 www.aclibrary.org

Saturday, Mar 5 - Sunday, Mar 6

Rummage Sale
 Sat: 9 a.m. - 3 p.m.
 Sun: 11 a.m. - 3 p.m.
Housewares, books, games and toys
 Southern Alameda County Buddhist Church
 32975 Alvarado Niles Rd., Union City
 (510) 471-2581
 www.sacbc.org

Saturday, Mar 5

Story Seekers Book Club - R
 11 a.m. - 12 noon
Discuss Sideways Stories from Wayside School
 Hayward Main Library
 835 C St., Hayward
 (510) 881-7980
 cheryl.penick@hayward-ca.gov
 http://tinyurl.com/sseek-mar-16

Saturday, Mar 5

Free Notary Signing Service - R
 12 noon - 2 p.m.
Notary public offers 15 minute service
 Appointment required
 Hayward Main Library
 835 C St., Hayward
 (510) 881-7980
 http://tinyurl.com/notary-march-16

Saturday, Mar 5

Juried Photo Exhibit
 6:30 p.m. - 8:30 p.m.
Fremont Cultural Arts Council photographs
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1400
 www.fremontculturalartscouncil.org
 www.aclibrary.org

Saturday, Mar 5

Garden Medicine Workshop
 11 a.m. - 12 noon
Incorporate herbs into your diet for better health
 California Nursery Historic Park
 36500 Niles Blvd., Fremont
 www.fireflyherbals.com
 www.leafcenter.org

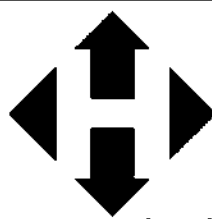
Sunday, Mar 6

Meet the Chickens \$
 10:30 a.m. - 11:00 a.m.
Visit the coop and feed chickens
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

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 Electronics, and Bicycles
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 collectibles
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 dvd movies
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 knick knacks

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For
Everyone
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 Electronics, and Bicycles

*Offers subject to change without notices. 37482 Fremont Blvd., Fremont, CA. 94536; 510-795-6100. www.hopeservices.org

Sunday, Mar 6

Craftstick Flowers \$
 11:00 a.m. - 11:30 a.m.
Create flower crafts to take home
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Mar 6

Stilt Walkers \$
 11:30 a.m. - 12:30 p.m.
Improve your balance
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Mar 6

Hello Bunnies \$
 1:00 p.m. - 1:30 p.m.
Interact with the rabbits
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Mar 6

Beautiful Trees \$
 1:30 p.m. - 2:30 p.m.
Stroll the grounds to view special trees
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Mar 6

Snakes, Stories and Spirals
 10:00 a.m. - 12 noon
 1:30 p.m. - 3:30 p.m.
Meet the snakes and create a craft
 Coyote Hills Regional Park
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220
 www.ebparks.org

Sunday, Mar 6

First Peoples History Walk
 11:00 a.m. - 12:30 p.m.
Hike and discuss Native Americans
 Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward
 (510) 670-7270
 www.haywardrec.org

Sunday, Mar 6

Geology Rocks
 1 p.m. - 2 p.m.

Docent led trail walk to view landscape
 SF Bay Wildlife Refuge
 1 Marshlands Rd., Fremont
 (510) 792-0222 x141

Sunday, Mar 6

Insect Exploration - R
 2:00 p.m. - 3:30 p.m.
Dig in the dirt in search of insects
 Ages 5+
 Alviso Environmental Education Center
 1751 Grand Blvd., Alviso
 (408) 262-5513
 http://ecccexplorerteinsects.eventbrite.com

Monday, Mar 7

Gene Schwab Award Presentation
 12 noon - 1:30 p.m.
Honoring outstanding public service figures
 Dave and Busters
 940 Great Mall Dr., Milpitas
 (408) 957-9215
 http://www.clubrunner.ca/milpitas

Tuesday, Mar 8

Coffee with Cops
 5:30 p.m. - 7:00 p.m.
Discuss traffic issues with police officers
 Bean Scene Café
 4000 Bay St, Fremont
 (510) 790-6740
 https://local.nixle.com/alert/5589975/?sub_id=555129

Tuesday, Mar 8

Bees in Africa and America
 6:30 p.m.
Bees and the healing power of honey
 Doubletree Hilton Hotel
 39900 Balentine Dr., Newark
 (510) 490-8390

Tuesday, Mar 8

Job Search Workshop
 1:30 p.m. - 3:00 p.m.
Resume writing and interview assistance
 Union City Branch Library
 34007 Alvarado Niles Rd., Union City
 (510) 745-1464
 www.aclibrary.org

Tuesday, Mar 8

Teen Activity Group: TAG
 5 p.m. - 6 p.m.
Assist in planning teen library events
 Hayward Main Library
 835 C St., Hayward
 (510) 881-7980
 annie.snell@hayward-ca.gov
 http://tinyurl.com/tm-mar-16

Tuesday, Mar 8

Make a Family Book
 5:30 p.m. - 7:30 p.m.
Create a book using photos and colored paper
 Centerville Library
 3801 Nicolet Ave., Fremont
 (510) 795-2629
 www.guides.aclibrary.org/centerville

Wednesday, Mar 9

Mindfulness Meditation for Healing- R
 10:30 a.m. - 12 noon
Physical and spiritual nutrition
 Dominican Sisters of Mission San Jose
 43326 Mission Blvd., Fremont
 (510) 933-6335
 http://bit.ly/CESMindfulness2
 www.msjdominicans.org

Thursday, Mar 10

Inspirational Women of the Year Celebration - R
 5:30 p.m. - 7:30 p.m.
Discuss legislation affecting women
 Honor women in the community
 Berryessa Community Center
 3050 Berryessa Rd, San Jose
 (408) 262-2501
 www.asmdc.org/cq

Friday, Mar 25

Unity Dinner \$R
 6 p.m.
Food, drinks and speakers
 India Community Center
 525 Los Coches Street, Milpitas
 408-934-1130
 www.IndiaCC.org

Drivers For Survivors

Black & White Ball

SUBMITTED BY DRIVERS FOR SURVIVORS

For Sponsorship Package/Donation Opportunities, please email:

Sponsors@DriversForSurvivors.Org

Please join us on Saturday, May 7, for an evening of cocktails, dinner, and dancing to celebrate Drivers For Survivors. Help in this fundraising effort to provide free supportive companionship transportation for ambulatory patients undergoing life-saving cancer treatments in Fremont, Newark, and Union City. The Black and White Ball will sell out, so your early commitment and ticket purchase will be appreciated. Email: info@DriversForSurvivors.org or call (510) 579-0535.

Drivers For Survivors Black and White Ball Saturday, May 7 6 p.m. - 10 p.m.
Castlewood Country Club 707 Country Club Drive, Pleasanton (510) 579-0535
info@DriversForSurvivors.org www.DriversForSurvivors.org \$100/person

Niles Crab Feed

SUBMITTED BY CITY OF FREMONT

after March 1. Last year was a sell-out and tickets are required for entry, so get your tickets now! Purchase tickets at: www.niles.org/crab-feed.

The City of Fremont and the Niles Main Street Association will host a Crab Feed fundraiser on Saturday, March 19 that benefits the City's Giving Hope Program and the Niles community.

Get ready to feast on all-you-can-eat crab, pasta, salad, garlic bread and dessert! Enjoy live music and DJ dancing music along with crazy good raffle and silent auction items!

Tickets are available online for \$50 before March 1 and \$65

Niles Crab Feed Saturday, Mar 19 6 p.m.
Niles Veterans Hall 37154 - Second St, Niles District, Fremont
Tickets: www.niles.org/crab-feed \$50 before Mar 1 \$65 after Mar 1

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For more information about becoming a patient care volunteer, please contact

Dawn Torre, Volunteer Coordinator
1-888-493-0734 or 510-933-2181
volunteer@lifespringshospice.com

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Structure fire on Roberts Ave

SUBMITTED BY DIANE HENDRY, DIVISION CHIEF OF ADMINISTRATION

On February 17, at 1:11 p.m., the Fremont Fire Department responded to a report of a structure fire at 42516 Roberts Ave with 5 Engines, 1 Truck Company and 2 Battalion Chiefs. Per the dispatch, there were multiple callers stating that smoke and flames were visible.

The first responding company arrived on scene and reported a working fire in a single story, single family dwelling. They also reported that there were live power lines down. The Company Officer reported heavy fire on the exterior of the building spreading to the roof and interior of the structure. An exterior attack was coordinated with an attack on the interior to help control the spread of the fire. The truck company arrived on scene and provided vertical ventilation to help remove smoke and heat from the home and contain the spread of the fire.

Fire crews were informed that there were approximately four adults and seven children living

in the home. A mother and her baby were asleep in one of the bedrooms when the fire woke them. The mother grabbed her child and alerted the rest of the occupants that the house was on fire. They then safely exited. A thorough search of the home was conducted by the fire crews and no victims were found to be inside. Outside, the family was able to account for all occupants and an all clear was given.

The fire had entered the home and was heavily involved in two bedrooms and the hallway. Crews were able to knock down the flames and kept it from spreading to the rest of the house. The areas unaffected by fire did sustain heavy smoke and water damage.

Fire investigators were called to the scene and the cause is still under investigation. The fire caused approximately \$400,000 of damage to the structure and \$60,000 damage to the contents. Eleven people and fifteen animals were displaced by this fire but were receiving assistance from the American Red Cross. There were no reported injuries to firefighters.

Major injury collision Sunday night

SUBMITTED BY FREMONT PD

On Sunday, February 21, 2016, at 10:16 p.m., Fremont Police patrol officers responded to a single vehicle major injury collision on southbound Paseo Padre Parkway just south of Sequoia Rd.

Officers arrived and found a mid-1990's Lincoln Town Car severely damaged due to impacting a tree. The vehicle was occupied by a 22 year old adult male driver (Fremont resident) who was suffering from major non-life threatening injuries. Fremont Fire Fighters extricated the driver from the vehicle and he was transported to a regional trauma center.

A witness reported that just prior to the collision; two vehicles had quickly accelerated off the limit line at Paseo Padre Pkwy and Sequoia when the traffic signal

light turned green. As the witness traveled southbound on Paseo Padre Pkwy and came to the curve in the road, he found one of the involved vehicles had collided with a tree. The second driver initially left the scene, but returned a short time later and is cooperating with the investigation. Skid markings were visible at the scene and investigators believe speed is a collision factor. Drugs and alcohol do not appear to be a factor.

Southbound Paseo Padre Pkwy, between Sequoia Rd. and Peralta Blvd. was closed from approximately 10:30 p.m. to 6:20 a.m.

This remains an ongoing investigation and witnesses are asked to please contact the Fremont Police Department's Traffic Unit at (510) 790-6760 or email Traffic Officer Eric Marcelino at EMarcelino2@Fremont.gov

Copper wire theft

SUBMITTED BY SGT. HUY TRAN, MILPITAS PD

For the second time in a week, the citizens of Milpitas aid in the arrest of suspects. This arrest may not have been made without the assistance of an alert citizen calling 911 immediately. We greatly appreciate this citizen's help in quickly resolving this incident.

On February 18, 2016, at approximately 11:51 p.m., an alert citizen called Milpitas Police Department to report seeing two suspicious men taking something out of a PG&E box and then the light pole turning off in Ben Rodgers Park. Officers quickly arrived and surrounded the area. Officers located one suspect, Raymond Willman (29-year-old male, Manteca resident), hiding in a bush. The second suspect, Adam Martinez (40 year-old male, San Jose resident), fled on foot but was quickly apprehended. Officers located a bundle of freshly cut copper wire in the park and realized copper wiring to several light poles in and around the park had been cut or damaged.

Willman is currently on Post Community Release Supervision (PRCS) for domestic violence. Willman was booked into the Santa Clara County Jail for grand theft, felony van-

dalism, conspiracy, possession of a controlled substance, and violation of probation. Martinez was booked into the Santa Clara County Jail for grand theft, felony vandalism, conspiracy, and possession of drug paraphernalia.

Anyone with any information regarding this investigation or involving other similar incidents in Milpitas is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at:

http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp



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SPORTS

CSUEB's Navarro named CCAA Baseball Player of the Week

ARTICLE AND PHOTO
SUBMITTED BY STEVE CONNOLLY

Cal State University East Bay (CSUEB) senior Rudy Navarro has been selected as the California Collegiate Athletic Association (CCAA) Baseball Player of the Week for February 15-21, as recently announced by the conference office.

Navarro had his second straight monster weekend, leading the CSUEB baseball team to a four-game sweep of Fresno Pacific. He helped the Pioneers finish their non-conference schedule at 9-2.

Navarro batted .500 (6-for-12) with a .579 on-base percentage in the four games, pacing a Pioneer offense that was relentless against a talented



FPU squad. He reached base four times in each of the first two games of the series, as the Pioneers totaled 36 runs and scored in 13 consecutive innings.

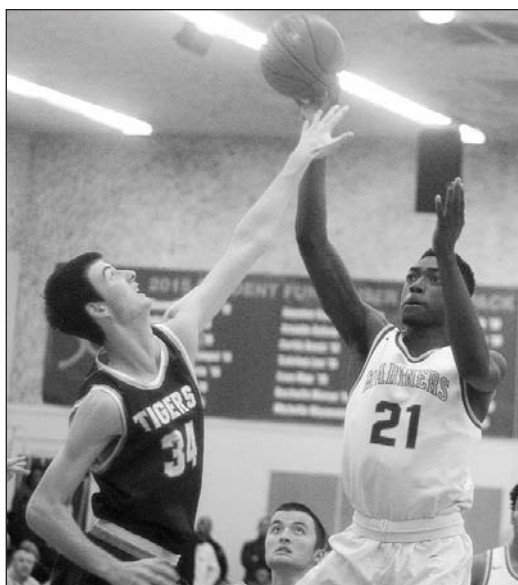
Mariners move on

Men's Basketball

SUBMITTED BY MIKE HEIGHTCHEW

Moreau Catholic Mariners put on a clinic as soon as the teams hit the hardwood in their February 26th postseason matchup with the Analy Tigers. The outcome of the game was never in doubt as the

Mariners dominated from the start and never looked back. With a halftime lead of 63-20, speed and ball control were evident as Analy tried to find an answer but were outgunned in every aspect of the game. A much different contest awaits the Mariners as they face Bishop O'Dowd to determine who will move on to the Division 3 championship game.



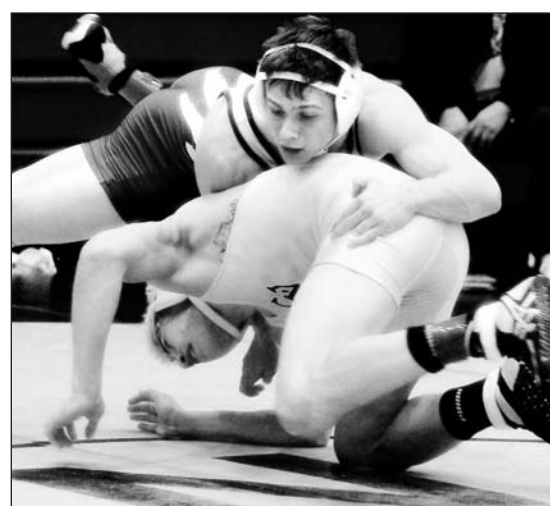
Local wrestlers head to State competition

Wrestling

SUBMITTED AND PHOTOS BY
MIKE HEIGHTCHEW

North Coast Section Wrestling Championships, hosted by James Logan High School got underway February 27-28. Local teams faced stiff competition and fought hard to end up with a good showing; Logan, American and Mission San Jose all placed wrestlers in State finals matchups. Topping local team competition:

5th place	James Logan	114.5
20th place	American	69.5
25th place	Mission San Jose	60.5
44th place	Newark Memorial	29.5



Pioneers Oust Otters to Claim First CCAA Title

Women's Basketball

SUBMITTED BY STEVE CONNOLLY

The Cal State East Bay women's basketball team completed an historic regular season with a 69-44 win over Cal State Monterey Bay on February 27th at Pioneer Gym to clinch a share of the 2015-16 California Collegiate Athletic Association (CCAA) championship.

It's the 11 straight win for East Bay, and they finish the season at 24-4, the best regular season record in program history. The Pioneers end up in a first place tie atop the CCAA at 18-2 with Cal State Dominguez Hills and UC San Diego. While the teams share the regular season title, East Bay will be the No. 3 seed in next week's postseason tournament due to tie-breakers.

Moreau Catholic men's tennis match results

Men's Tennis

SUBMITTED BY TONY RODRIGUEZ

On Wednesday, February 24, men's tennis of Moreau Catholic High School (MCHS) defeated Skyline High School in a final match score of 7-0.

Singles:

- 1.) Rohan Divate (MCHS) defeated Dan Jan: 8-1.
- 2.) Julius Chong (MCHS) defeated Vinson Lam: 8-1.
- 3.) Charley Jiao (MCHS) defeated Vincent Khao: 8-6.
- 4.) Andika Dharma (MCHS) defeated Brandon Giang: 8-6.

Doubles:

- 1.) Novel Boparai/Andrew Gatlula (MCHS) defeated Hanjie Huang/Gordon Giang: 8-2
- 2.) Jake Carpenter/Horace Zhang (MCHS) defeated Khoul/Luitsuen Wu: 8-2
- 3.) Noah Jacala/Jeremy Santos (MCHS) defeated Tyler Troung/Alan Huynh: 8-2

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Lady Cougars impressive

Women's Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Lady Cougars of Newark Memorial were impressive in their postseason contest with the Northgate Lady Broncos on February 23rd, winning 63-38. Shortly after the opening tipoff, the Cougars took control of the paint area and an early lead. With great looks at the basket for good shots and outside shooting right on the mark, the game was never in doubt.



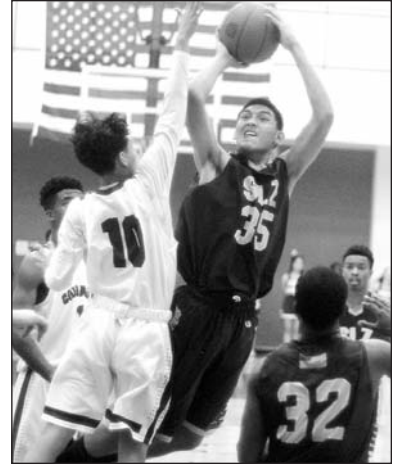
Cougars triumph in close battl

Men's Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Newark Memorial Cougars faced a tough challenge from San Lorenzo but came up on the winning end 73-63 on February 23rd. The first half belonged to the Cougars as they displayed great ball control and speed with a 38-26 advantage. However, at this level of Northern California Section (NCS) play, the game isn't over until the final buzzer and the San Lorenzo Rebels were in the game to win. With a great effort, they tied the game 45-45 with 26 seconds left in the third quarter. A Cougar trademark this season has been great defense and it rose to the occasion again.

NCS Note: In another hard fought game, James Logan was eliminated from NCS postseason play, losing to MonteVista in a heart-breaker, 43-42.



East Bay Park District Director John Sutter to retire

SUBMITTED BY CAROLYN JONES

John Sutter, an East Bay Regional Park District (EBRPD) board member for nearly 20 years, former Superior Court judge and Oakland city councilman, has announced he is retiring after 60 years of public service.

"It has been a privilege to serve the Park District and be part of a team that has acquired more than 35,000 acres of new parklands during my tenure," Sutter said. "I'm especially proud of the future Gateway Park, which I think will be a destination for generations of Bay Area residents."

As a Park District board member, Sutter initiated the District's acquisition of former Oakland Army Base land at the foot of the Bay Bridge to become the future



Gateway Park. That park, now in the planning stages, will be the terminus of the bike and pedestrian trail of the Bay Bridge.

Sutter began his public career in 1954 as an Alameda County deputy district attorney. He was appointed by Gov. Edmund G. "Pat" Brown to the Bay Conservation and Development Commission in its inception in 1965. Sutter was also elected to three terms on the Oak-

land City Council, including a two-year stint as vice mayor. In 1982, Gov. Jerry Brown appointed Sutter to the Alameda County Superior Court, where he served until 1996.

An advocate for open space and parks for most of his life, Sutter was a founding board member and president of Greenbelt Alliance (then known as Citizens for Regional Recreation and Parks).

"We are deeply grateful for Director Sutter's vision, hard work and expertise," Park District General Manager Robert Doyle said. "He's been an invaluable part of not just the Park District, but the fight for open space throughout the East Bay. He will be sorely missed."

Sutter was first elected to the Park District board in 1996. He will finish his current term, which ends this year.

East Bay Park District hires Deputy General Manager

SUBMITTED BY CAROLYN JONES

The East Bay Regional Park District named Ana Alvarez, a parks official for the City of San Francisco and a longtime advocate for sustainability and civic engagement, as the District's first deputy general manager. Alvarez will start work March 1.

"We're thrilled to add someone of Ana's caliber to our ever-growing District," said East Bay Regional Park District General Manager Robert Doyle. "Her experience, commitment and expertise - especially in matters related to climate change and professional development - will be a tremendous asset to our District."

As deputy general manager, Alvarez will oversee day-to-day oversight of the four executives responsible for finance, opera-



tions, planning, land acquisition, stewardship and development, and human resources. She will also work closely with Doyle to navigate long-term planning, as the Park District continues to expand and be a leader in environmental stewardship.

For information, contact Carolyn Jones, Public Information Supervisor, (510) 544-2217, cjones@ebparks.org.

Jennifer Elemen wins Secondary Educator of the Year Award



SUBMITTED BY BRIAN KILLGORE

Congratulations to Fremont's Kennedy High School Social Science Teacher/Department Chair Jennifer Elemen, who was named 2016 Outstanding Secondary Educator of the Year by the California Council for the Social Studies (CCSS) on February 12. The award "recognizes a CCSS member whose classroom teachings in Grades 7-12 and whose professional practices reflect the goals and purposes of an exemplary social studies education."

Elemen will be one of five teachers honored by the CCSS at an awards dinner on Saturday, March 5 in Costa Mesa.

For more information, visit: <http://www.ccss.org/Awards>

Newark Optimist Club Essay Contest Winners

SUBMITTED BY DARRYL REINA

At a recent Newark Optimist Club breakfast meeting, the organization recognized the three Club Level Award Winners of their 2015-2016 Optimist International Essay Contest. This year's official topic was "Lead by Example: Reality or Fiction."

Washington High School sophomore Ella Gunady received the First Place medallion and a \$200 cash award. The Second Place medallion and \$100 went to Newark Memorial High School senior Crystalyn Dela Cruz, while Newark Memorial senior Andrea Nguyen took home the Third Place medallion, and a \$50 cash award. Congratulations to the three outstanding students on their quality essays.



(L to R): Ella Gunady (1st Place), Crystalyn Dela Cruz (2nd Place)

Ambassador Program for Seniors (CAPS) wins Fast Pitch Award



SUBMITTED BY CITY OF FREMONT

The City of Fremont Human Services Department is proud to announce that Fremont's Community Ambassador Program for Seniors (CAPS) won the \$5,000 Encore Fast Pitch Award. Encore is an organization that is building a movement to tap the skills and experience of those in midlife and beyond to improve communities and the world. CAPS trains and supports adults to assist older adults in the Tri-City area to locate appropriate resources and information.

The 3-minute Fast Pitch competition was held on February 11 during Encore's annual conference. The competition was designed to showcase organizations with socially innovative programs. CAPS Program Manager Asha Chandra represented the City of Fremont and gave a pitch that won the Judges' Award. Judges were Kriss Deiglmeier, CEO, Tides; Phil Pizzo, Founding Director Stanford DCI, and Former Dean, Stanford School of Medicine; and Katherina Rosqueta, Founding Executive Director, The Center for High Impact Philanthropy, The University of Pennsylvania.

Fremont Elks Lodge shows support for local school children

SUBMITTED BY JOAN WHITE

As a part of the work done by their Youth Committee, the Fremont Elks Lodge #2121, recently distributed dictionaries to local elementary schools. The lodge also hosted contests for local students.

Two of the contests were Drug Awareness, with the theme of "Just Don't Do It," and Americanism with the theme of "What Can I do to Promote Americanism and Love of Country."

First place winners in the Drug Awareness contest were Emily Wu (4th grade, Warm Springs Elementary), Victoria Liu (5th grade, Niles Elementary) and Emma Wang (6th grade, Chadbourne Elementary). Second place winners were Justen Lim (5th grade, Niles Elementary), and Soumya Rai (6th grade, Parkmont Elementary). Helene Gao (5th grade, Niles Elementary) placed

third. Soumya Rai's essay won the Americanism Contest.

Additionally, the lodge held a Hoop Shoot Competition. Hoop Shoot winners were Gurshan Sall (8-9 boys), Alvin Lee (10-11 boys), Akul Shourie (12-13 boys), Vanessa Parilla (8-9 girls), Madeline Bader (10-11 girls) and Maczine Arenas (12-13 girls).

During January and February, members of the lodge distributed almost 2,600 dictionaries to fourth grade students throughout Fremont.

The lodge continues to expand its community involvement as community service and paying it forward are commitments Fremont Elks Lodge 2121 has made in keeping with the motto, "Elks Care, Elks Share."

For more information about the Elks, visit: www.fremontelks.org

Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov

Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us

Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov

Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us

San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org

Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd., Union City
(510) 471-3232
www.ci.union-city.ca.us

WATER/SEWER

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org

East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com

Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org

Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com

SCHOOL DISTRICTS

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us

Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us

Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
2441 I Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us

Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(408) 635-2600 ext. 6013

New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd., Union City
(510) 471-1100
www.nhusd.k12.ca.us

Newark Unified School District
1st/3rd Tuesday @ 7 p.m.
5715 Musick Ave., Newark
(510) 818-4103
www.newarkunified.org

San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us

San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzsd.org

Sunol Glen Unified School Board
2nd Tuesday @ 5:30 p.m.
11601 Main Street, Sunol
(925) 862-2026
www.sunol.k12.ca.us

Scholarship applications for students studying abroad in Florence, Italy

SUBMITTED BY
LAUREL ANDERSON/
MARINA HINESTROSA

The County of Santa Clara, CA, / Province of Florence, Italy, Sister County Commission is inviting university students from Santa Clara County, who have already been accepted to study for up to a year in a university-approved international program in Florence, Italy, to apply for the Commission's 2016 scholarships.

The Commission may approve scholarships toward the cost of studying. Scholarships are awarded to one or more students, depending on qualification of applicants.

For information about the Scholarship program, eligibility criteria and requirements, students can visit www.sccgov.org/florence, or email: sistercounties@ceo.sccgov.org

Complete applications and supporting documentation must be received by Friday, April 22, before 5 p.m.

Mobility & Transit Workshop & Fair

SUBMITTED BY
SBEYDEH WALTON

The City of San Leandro is hosting a Mobility & Transit Workshop and Fair on Tuesday, March 1, from 10 a.m. – 1 p.m. The event will feature an information session where the public can learn about services available for seniors and people with disabilities to stay mobile, active and safe. The event is free and open to the public.

The event will kick off with an informational session at 10 a.m. and the resource fair will begin immediately following until 1 p.m. Organizations include City of San Leandro FLEX paratransit shuttle and taxi voucher program,

AC transit, LIFE Eldercare, Mobility Matters and many more. Visitors will have the opportunity to ask personalized questions and discover options available to them. Participants who visit every table are eligible to enter into a raffle drawing. For questions, please contact Customer Service at (510) 577-3462 or visit us online at www.sanleandro.org

San Leandro Mobility & Transit Workshop/Fair
Tuesday, Mar 1
10 a.m. – 1 p.m.
Senior Community Center
13909 E. 14th St, San Leandro
(510) 577-3462
www.sanleandro.org
Free

Intersection improvement meetings

SUBMITTED BY
CITY OF HAYWARD

Traffic. Whether we walk, ride or drive, it's something almost everyone can relate to, especially along our major streets and intersections. In an effort to improve safety and reduce congestion, the City of Hayward is developing a Citywide Intersection Improvement Study, and it all starts with you.

We're hosting a series of public outreach meetings to gather valuable input from Hayward residents, which will help build the foundation of our study.

The public's input is critical to our success. In addition, your insight and first-hand knowledge of Hayward traffic issues will help us develop and implement a comprehensive program to iden-

tify and improve traffic safety and congestion issues at over 100 locations within the City.

Please join us to provide your feedback and learn more about the effort. We look forward to seeing you!

Intersection Improvement Meetings

Wednesday, Mar 2
7:00 p.m. to 8:30 p.m.
City Hall, Rm 2A
777 B St, Hayward

Wednesday, Mar 9
7:00 p.m. to 8:30 p.m.
Glad Tidings Church
1027 W Tennyson Rd,
Hayward

(510) 583-4000
haywardlistens@hayward-ca.gov

Hayward City Council

February 23, 2016 Presentation:

- The City's Wastewater Collection System was selected as 2015 Collection System of the Year by California Water Environment Association.

Consent:

- Council approved authorization to extend professional services contract with Maze & Associates for annual audit services.
- Council approved authorization for city manager to negotiate and execute a professional services agreement with CTC Energy and Technology for the preparation of the Hayward fiber-optic network master plan in an amount not to exceed \$108,000.
- Council approved authorization for city manager to execute professional services agreement between the City and SMB Envi-

ronmental to prepare an environmental assessment on Water Pollution Control Facility Improvements – Phase II in an amount not to exceed \$70,000.

Work Session:

- Downtown Parking Study draft report was presented to City Council. Phase I recommendations include on-street priced parking along B Street corridor; residential parking permit within downtown boundaries; time restrictions throughout downtown; and free permit parking for merchants in municipal lots.
- Assistant City Manager Kelly McAdoo reported on update on potential renewal of the City's Utility Users Tax (UUT) Measure. Council recommended to extend UUT for 20 years.

Mayor Barbara Halliday	Aye
Mayor Pro Tempore Al Mendall	Aye
Francisco Zermeño	Aye
Marvin Peixoto	Aye
Greg Jones	Aye
Sara Lamnin	Aye
Elisa Márquez	Aye

TAKES FROM SILICON VALLEY EAST



About Takes From Silicon Valley East
TheDailyBeast called Fremont the 2nd best U.S. city for innovation. Whether it's manufacturing, clean tech, Fremont or the Silicon Valley scene itself, we're telling the stories that are advancing business here.
To subscribe to all blog posts scan this QR Code or visit ThinkSiliconValley.com/silicon-valley-east/

Economic Forecasts Reveal Continued Growth with a Dose of Caution

BY CHRISTINA BRIGGS,
DEPUTY ECONOMIC
DEVELOPMENT
DIRECTOR/ASSISTANT TO
THE CITY MANAGER

Joint Venture Silicon Valley's State of the Valley Conference

The 2016 "Forecast" season is in full swing. We've been making the rounds to hear what's in store and will report on our findings in a two-part series. We start off with Joint Venture Silicon Valley's (JVSV – www.jointventure.org) annual State of the Valley Conference (www.jointventure.org/events/state-of-the-valley) and its companion, "2016 Silicon Valley Index."

This year, JVSV President Russell Hancock proclaimed that Silicon Valley is "the most prodigious of regional economies." He also reminded us that it is less about specific geography, and more about a state of mind. In other words, its amorphous nature has made it difficult to replicate anywhere else. Following are a few key takeaways from this year's index that are particularly relevant to our corner of the Valley.

- Job growth was robust, to say the least, with the largest annual increase on record! What really caught our attention were the sectors that added the most jobs, and right at the top of the list was "computer hardware/manufacturing," which demonstrates the impact of the Internet of Things (IoT).

- Speaking of job growth, it was interesting to see sectors whose job gains may not have been the highest in number, but who saw the largest year-over-year percent changes. The winner

on this list? Warehousing, with a whopping 22.3 percent increase in employment from 2014. Thank you e-commerce and just-in-time delivery! Also heartening was the runner up, biotechnology, which scored a 19.1 percent increase in employment and a reference as "the Bay Area's 'other' tech." While it may not receive as much attention as Uber and Pinterest, biotech is arguably making an even bigger impact with lifesaving technologies.

- Innovation activity continued to proliferate with Silicon Valley claiming 47.7 percent of California's patent registrations and 43.2 percent of its IPOs. The valley also had a strong showing in venture capital and angel investment. However, our neighbors to the north in San Francisco beat us out in both categories for the second year in a row, as the result of a handful of very large deals (Airbnb, Uber, and online lender, Social Finance).

- Silicon Valley is not only creating the latest clean technologies, but is among the strongest markets for them, too. With over 25,000 EVs, we account for 20 percent of the state's total. Also, cumulative installed solar capacity increased by 20 percent from 2014, reaching 272 megawatts!

- Of course, it's not all rosy. Low housing inventory continues to challenge our entire region, reinforcing the need for greater density where it makes sense. Longer commutes have led to extreme traffic congestion, a problem that guest speaker, Dr. Stefan Heck, explained could be partially addressed by putting more jobs near transit. We agree!

Union City City Council Meeting

February 23, 2016

Proclamations and Presentations:

- Honor Rosemarie Arenas for her outstanding contributions to the Ruggieri Senior Center.
- Proclamation declaring the month of April as World Autism Awareness Month
- Receive informational report on the role of branding in promoting the city and the benefits of creating a website with mobile devices in mind.

Consent:

- Award contract for purchase of one van for Public Works Department in the amount of \$44,552.
- Acceptance and appropriation of funds received from Environmental Enforcement Settlements to promote environment protection in Union City in the amount of \$37,000.
- Amend Conflict of Interest Code of non-elected officials and designated employees.
- Adopt a resolution for the award of contract to Guerra Construction Group for the staff and overflow parking lot for Mark Green Sports Center in the amount of \$394,771.
- Adopt a resolution to decrease the fiscal year 2015-16 and 2016-17 adopted budget for the affordable housing 2010 bond fund by \$100,000 each year and increase the fiscal year 2015-16 and 2016-17 adopted budget for the affordable housing low/moderate income fund by \$100,000.

Public Hearings:

- Approve site development review and use permit for Graybar Electric Company, Inc. to establish a storage area within rear yard of an industrial warehouse and distribution building on Whipple Road.

Mayor Carol Dutra Vernaci	Aye
Vice Mayor Emily Duncan	Aye
Lorin Ellis	Aye
Pat Gacoscos	Aye
Jim Navarro	Aye

OPINION

TRI-CITY VOICE
SERVING FREMONT, HAYWARD, MILPITAS, SAN JOSE AND SAN LEANDE CITY
"Accurate, Fair & Honest"



WILLIAM MARSHAK

The Ides of March... beware

warned of significant change, so does our local landscape provide both a cautionary tale and the possibility of a long and prosperous result. During this time development proposals will be numerous, but the result of land use changes is not so clear. Assumptions based on future patterns of customs and behaviors, especially when applied to infrastructure and transportation, can be misleading. Wishing that behaviors will change within a particular timeframe in contrast with the reality of how and when it occurs can be vastly different.

As with the passing of Caesar in his time, the truth of any result is in the eye of the beholder. Declaring that patterns will change is not certain but supporting and setting realistic goals can provide a good chance of realizing expectations. The Ides is a good time to pause and examine our inventory of amenities, essential for the physical and mental wellbeing of citizens.

We are witnessing the turbulence that results when planning is biased toward positive aspects of construction without an adequate balance of social consequences. Stability can be achieved when schools, parks and recreational activities are included as an important counterbalance to unfettered growth. Caesar was warned of unpleasant consequences... so too should our City Councilmembers take heed.

Each city and its neighbors should create a specific inventory of open space and

recreational amenities that will counter increased density. Use of "linear," plazas and small patio style spaces such as at Paragon Apartments on Walnut Avenue in Fremont to address park issues must be realistic and operational. Simply creating a plaza, pocket park or small green space is not adequate. Developers and planners are, too often, more interested in a bit of green and the possibility of event venues without recognizing a need for daily relaxation amidst high rise buildings. Even urban residents need the release of open spaces.

The challenge of this Ides of March is to look beyond segments and blocks of zoning toward the wellbeing of those who will live in an strategically urban environment. The Ides are upon us and the warning is clear. Will we listen?

William Marshak
PUBLISHER

Just as in the time of Caesar's reign over the Roman Republic and his assassination in 44 BC., there appears to be an abundance of activity in this mid-month "Ides." Shakespeare popularized the notion of caution as Caesar was warned repeatedly to avoid Senate chambers on that fateful day; he ignored the advice and paid the ultimate price. His demise, however, ushered in a relatively peaceful Roman Empire.

In our time, the Ides, based on a lunar calendar, is a bit hard to pinpoint, but the changes coming in this turbulent month are hard to avoid. National debates portend political chaos in major political parties; we can assume the local equivalent will soon begin. Just as historical ides

SCC Board President Cortese calls for action on jail reform, needs of homeless

SUBMITTED BY JANICE ROMBECK

Declaring 2016 the Year of Transformation, Santa Clara County (SCC) Board President Dave Cortese thanked the community, government partners, County staff, employees and his colleagues on the Board for coming together in 2015 to tackle such big issues as homelessness, immigration, health care and juvenile crime, and asked them to unite again to face the challenges in the year ahead.

"We emerged from 2015 – the Year of Opportunity – with a foundation we can continue to build on in 2016," he said during the State of the County address on Wednesday, February 24, at the Santa Clara County Government Center. "We will take the progress and experience of 2015 and, once again, bring the community together to collectively move forward."

Cortese, who was elected this year by the Board to serve a second term as President, also declared the County financial healthy – the County continues to earn an AAA bond rating — and the local economy robust. But not all are able to climb the ladder of prosperity.

"I have not seen an economy like this in my lifetime — where poverty grows despite increasing overall wealth," he said.

In noting the accomplishments of 2015, Cortese praised the County and the many community members and organizations who faced homelessness head on through the work of the Housing Task Force, launched the campaign to curb the growth of Type 2 diabetes, created a new Office of Immigrant Relations and found jobs for hundreds of teens last year, including youth in the County's Foster Care Program.

But the year was also marked by tragedies, including the beating death of inmate Michael Tyree in the County's Main Jail, allegedly by three corrections officers who have been charged with murder. "A Transformation of Custody Operations will be at the top of our priority list for 2016," he said.

Providing housing or shelter and services for the County's homeless population will also continue to be a priority this year, with a focus on veterans. Last year, Cortese and Mayor Sam Liccardo launched "All the Way Home," a campaign to end homelessness among veterans, with a goal of housing 700 veterans by the end of the year.

Other initiatives for 2016 include: Renewing and strengthening efforts to create a Countywide Economic Development Strategy and continuing to work aggressively on the Fairgrounds Master Plan,

the Civic Center development plans, the downtown San Jose clinic site and the Senter Road housing project.

Creating an Immigrant Programs Task Force, to identify opportunities for immigrants, including youth.

Establishing a County Outreach Strike Team to strengthen communications with residents, especially during an emergency such as a health epidemic or providing information and getting feedback on County ordinances or policies.

Proposing that the Alviso Marina County Park, which has become an educational opportunity through boat tours called for in last year's State of the County, be designated as an emergency access port during natural disasters.

Nominating Santa Clara County to become a U.S. National Heritage Area (NHA), through the work of a Task Force to be appointed by the Board. The NHA designation requires approval by the U.S. Congress.

For more information, contact the Office of Supervisor Dave Cortese at (408) 299-5030.

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What's Happening's **TRI-CITY VOICE**

You help create a world with less cancer and more birthdays.

Thanks to your donations and purchases, the American Cancer Society's Discovery Shop raises money and awareness to finish the fight against cancer.

We need your Kitchen donations!

The Fremont Discovery Shop is in need of donations for our upcoming Kitchen event. Cookbooks, small appliances, dish sets, and kitchen décor. We need it all!

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Newark City Council

February 25, 2016

Public Hearings:

• Consider Gateway Station West, a 589-unit residential project in the Dumbarton Transit Oriented Development Specific Plan area located along Willow Street. Designed as a "dynamic community" that incorporates walking, biking and the Bay Trail. Public comment asked for delay to assess higher park fees. Council response that this project has been in process for several years and a review of fees is being con-

sidered but for new projects.

Consent:

- Accept contract with New Image Landscape Company for Park and Landscape maintenance services.
- Authorize agreement with Joel Nelson Productions, Inc. for 2016 Music at the Grove program.
- Accept work of G. Bor-tolotto & Company, Inc. for 2015 Asphalt Concrete Street Overlay Program.
- Initiate 2016 Weed Abatement Program.
- Authorize amendment to extend Auditing Services Agreement with Badawi & Associates.

Non-Consent:

- Receive status report on emergency expenditure for heater at Silliman Activity and Aquatic Center. Heater installed an operational.
- Oral Communications:
 - Need for automatic doors at Silliman Center. Response that doors have been funded as a capital improvement and should be installed soon.
 - Park fee comparison with other cities.

Mayor Alan Nagy	Aye
Vice Mayor Luis Freitas	Aye
Sucy Collazo	Aye
Michael Hannon	Aye
Mike Bucci	Aye

Obituary

Arlene Joyce Furtado

July 23, 1935 – February 22, 2016

Resident of Fremont

Arlene entered into eternal rest on February 22nd, 2016 at the age of 80. Born in San Jose to Tony and Aldean Lopes. She was preceded in death by her parents, and brother Rod Lopes. She is survived by her husband George Furtado; children: Joyce (husband Frank), and Robert (wife Gennette); sister Sharron Nunes; 4 grandchildren; and 1 great grandchild. She attended James Lick High School in San Jose. She was a housewife and homemaker while raising 2 children. She opened her own business "Home Spun Gifts and Cards" in



Fremont. She enjoyed gardening, dancing, camping, and fishing. She also loved to celebrate special occasions with family and friends.

Visitation will be held on Monday, February 29th, from 5-8pm with a Vigil at 6:30pm at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont, CA 94536. A Funeral Mass will be celebrated on Tuesday, March 1st, 2pm at Our Lady of Guadalupe Parish, 41933 Blacow Rd., Fremont, CA 94538.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Anna Bobb

August 11, 1924 – February 23, 2016

Resident of Newark

Anna Bobb passed away peacefully February 23, 2016 in the loving and caring home, Brookdale North Fremont in Fremont, California due to complications from Parkinson's disease and dementia. Anna was preceded in death by her son, Dusan in 1993, husband, Imrich in 2002, and her sister Marie Spurkova in 2008 in Prague, Czech Republic. Anna was born August 11, 1924 in Sokol, Czechoslovakia. She is survived by her daughter, Alena Navarra, son-in-law, Charles Navarra, granddaughter, Veronika Marie Navarra, her niece Arnostka Vansova, and nephew by marriage, Jaroslav Vansa who live in Prague, Czech Republic, as well as their 2 sons, Martin and Jakub Vansa. During Anna's 91-1/2 years of life, Anna resided in many different locations. At 14 years of age her family moved from Slovakia (formerly Czechoslovakia) to Prague, Czech Republic, due to political unrest in their country. Anna lived in Prague until she met her future husband, Imrich Bobb. They married on September 28, 1948 in Prague and then escaped in April 1949 due to the pending communist take-over in Czechoslovakia. Anna escaped her home country to Brussels, Belgium while her husband, Imrich escaped to Vienna, Austria under a false name (to protect his own life, because he was on the most-wanted list of the Russian/Communist party). Once they re-united in Brussels, Anna gave birth to their son, Dusan in August 1949. After waiting several months to see if the political situation would change in Czechoslovakia (and sadly it didn't) in 1950 they decided to move to Canada; at that time the United States was not allowing any more



people to immigrate to the U.S. (even though Imrich's parents were already living in Ohio for several years, and Anna & her husband wanted to live in the U.S. also). Then finally in 1952 they were allowed to move into the U.S. (Cleveland, Ohio) and in September of 1953 their daughter, Alena was born. Anna and her family lived in Cleveland until August of 1961 when the family moved to La Crescenta, California because her husband was offered a job as an electrical/mechanical design engineer with Rocketdyne, a division of North American Aviation. Anna and her husband lived in La Crescenta until 1998 when they moved to Fremont, California to be closer to their only grandchild, Veronika and in 1999, they moved and lived in Newark, CA. Veronika learned quite a bit of the Czech language from knowing both her grandparents, and especially her grandmother. In Czech a grandmother is called "Babi" and that's what Veronika always called her; "Babi" became her favorite name with the entire family, which was the name that "stuck" with Anna. To Anna's delight, even some of the staff at Brookdale called her Babi too.

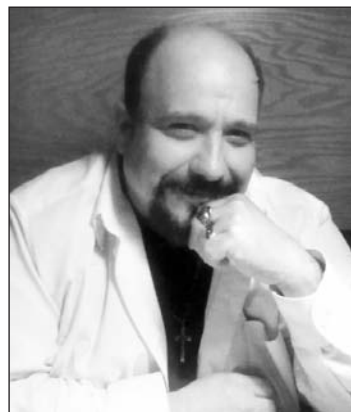
Fremont Chapel of the Roses
1-510-797-1900

Obituary

Bobby Jeff Morandin

February 12, 1963 – February 15, 2016

Resident of Fremont



Bobby passed away at Washington Hospital, battling swine flu, pneumonia aspergillus for two weeks in ICU, and left us at age 53. He was born in Berkeley, CA on February 12, 1963 and the son of Gilbert Gino Morandin and Linda Xitchol Bahar. He was married to Yvonne Roxanne Kekai for 33 years and raised a stepson, Mario Robert Vega, Jr.

Professionally he was a logistics manager at Sun Microsystems for 17 years and owned a couple of stores in Niles on the side:

Bob Morandin's World of Toys (1989-1994) 37769 (B) Niles Blvd, Fremont

Second Hand Store (1994-2007) 37671 Niles Blvd, Fremont

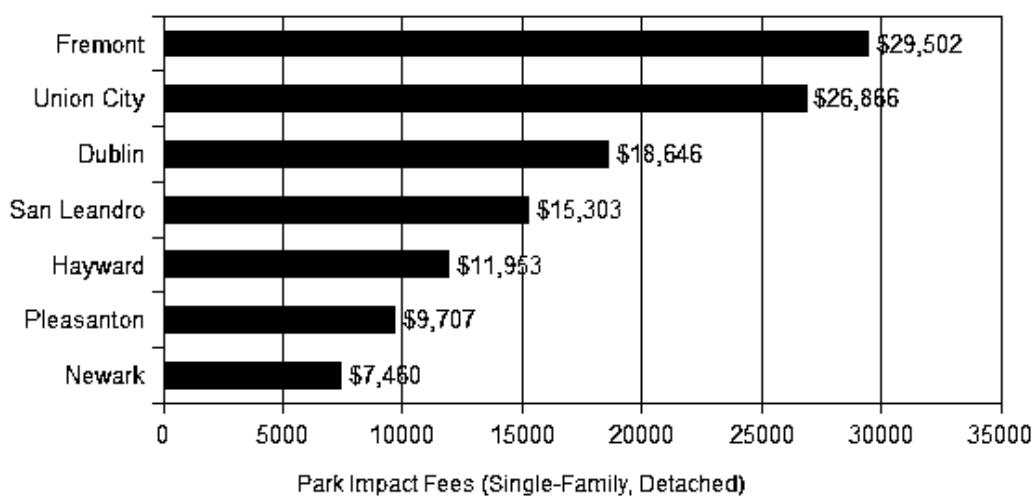
He also loved playing music and had a band for a short time. He truly loved to do called (JT Force). He will be greatly missed and loved. Bobby was free-spirited and loved life.



LETTER TO THE EDITOR

Newark's low park impact fees

Total Park Impact Fees by City



In a February 11 Newark City Council work session, the treasurer of Newark Parks Foundation brought to the Council's attention the disparities in park impact fees between Newark and Hayward. The Council promptly asked city staff to look into the matter. Newark Parks Foundation performed a comparison of its own.

Newark's park impact fees haven't increased in three years despite the huge increase in property values. Newark ranks last in park impact fees, behind Union City, Hayward and San Leandro - all of which have lower API scores (www.cde.ca.gov) and lower property values (Trulia.com). The peers studied have between 30-295 percent higher park impact fees.

In that same work session, the Council unanimously approved city staff's recommendation for a Park Master Plan to prioritize park projects for capital funding. If Newark moves quickly on increasing park impact fees, prioritization will be much easier.

If, at minimum, Newark were to set the park impact fees at \$15,303 per dwelling (closer to San Leandro's) Newark would have roughly \$12 million at the end of the two-year budget cycle instead of the forecasted \$6 million. Newark Parks Foundation believes that Newark is worth far more and

should be ranked somewhere in the middle of its peers or higher for a total pot of \$15.3 million. More funds make way for more park investments in Newark, improving residents' quality of life and business climate.

Newark is close to the Silicon Valley from two directions. We have great shady parks for toddlers and a cutting-edge aquatic center. We're close to some of the most fabulous regional and federal open spaces. A road-cycle commute from Newark to the peninsula is both scenic and convenient. We have some of the best family-friendly Latin restaurants and markets in the Tri-City area and in many cases a 1/4 mile from home. We have the best farmers' market around, with the cheapest prices and best produce variety. We have great weather—a nice Bay breeze. Newark is a great value.

Developers want to build here and many want to live here—those benefits demand a competitive price. Whether Newark treats low park impact fees as an urgent matter is unknown. Let's not pass up this opportunity.

Angela Akridge
Volunteer
Newark Parks Foundation

Residential Structure Fire

SUBMITTED BY MILPITAS FIRE DEPARTMENT

At 7:06 p.m. on February 20, Milpitas Fire Department responded to a report of a structure fire in a residence at 709 Arbor Way, one of eight apartment complex units. The first arriving Engine Company E88 arrived and a single alarm assignment was utilized for the incident.

Fire crews extinguished the fire and stopped loss at 7:14 p.m. by containing the fire to a laundry area. No injuries were reported. Estimated loss was undetermined at time of press release. Fire units responding to this incident included Milpitas Fire Department Battalion Chief 86, Milpitas Fire Engine 86, 87, 88, Milpitas Fire Truck 86 and Milpitas Urban Search and Rescue 86.

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tricityvoice@aol.com

Obituaries



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(510) 793-8900 FD 1115
3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

Rosmarie Imholz
RESIDENT OF FREMONT
January 11, 1926 – December 30, 2015

Thelma T. Takata
RESIDENT OF FREMONT
July 14, 1927 – February 9, 2016

Robert L. Rice
RESIDENT OF NEWARK
August 18, 1928 – February 2, 2016

Roman P. Romero
RESIDENT OF NEWARK
May 8, 1965 – February 11, 2016

Ralph M. Jones
RESIDENT OF FREMONT
February 25, 1926 – February 12, 2016

Georgia LeSire
RESIDENT OF FREMONT
June 26, 1926 – February 12, 2016

Richard K. Lachenmyer
RESIDENT OF FREMONT
August 28, 1938 – February 12, 2016

Helen Persinger
RESIDENT OF FREMONT
October 26, 1933 – February 13, 2016

Manijeh Jampour
RESIDENT OF FREMONT
April 25, 1943 – February 13, 2016

Erma M. Andrade
RESIDENT OF FREMONT
March 26, 1921 – February 13, 2016

Rafael Gonzalez Moreno
RESIDENT OF UNION CITY
March 2, 1922 – February 14, 2016

Angela L. Nieto
RESIDENT OF SAN JOSE
November 29, 1970 – February 14, 2016

Esther Cosio
RESIDENT OF UNION CITY
July 9, 1932 – December 28, 2015

Vinzon L. Llamanzares
RESIDENT OF FREMONT
September 18, 1954 – February 14, 2016

Raquel S. Colmenero
RESIDENT OF FREMONT
November 28, 1922 – February 14, 2016

Mary Ellen Graham
RESIDENT OF FREMONT
March 9, 1918 – February 16, 2016

Isabel N. Cabantac
RESIDENT OF FREMONT
June 17, 1938 – February 18, 2016

Bertha M. Goodwin
RESIDENT OF FREMONT
February 23, 1920 – February 18, 2016

Victor G. Franco
RESIDENT OF UNION CITY
November 13, 1942 – February 21, 2016

Phetsamone Singharath
RESIDENT OF HAYWARD
September 2, 1966 – February 19, 2016

Arlene J. Furtado
RESIDENT OF FREMONT
July 23, 1935 – February 22, 2016

Anna Bobb
RESIDENT OF NEWARK
August 11, 1924 – February 23, 2016

Mannog Yim
RESIDENT OF NEWARK
November 1, 1936 – February 23, 2016

Erie I. Jackson
RESIDENT OF NEWARK
December 31, 1928 – February 23, 2016

Dorothy M. Martin
RESIDENT OF FREMONT
March 18, 1924 – February 25, 2016

Diane R. Burton
RESIDENT OF SAN JOSE
January 29, 1941 – February 25, 2016

Louise E. Flanagan
RESIDENT OF UNION CITY
November 12, 1946 – February 25, 2016

Beverly A. Mitchell
RESIDENT OF FREMONT
August 15, 1937 – February 27, 2016

Wilfredo E. Ruby, Jr.
RESIDENT OF OAKLAND
May 27, 1945 – February 26, 2016

Audrey Wilson
RESIDENT OF FREMONT
October 28, 1918 – February 27, 2016

Miriam Simbula
RESIDENT OF FREMONT
March 20, 1941 – February 27, 2016

Frank Cabrera
RESIDENT OF UNION CITY
July 10, 1932 – February 27, 2016

Richard J. Motta
RESIDENT OF NEWARK
September 4, 1927 – February 28, 2016



Carolyn Stanley
RESIDENT OF FREMONT
August 28, 1945 – February 11, 2016

Vania Gomez-Cervantes
RESIDENT OF OAKLAND
February 11, 2016 – February 11, 2016

Frank "Don" Amsbaugh
RESIDENT OF UNION CITY
May 31, 1924 – February 12, 2016

Victor M. Davi
RESIDENT OF FREMONT
February 14, 2016 – February 14, 2016

Dr. Douglas J. Gallacher, M.D.
RESIDENT OF FREMONT
October 26, 1952 – February 15, 2016

Lucia A. Lucia
RESIDENT OF FREMONT
September 10, 1924 – February 16, 2016

Teresa M. Silva
RESIDENT OF HOLLISTER
August 6, 1957 – February 16, 2016

Bobby J. Morandin
RESIDENT OF FREMONT
February 12, 1963 – February 15, 2016

Sister Imelda Marie Dibble
RESIDENT OF FREMONT
May 7, 1932 – February 18, 2016

Allene E. Russell
RESIDENT OF FREMONT
February 1, 1930 – February 19, 2016

Norman P. Rebholtz
RESIDENT OF FREMONT
July 24, 1949 - February 19, 2016

Darsh Prateek
RESIDENT OF SANTA CLARA
August 23, 2015 – February 19, 2016

Refugio J. Mariscal
RESIDENT OF FREMONT
March 26, 1945 – February 21, 2016

Rickey J. Valencia
RESIDENT OF FREMONT
February 25, 1955 – February 22, 2016

Refugio J. Mariscal
RESIDENT OF FREMONT
March 26, 1945 – February 21, 2016

Tonja J. Ortega
RESIDENT OF FREMONT
July 4, 1960 – February 24, 2016

Iona H. Haymond
RESIDENT OF FREMONT
August 29, 1921 – February 24, 2016

Bhaskar S. Patil
RESIDENT OF FREMONT
March 1, 1921 – February 25, 2016

David R. Resemdez
RESIDENT OF FREMONT
December 13, 1960 – February 25, 2016

Subhash M. Desai
RESIDENT OF SAN JOSE
July 14, 1946 – February 27, 2016

Joan K. Strangio
RESIDENT OF SARATOGA
July 4, 1935 – February 28, 2016

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Obituary

Helen Marie Persinger

October 26, 1933 – February 12, 2016

Resident of Fremont

Our beloved Helen went to be with her Lord and Savior Jesus Christ on February 12th, 2016, she was 82 years old. Born in Oklahoma, she later met and married the love of her life and late husband James.

Helen was a homemaker, devoted mother and preschool teacher. Helen was a talented musician who often sang and played the piano during church services, she was also director of CETA Symphony in years past. She also enjoyed cooking, San Francisco Giants baseball, and cherished quality time with her family and friends.

Helen's life of religious faith and conviction and positive outlook touch many to this day. She is survived by her four children: Judith Rivera of Fremont, Elissa Overby of Washington, James Persinger of Castro Valley, and Larry Persinger of Manteca; eight grandchildren:



Nick, Katelyn, Andrew, Hollie, Jimmy, Daniel, Josh, and Nicholas; and great-granddaughter, Averie Kailea.

A Celebration of Helen's Life will be held on Saturday, March 26th, 10am at her church home of 42 years - Fremont Community Church, 39700 Mission Blvd., Fremont, CA 94539.

Fremont Chapel of the Roses
1-510-797-1900

Obituary

Dorothy Andrade Martin

March 18, 1924 – February 25, 2016

Resident of Fremont

Dorothy Margaret Andrade Martin was born in the city of Oakland to Manuel and Minnie Andrade. She was raised on a ranch in Hayward, and lived in Hayward where she attended local schools and Chabot College. Dorothy loved crafts: sewing, knitting, oil painting, cake decorating, baking, and cooking. She worked as a cafeteria manager for San Lorenzo Unified School District and later Fremont Unified School District until she retired after 31 years.

Married for 67 years to her late husband Henry R. Martin. Avid travelers, Dorothy and Henry visited many foreign countries all over the world. She loved to spend time at her vacation home in South Lake Tahoe where she would walk to the lake to watch the sun set and enjoy the mountains. Dorothy loved animals, and supported the local animal shelters.

She is survived by her daughter Janice F. Gonzalves, her daughter June Martin Fugmann and her husband Michael Fugmann of Fremont, her granddaughter Lisa Marie Gonzalves, her granddaughter Kimberly Ann Fugmann and her



husband Jeremy Schneider of Fremont, and her great grandson Mason Cash Schneider.

Visitation will be held on Wednesday, March 2nd, from 5-8pm with a Vigil at 6:30pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Funeral Mass will be celebrated on Thursday, March 3rd, 10:30am at All Saints Catholic Church, 22824 2nd St., Hayward, CA 94541. Burial will follow at Holy Sepulchre Cemetery in Hayward, CA.

Fremont Memorial Chapel
1-510-793-8900

THEATRE

Stage 1 Theatre Presents CHICAGO the Musical



SUBMITTED BY
BELINDA MALONEY
PHOTOS BY STEVEN TANG

In roaring twenties Chicago, chorine Roxie Hart (Jen Wheatonfox) murders a faithless lover and convinces her hapless husband, Amos (Robert Sholty), to take the rap... until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderess," Velma Kelly (Elizabeth Claire

Lawrence), vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune, and acquittal. The crafty Billy Flynn is played by Theatre Bay Area award winner Ray D'Ambrosio.

This sharp-edged satire features a dazzling score that sparked immortal staging by Bob Fosse, and "CHICAGO" was the winner of the 1997 Tony Award for Best Revival of a Musical.

Kevin Hammond serves as Di-

rector and Choreographer of the Stage 1 production, with Josh Milbourne as Vocal Director and Matt Bourne as Musical Director.

Performances are March 5, 10, 11, 12, 18 and 19 at 8 p.m. and March 6, 13 and 20 at 2:30 p.m. Tickets are \$25 for adults, \$22 seniors and college students, and \$15 for youth 17 and under. A special Thursday, March 10 performance will be \$15; general admission only on a first come, first served basis. The box office opens 1 hour prior to the show. Tickets available at www.stage1theatre.org or call Brown Paper Tickets at 800-838-3006 or visit Jewelry by Design at 6299 Jarvis Avenue in Newark.

CHICAGO
Saturday, Mar 5 -
Sunday, Mar 20
8 p.m., matinees at 2:30 p.m.

Newark Memorial High School
Theatre
39375 Cedar Blvd, Newark

800-838-3006
www.stage1theatre.org
Tickets: \$25 adults, \$22 seniors/college students, \$15 youth 17 & under

From "starving artist" to Renaissance Man

BY SARA GIUSTI
PHOTOS COURTESY OF
KEVIN PRIDE

Following your dreams may not be easy, but it can be very worth it. In the case of Union City resident and artist Kevin Pride, following his passions has led him to become a beloved Tri-City artist and entertainer known for his talent, work ethic, and humor.

"I've been an artist for as long as I can remember. I'm an only child so I excel in activities that don't require other people," Pride quipped. In 2003, he graduated from the Academy of Art with training in Traditional Illustration, and became, as he self-proclaims, a "starving artist." It was also in 2003 that Pride and his family moved from Pittsburg, CA, where he grew up, to Union City.

Pride worked a 9 to 5 job at Whole Foods to pay the bills for several years, but he never let his creativity dampen. In fact, he let it blossom into new avenues, developing into an author, illustrator, musician, and singer. "I like to play, do stuff for the joy of doing it," Pride explained.

For eight years he played music in a band, and released two solo albums, "King of Hearts" and "Music for the Soul." His children's book, "Lolo the Lion," was inspired by his youngest son and ample free time. "I broke my foot two or three years ago. No one wanted to see me," Pride joked. Such free time allowed him the opportunity to explore writing and illustrating. "Lolo the Lion" quickly became a full



time project during his recovery, and was self-published in 2013.

Pride's medium of choice is pencils, especially colored pencils, followed by charcoal. "I paint too, but pencils are more precise, not as forgiving," Pride explained. He enjoys creating portraits and sports-re-

lated art the most. "My dream, my goal is to do portrait work [full time], specifically sports. I like capturing [sports'] fluidity, movement," he said.

Much of Pride's time is currently devoted to Paint Nite, a leader in the "paint and sip industry." Paint Nite is an event organization specializing in "paint parties" around the globe. Local professional artists are paired with bars and other nightlife hotspots to host events, and attendees create art while enjoying their favorite drink – or two.

Attendees register online, which allows them to view and choose what painting they'd like to reproduce before buying tickets, and at the event are guided by a local artist to recreate that painting. All supplies are provided and no painting experience is necessary; all people have to do is show up, ready for a good time.

Pride was introduced to Paint Nite in 2013 by his good friend and Paint Nite artist Gabriel Nazareta, who runs events in San Jose. "I sort of 'fell into' it," Pride said. He began hosting local paint parties, and his popularity quickly grew. Today, as a Paint Nite licensee and artist, he manages events in over ten cities in Alameda, Contra Costa, and Solano counties. Pride personally hosts two to three shows a week; you can catch him locally at La Piñata and Spin-A-

Yarn in Fremont, Ristorante di Palermo in Hayward, Crowne Plaza in Union City, and O'Sullivan's Sports Bar in Newark.

While Paint Nite's success can largely be attributed to its fresh take on a night out with friends or a date, Pride sees the way it harvests creativity. "People are always proud and shocked by the fact they can actually make a painting," he said. "It offers the community art therapy and a chance to relax in a way that maybe they never considered."

Pride's transformation from "starving artist" to success story is an inspiration to creatives everywhere. "I would encourage people in general to do what they are passionate about and they will find fulfillment and success. If you plan to be a career artist you have to have your head in the clouds and feet on the ground. You need to be creative but also realistic about the nature of the world and understand that art is art and business is business," he said. It also doesn't hurt to live in the Tri-City area. "There is a lot of community support and love here. People are very supportive of art," said Pride.

"All life is art," he said. "Everything is art: the way you write your name, put on your socks. I encourage people to be open to trying anything," he said. "If you put in the effort and time you can do [whatever you like]. Art is totally subjective. As long as you feel good about it, you're good."

Learn more about Pride and his work at www.kevinpride.com. View and register for upcoming Paint Nite events with Pride at www.paintnite.com/artists/317.html.

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Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review
California Supreme Court Cases

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Hayward Police Community Academy

SUBMITTED BY HAYWARD PD

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Topics include:

HPD's Patrol Structure/Community Policing, Special Victims Unit, Robbery Prevention & Personal Safety, Vice/Intelligence & Gangs, Homicide & Assault, Evidence Collection, Traffic & Narcotics, Use of Force & Firearms Training Simulator, Active Shooter/SWAT & K-9 Unit and 911 Dispatch.

Due to the sensitivity of the information presented, all participants must be at least 18 years or older. To register you must complete an application

and pass a background check. (Seating is Limited)
For an application to register contact: Gale Bleth (510) 293-7151 (gale.bleth@hayward-ca.gov)
Or Mary Fabian (510) 293-1043 (mary.fabian@hayward-ca.gov) or visit <http://www.haywardpd.net/>

Hayward Police Community Academy

**Tuesdays: Mar 1, 8, 15, 22, 29 and
Apr 5, 12, 19, 26**

6:45 p.m. - 8:45 p.m.

Hayward PD North District Office

22701 Main St, Hayward

(510) 293-7151/ (510) 293-1043

<http://www.haywardpd.net/>

Police Chief announces departure from City of San Leandro

SUBMITTED BY TERESA MEYER

Police Chief Sandra Spagnoli announced on February 25 that she has been selected by the City of Beverly Hills, California to serve as its new Chief of Police and will be leaving her post with the City of San Leandro after over five years of service. Her last day with the City will be on March 13, 2016. Spagnoli was appointed as San Leandro's Police

Chief in January, 2011. She has worked in law enforcement for over 25 years, having previously served as Police Chief for the City of Benicia for four years, after 16 years of service with the City of San Carlos, including eight years as Police Commander.

City Manager Chris Zapata concurrently announced that he has selected Police Captain Jeff Tudor to serve as acting Police Chief following Chief Spagnoli's departure.

Tip A Cop to benefit Special Olympics

SUBMITTED BY FREMONT PD

Join members of the Fremont Police Department in support of Special Olympics at the Tip-A-Cop fundraiser on the evening of Wednesday, March 2, at PF Chang's Restaurant.

Police officers and other representatives of the Fremont Police Department will be volunteering their time there to assist restaurant staff and help raise money for Special Olympics Northern California.

The Fremont Police Department, along with the international law enforcement community, has had a longstanding relationship with the Special Olympics. The Law Enforcement Torch Run is a year-round fundraising campaign, which culminates with the carrying of the Flame of Hope to Special Olympics competitions. Funds are raised through a variety of activities, including several Tip-A-Cop events at various local restaurants to help support the event.

For more information, or to make a donation to the Northern California Special Olympics, visit: www.sonc.org

Tip A Cop Benefit For Special Olympics

Wednesday, Mar 2

6 p.m. - 9 p.m.

PF Chang's Restaurant

43316 Christy Street

(Pacific Commons), Fremont

www.sonc.org

Open recruitment for Teen Police Explorer Program

The Fremont Police Department is currently accepting applications for the teen Explorer Program.

The Explorer Program is a fun and safe way for teenagers to learn more about the field of law enforcement and get community service hours. Explorers donate between 5-20 volunteer hours each month by participating in a number of department activities including: ride-a longs, traffic control, building tours and special events. All new Explorers are required to attend a one-week Explorer Academy in southern California (August 6-13).

If you are between the ages of 14 - 18 and think that you might be interested in learning more about becoming a Police Explorer or having a future career in law enforcement, please visit the Department's Explorer Volunteer web-page at <http://www.fremontpolice.org/Explorers>

To apply or for more information, contact Kristen Escamilla, CSO#13538 / Volunteer Administrator at (510) 790-6691.

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Union City Police Log

SUBMITTED BY
UNION CITY PD

Union City Police Department (UCPD) detectives, in coordination with Fremont Police Department (FPD), have made two arrests in the recent purse snatch robberies. Alexis Bostick, a Union City resident, and a 16-year-old male from Hayward, were both arrested for multiple counts of robbery, battery, grand theft, and possession of stolen property. They are responsible for 11 cases that we know of in Union City.

Monday, February 15

At around 1:30 p.m., Ofc. Cushman was dispatched to a Union Landing business when a customer threatened to kill an employee. The suspect, a 55-year-old Union City resident, was located in the parking lot and arrested for criminal threats and violating a court order.

A residential burglary attempt occurred on the 4500 block of Darcelle Drive at 11:20 a.m. The suspect smashed the rear sliding glass door but fled before making entry.

Tuesday, February 16

At around 2:10 a.m., Ofc. Alberto observed a vehicle parked in a no-parking zone on Polaris Avenue. He made contact with the driver and located two shaved keys in the vehicle. Shaved keys are commonly used to steal older model vehicles. The 56-year-old male, Union City resident, was arrested.

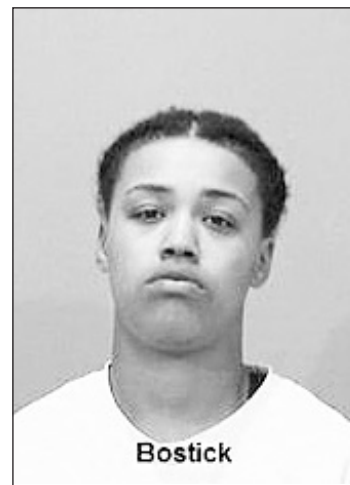
A residential burglary occurred on the 1800 block of Mirabella Drive between 9:15 a.m. and 5:40 p.m. A side window was smashed and pried. The residence was ransacked, and the losses included jewelry and electronics.

Thursday, February 18

A residential burglary occurred on the 4500 block of Laura Way between 8:30 a.m. and 12:30 p.m. The rear sliding glass door was left unlocked. The losses included electronics, passports and cash.

A residential burglary occurred on the 30700 block of Tidewater Drive between 4:50 p.m. and 9:30 p.m. The rear sliding glass door was smashed. The residence was ransacked, and the loss included jewelry.

A residential burglary occurred on the 32200 block of Ashley Way between Thursday,



Bostick

February 18, 2016 at 8:00 a.m. and Friday, February 19, 2016 at 12:30 a.m. The rear slider was smashed, but no entry was made.

Friday, February 19

Ofc. Orlando took the report of a grand theft that occurred between 10:00 a.m. and noon on Wednesday, February 17, 2016. Someone removed five rolls of copper wire from a work truck in the 30500 block of Mallorca Way.

A residential burglary attempt occurred on the 4500 block of Laura Way between 3:00 p.m. and 4:00 p.m. Someone attempted to pry open a side garage door.

COMMUNITY BULLETIN BOARD

<p>FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont All are welcome, come join us www.fremontcoinclub.org 510-792-1511</p>	<p>National Alliance on Mental Illness (NAMI) FREE confidential 10 week informational course - Adults living with mental health challenges Focused on Recovery 2 hrs Tuesdays Call Kathryn Lum 408-422-3831 for time and location</p>	<p>The League of Women Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible</p>	<p>10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com</p> <p>Shout out to your community</p> <p>Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found</p> <p>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.</p> <p>Payment is for one posting only. Any change will be considered a new posting and incur a new fee.</p> <p>The "NO" List:</p> <ul style="list-style-type: none"> • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV 	
	<p>Tri-City Ecology Center Your local environmental leader! Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects. www.tricityecology.org Office open Thursdays, 11am-2pm 3375 Country Dr., Fremont 510-793-6222</p>	<p>Fremont Cribbage Club teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues. 6:15pm at Round Table Pizza 37480 Fremont Blvd., Centerville Email: Accgr43@gmail.com American Cribbage Congress www.cribbage.org</p>	<p>Sun Gallery FREE Art Saturday Classes For families on the 2nd & 4th Sat. of each month and Summer Art Camp Gallery Shows & Exhibits FREE admission to all shows 1015 E. St. Hayward 510-581-4050 www.SunGallery.org</p>	
<p>Tri-City Society of Model Engineers The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas. We meet Fridays 7:30-9:30pm. Please visit our web site: www.nilesdepot.org</p>	<p>ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. Spin A Yarn Rest. (Fremont): 6:30-9:00 pm Call Karen 510-257-9020 www.abwa-pathfinder.org</p>	<p>FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport various Saturdays www.vaa29.org Please call with questions (510) 703-1466 youngeagles29@aol.com</p>	<p>Help with Math & Reading You can make a difference by helping Newark children with Math and reading. If you can give one hour a week, you can give a life-long gift of learning to a child. Contact 510-797-2703 momwalk77@gmail.com</p>	
<p>Troubled By Someone's Drinking? Help is Here! Al-Anon/Alateen Family Groups No cost program of support for people suffering from effects of alcoholism Call 276-2270 for meeting information or email Easyduz@gmail.com www.ncwsa.org</p>	<p>SparkPoint Financial Services FREE financial services and coaching for low-income people who want to improve their finances. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center To reserve a seat: 574-2020 Fremont.gov/SparkPointFRC</p>	<p>Ohlone Humane Society Love animals & want to help? OHS is a nonprofit, volunteer supported animal welfare organization. Includes wildlife rehabilitation, companion animal rescue, animal assisted therapy, spay/neuter assistance and more. For info call 510-792-4587 www.Ohlonerhumane.org</p>	<p>Deliver a smile and a meal to homebound seniors LIFE ElderCare – Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@fremont.gov www.LifeElderCare.org</p>	
<p>NARFE National Assoc. of Active & Retired Federal Employees Meet 4th Friday of Month Fremont Senior Center Central Park @ Noon All Current or Retired Federal Employees are welcome Call Ellen @ 510-565-7973 donodo@comcast.net</p>	<p>Scholarships for Women Our Fremont philanthropic organization, PEO, offers many scholarships for women entering college, earning another degree or returning to school after 2+ years. Low interest education loans available, also. 510-794-6844 www.peointernational.org</p>	<p>The Friendship Force San Francisco Bay Area Experience a country & its culture with local hosts; meet global visitors here. Nov. to Costa Rica, Holiday Party at Hotel Nikko in San Francisco, to Brazil in June 2016 www.ffsba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857</p>	<p>Newark Toastmasters Club Build Self Confidence Great for Job Seekers Early Risers/Guest welcome Meets Every Tuesday Morning 7am-8am at Newark Library 6300 Civic Terrace Ave. Newark http://1118.toastmastersclubs.org Bill 510-796-3562</p>	
<p>TOPS TAKE OFF POUNDS SENSIBLY It is weight loss support group that meets weekly in San Leandro. We meet Wed 9:30am -11am at Mission Bay Mobil Home Park 15333 Wicks Blvd., San Leandro contact Judy 510-581-5313 www.TOPsorg Annual fee \$32</p>	<p>VOLUNTEERS WANTED MUSEUM OF LOCAL HISTORY GUILD No experience needed! Enjoy helping students on school tours - work on exhibits Accession artifacts flexible days & hours Call Dianne: 510-673-4813 www.museumoflocalhistory.org</p>	<p>Most Joyful Volunteer work LIFE ElderCare – VIP Rides Drive seniors to appts/errands 4 hrs/month Flexible scheduling. Call Valerie 510-574-2096 vdraeseke@fremont.gov www.LifeElderCare.org</p>	<p>Newark Demonstration Garden Join a group of Newark residents to spearhead a demonstration garden in Newark. We're currently selecting a site. We need your help! Angela at info@newarkparks.org https://www.facebook.com/groups/NewarkDemonstrationGarden/</p>	
<p>FOOD ADDICTS IN RECOVERY - FA • Can't control the way you eat? • Tried everything else? • Tired of spending money? Meeting Monday Night 7pm 4360 Central Ave., Fremont Centerville Presbyterian Church Family Ed. Bldg. Room E-204 www.foodaddicts.org</p>	<p>The Friendship Force San Francisco Bay Area Experience a country & its culture with local hosts; meet global visitors here. 2016 Travel to Brazil in June Japanese visitors here in October www.ffsba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857</p>	<p>Travel with Friends Choose from many home stays with Friendship Force club members around the world. Share our way of life with visitors & make new friends on 5 continents. Enjoy variety of Bay Area Activities www.ffsba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857</p>	<p>Newark Skatepark Join a group of Newark skaters and parents of skaters to spearhead a skatepark in Newark. We have a business plan. Now we need your help to execute on it! Angela at info@newarkparks.org https://www.facebook.com/groups/NewarkSkatepark/</p>	
<p>SAVE's Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE's 24-hr Hotline (510) 794-6055 for details www.save-dv.org</p>	<p>SAVE's Empowerment Ctr. Services FREE for domestic violence survivors. If you're seeking healing, strength, support or referrals, SAVE can help! Yoga, therapeutic art, advocacy 24-hour Hotline (510) 794-6055 Empowerment Ctr (510) 574-2250 1900 Mowry Ave, #201 Fremont. www.save-dv.org</p>	<p>SAVE's Domestic Violence Support Groups FREE, compassionate support Domestic violence survivors Drop-in, no reservations needed Every Tues & Thurs 6:45-8:45 pm Every Friday 9:15 to 11 am 1900 Mowry Avenue, Fremont (510) 574-2250 or 24-hour Hotline (510) 794-6055 www.save-dv.org</p>	<p>Newark Parks Foundation The Foundation mobilizes financial and community support to deliver thriving, accessible, supported, and varied parks, open spaces, and recreational opportunities for a healthy and united Newark. Seeking Board of Directors and Honorary Board members. info@newarkparks.org</p>	
<p>FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Fremont Family Resource Center. 39155 Liberty St, Bldg EFGH, Fremont, CA 94538 Open: Jan 27 to Apr 15, 2016 Wed. & Thurs.: 4 pm - 8 pm Friday: 10 am - 1 pm Call 510-574-2020 for more info</p>	<p>FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Tuesdays: Feb 2 to Apr 12, 2016. 10 am - 4 pm At Tri-Cities One-Stop Career Center - Ohlone College 39399 Cherry Street, Room 1211 Newark, CA 94560 For appointment call (510) 742-2323</p>	<p>Union City SDA Church Sabbath School: 9:30am Wed Eve Srv 7-8pm Visit Sick by Appointment Conducts Weddings Counsels Families, etc Multi-Culture Family Church 606 H. Street, Union City (510) 755-6348</p>	<p>Newark Trash Pickup Crew Get to know your Newark neighbors Get a bit of exercise and help make Newark look great Join us! https://www.facebook.com/groups/newarkTrash/</p>	
<p>Give a Child A Voice Become a friend, mentor, and advocate for a foster child. Attend our next Volunteer Open House Orientation session to get started. For more information: info@cadvocates.org or visit: www.BeMyAdvocate.org</p>	<p>Mission Peak Fly Anglers Fishing Club Meets 4th Wed. each month @7pm - Silliman Aquatic Center 680 Mowry Ave., Newark Call Steve 510-461-3431 or 510-792-8291 for more information www.missionpeakflyanglers.org</p>	<p>Church for Rent Community SDA Church Sunday Afternoons 2 p.m. - 10 p.m. M; Tu; th. Anytime Auditorium seats 50 extra room & Kitchen 606 H. Street, Union City (510) 755-6348</p>	<p>FLEA MARKET Sat. April 9 9am-3pm Hayward Veterans Bld. 22727 Main St. Hayward Hosted by AMERICAN LEGION AUXILIARY For more info contact Dorothy Castillo 510-581-1074 Dorothycastillo61@yahoo.com</p>	
			<p>Northern CA Decorative Artists at San Lorenzo Library March 12 - 10:30 -3pm FREE event-Beginners Welcome NADA will demo Spring art projects & Beginners Mini Art Lesson painting spring daisy & Butterfly box 395 Paseo Grande, San Lorenzo Call Judy 510-366-1786</p>	

continued from page 34

COMMUNITY BULLETIN BOARD

<p>FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Saturdays: Jan 30 to Apr 16, 2016. 10 am – 2 pm (Closed Mar 12th) At New Haven Adult School 600 G Street, Union City, CA 94587 Walk-in and self-prep services available Call 510-574-2020 for more info</p>	<p>FREE QUALITY INCOME TAX PREPARATION IRS-Certified Tax Preparers \$54,000 or less annual household income. Other restrictions may apply. Tuesdays: Feb 2 to Apr 12, 2016. 10 am – 4 pm At Tri-Cities One-Stop Career Center – Ohlone College 39399 Cherry Street, Room 1211 Newark, CA 94560 For appointment call (510) 742-2323</p>	<p>FREMONT STAMP CLUB SINCE 1978 Meets 2nd Thurs. each month 7pm Cultural Arts Center 3375 Country Dr., Fremont Everyone is welcome. Beginners to Advanced. For questions or more information: www.fremontstampclub.org/ or call Dave: 510-487-5288</p>	<p>Hayward Art Council 22394 Foothill Blvd., Hayward 510-583-2787 www.haywardarts.org Open Thurs. Fri. Sat. 10am-4pm Foothill Gallery, John O'Lague Galleria, Hayward Area Senior Center Exhibit Hall, Alameda County Law Library Hayward branch All open to the public</p>	<p>English Conversation Café Improve your Conversation Skills Small groups with native speakers Tuesdays 7-8:30p Next Session Starts 2/23 Only \$20 for 10 Weeks @ Bridges Community Church 505 Driscoll Rd. Fremont ESL@bridgescc.org 510 651-2030</p>
<p>Come Join Us Tri Cities Women's Club Meets on the third Tuesday Elk's Club on Farwell Dr. 9:30 – Cards, 12:00 – Lunch 1:00 – Program and Meeting We also have bridge, walking, Gourmet dining groups, And a book club. For info. Call 510-656-7048</p>	<p>Afro-American Cultural & Historical Society, Inc. Sharing ur culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec & Feb 5:30pm Newark Library 510-793-8181 www.aachsi.com We welcome all new members</p>		<p>First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all services. Reading Room Open Monday - Friday 1-3pm 1351 Driscoll Rd., Fremont 510-656-8161</p>	<p>The American Assoc. of University Women AAUW advances equity for women and girls through advocacy, education, philanthropy and research We are all inclusive, welcoming, smart and fun. fremont-ca.aauw.net</p>

African-American Heritage Leadership Awards



Left to Right: Honorees of African American Heritage Leadership Awards; Milan R. Bilanton, Dr. Barbara Hall, Sen. Bob Wieckowski and Ken Smith

SUBMITTED BY
JEFF BARBOSA

State Senator Bob Wieckowski (D-Fremont) honored three African-American leaders in the 10th Senate District at the Newark City Hall Council Chambers on February 25th. He commented, "The three individuals I am recognizing are making important contributions to the African-American community and our region through education, mentoring, research, community service and social and recreational programs. They clearly believe in civic engagement and volunteering for the greater good of the community." Wieckowski noted that education is a pathway out of poverty and is essential in the battle to eliminate institutionalized racism.

Honorees are Dr. Barbara Hall, an associate professor of philosophy at California State University, East Bay; Milan R. Bilanton, executive director of the African-American Community Services Agency in San Jose; and Ken Smith, a Newark Realtor and Chamber of Commerce board member.

Dr. Hall's [introduced by Hon. Vivien Larsen, Ohlone College Boardmember] areas of inter-

est include moral philosophy, ethics and African-American philosophy. She is a member of the American Philosophical Association and has served on the editorial board of philosophical journals. Commenting that education is a key element to success, Dr. Hall said, "knowledge is stronger than ignorance."

Balinton [introduced by Hon. Forrest Williams, former San Jose Councilmember] has served for over a decade as a member of the 100 Black Men, and with the National Forum of Black Public Administrators. His agency provides services and activities to strengthen African-American identity, traditions, knowledge and family life.

Smith [introduced by Hon. Patricia Danielson, Washington Township Health Care District Board of Directors] is a former Union Sanitary District Board Member, and serves on the boards of Abode Services and Safe Alternatives to Violent Environments. He summarized his comments with a rallying statement for less talk and more action... to do something!

Senator Wieckowski's Senate District includes southern Alameda County and northeast Santa Clara County.

Warm Springs Elementary groundbreaking ceremony held

SUBMITTED BY ROBIN MICHEL

Board President Larry Sweeney, Superintendent Dr. James Morris, Trustee Desrie Campbell, City Councilmember Suzanne Lee Chan, and Principal Scott Iwata are all smiles as they get ready to "dig in" at the groundbreaking held on January 25 for the new Warm Springs Elementary School 12-classroom building. Funded by Measure E, the \$650 million school facilities bond passed by Fremont voters in 2014, the new classroom building will allow all third grade students to return to their neighborhood school.

For those of you who missed the groundbreaking ceremony, and for those of us who want to enjoy again the Warm Springs "Ukelele Rock Stars," performance, don't despair! Video of the ceremony, which includes students in the Warm Springs Lunchtime Pick Up Band, led by music teacher Mrs. Peggy Rahman, is now on the district website at: <http://www.fremont.k12.ca.us/Page/30232>

Newark Police Log

SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD

Thursday, February 18

At 12:41 p.m., Ofc. Katz responded to Safeway, located at 5877 Jarvis Ave., for a shoplifter in custody. Ofc. Katz accepted the citizen's arrest of a 22-year-old female of Newark for petty theft. She was issued a citation and released at the scene.

At 1:57 p.m., Ofc. Knutson responded to Safeway for a shoplifter in custody. Ofc. Knutson accepted the citizen's arrest of a 51-year-old male of San Jose for petty theft. He was issued a notice to appear in court and released.

At 6:47 p.m., Newark Police Department (NPD) units responded to the 36700 block of Bishop Street on a report of an

intoxicated male smashing items in his house with a hammer. A 58-year-old male from Newark was taken into custody without incident for brandishing and domestic battery. He was booked at Santa Rita Jail.

At 12:20 a.m., NPD units responded to the 6300 block of Normandy Drive on a report of an intoxicated female assaulting the other residents. Ofc. Homayoun arrested a 24-year-old female from Newark for domestic battery. She was booked at Fremont Jail.

Friday, February 19

At 4:29 p.m., Ofc. Fredstrom was dispatched to JCPenny, located at NewPark Mall, for a shoplifter in custody. Ofc. Fredstrom accepted the citizen's arrest of a 22-year-old female of Newark. She was issued a notice to appear in court and released.

Saturday, February 20

At 8:36 a.m., Ofc. Musantry arrested a 54-year-old male of Newark for felony domestic violence. A judge issued an emergency protective order for the

victim. The male was transported to Santa Rita Jail where he was booked.

Sunday, February 21

At 4:33 a.m., Ofc. Khairy was dispatched to the 6900 block of Jarvis Avenue to investigate the report of a stolen vehicle. Stolen was a green '97 Honda Odyssey minivan (license #: 6NQG435).

Monday, February 22

At 7:01 a.m., Ofc. Musantry investigated a window smash to a vehicle at Town Place Suites, located at 39802 Cedar Blvd. There were no items taken from the vehicle.

At 2:02 p.m., Ofc. Musantry investigated a Craigslist scam where unknown suspect(s) convinced a vehicle seller to wire \$1,200 to an unknown person to facilitate a purchase on Amazon.

At 8:35 p.m., Ofc. Cervantes investigated an auto burglary that occurred in the parking lot of Malaikottai Indian restaurant, located at 5988 NewPark Mall Rd., where two Apple MacBook Pro laptops were stolen.

Police warn of telephone and email scams

SUBMITTED BY LT. ROBERT MC-MANUS, SAN LEANDRO PD

In today's digital world, scams in the form of unsolicited telephone calls and email messages are widely used by suspects. These suspects are hard to identify and often use fraudulent email addresses and "spoofed" telephone numbers that cannot be traced. The suspects may pose as a government employee or someone with personal information about you or a family member.

Common scams include suspects asking for money to be sent to them for a variety of reasons, including helping an ill family member, or someone who has been jailed in another country. These con artists lead their victims to believe that the information is credible and that they can help – as long as someone sends them money. Don't fall for this, as they aren't true!

"We recommend that if you suspect a scam, immediately hang up the phone or delete the email message," stated Lt. Robert McManus. "Don't give out any of your personal information, and definitely, don't arrange to have any money sent to the scammer. When in doubt, play it safe."

Recently, police have been receiving inquiries about a telephone scam in which suspects have been representing themselves as IRS employees.

The IRS released the following information in October, which can be of great assistance in protecting yourself or a loved one from being victimized:

The IRS continues to warn consumers to guard against scam phone calls from thieves intent on stealing their money or their identity. Criminals pose as the IRS to trick victims out of their money or personal information.

Here are several tips to help you avoid being a victim of these scams:

Scammers make unsolicited calls. Thieves call taxpayers claiming to be IRS officials. They demand that the victim pay a bogus tax bill. They con the victim into sending cash, usually through a prepaid debit card or wire transfer. They may also leave "urgent" callback requests through phone "robo-calls," or via phishing email.

Callers try to scare their victims. Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the license of their victim if they don't get the money.

Scams use caller ID spoofing. Scammers often alter caller ID to make it look like the IRS or another agency is calling. The callers use IRS titles and fake badge numbers to appear legitimate. They may use the victim's name, address and other personal information to make the call sound official.

Cons try new tricks all the time. Some schemes provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use emails that contain a fake IRS document with a phone number or an email address for a reply. These scams often use official IRS letterhead in emails or regular mail that they send to their victims. They try these ploys to make the ruse look official.

Scams cost victims over \$23 million. The Treasury Inspector General for Tax Administration, or TIGTA, has received reports of about 736,000 scam contacts since October 2013. Nearly 4,550 victims have collectively paid over \$23 million as a result of the scam.

The IRS will not:

Call you to demand immediate payment. The IRS will not call you if you owe taxes without first sending you a bill in the mail.

Demand that you pay taxes and not allow you to question or appeal the amount you owe.

Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card.

Ask for your credit or debit card numbers over the phone.

Threaten to bring in police or other agencies to arrest you for not paying.

If you don't owe taxes, or have no reason to think that you do:

Do not give out any information. Hang up immediately.

Contact TIGTA to report the call. Use their "IRS Impersonation Scam Reporting" web page. You can also call (800) 366-4484.

Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes.

If you know you owe, or think you may owe tax:

Call the IRS at (800) 829-1040. IRS workers can help you.

Phone scams first tried to sting older people, new immigrants to the U.S. and those who speak English as a second language. Now the crooks try to swindle just about anyone. And they've ripped-off people in every state in the nation.

For additional information about the IRS, please visit: <https://www.irs.gov/>

To stop telemarketers from calling you, register your phone number(s) with the Federal Trade Commission at: <https://www.donotcall.gov>

PUBLIC NOTICES

BULK SALES

NOTICE TO CREDITORS OF BULK SALE
(UCC SEC. 9105 AND
SEC 2407 ET SEQ B&P, C.)
Escrow No. 1613233PM

NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) of the Seller(s) is/are: MI SALVADOR, INC., 33306 ALVARADO NILES BLVD, UNION CITY, CA 94587-3199
Doing Business as: MEXICO LINDO RESTAURANT
All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are:
The name(s) and address of the Buyer(s) is/are: CARLOS MAGDALENA AND JESSICA HOLGUIN, 2523 AMARAL CT, HAYWARD, CA 94544
The assets being sold are generally described as: FIXTURES, EQUIPMENT, INVENTORY AND ALL BUSINESS ASSETS and are located at: 33306 ALVARADO NILES BLVD, UNION CITY, CA 94587-3199
The bulk sale is intended to be consummated at the office of: BAY AREA ESCROW SERVICES and the anticipated sale date is MARCH 25, 2016
The bulk sale is subject to California Uniform Commercial and Professions Code(s) sections set forth above.
The name and address of the person with whom claims may be filed is: BAY AREA ESCROW SERVICES, 2817 CROW CANYON RD, STE 102, SAN RAMON, CA 94583 and the last date for filing claims by any creditor shall be date on which the notice of the liquor license is received by the Escrow Agent from the Department of Alcoholic Beverage Control.
Buyer(s): CARLOS MAGDALENA AND JESSICA HOLGUIN
LA1635564 TRI-CITY VOICE
3/1/16

CNS-2851525#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Superior Court of California, County of Alameda
Petition of: Roobina J. Shaikh for Change of Name TO ALL INTERESTED PERSONS.
Petitioner Roobina J. Shaikh filed a petition with this court for a decree changing names as follows: Roobina J. Shaikh to Roobina M. Saiyad
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 7-07-2016, Time: 1:30 p.m., Dept.: 503
The address of the court is 24405 Amador Street, Room 108, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City-Voice
Date: Feb. 25, 2016
Morris D. Jacobson
Presiding Judge of the Superior Court
3/1, 3/8, 3/15, 3/22/16

CNS-2851308#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Superior Court of California, County of Alameda
Petition of: Sripriya Devarajan, Ramesh Santhanakrishnan, on behalf of minor for Change of Name TO ALL INTERESTED PERSONS.
Petitioner: Sripriya Devarajan, Ramesh Santhanakrishnan filed a petition with this court for a decree changing names as follows: Arjun Sharavan Ramesh to Arjun Shrivavan Ramesh
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 03/03/2016, Time: 1:30 PM, Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: Oct 16, 2015
WINIFRED V. SMITH
Judge of the Superior Court
2/9, 2/16, 2/23, 3/1/16

CNS-2841543#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 515008
Fictitious Business Name(s):
ePCB, Inc., 43431 Adelina Terrace, Fremont, CA 94539, County of Alameda
Registrar(s):
Piotek Circuits Inc., 43431 Adelina Terrace, Fremont, CA 94539; California
Business conducted by: A Corporation
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Tser Yu Chen, President
This statement was filed with the County Clerk of Alameda County on February 23, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
3/1, 3/8, 3/15, 3/22/16

CNS-2850872#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514984
Fictitious Business Name(s):
Grey Fort Publishing, 45575 Mission Blvd. #337, Fremont, CA 94539, County of Alameda
Registrar(s):
Janet C. Grant, 419 Ohlones St., Fremont, CA 94539
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Janet C. Grant
This statement was filed with the County Clerk of Alameda County on February 23, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.

The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
3/1, 3/8, 3/15, 3/22/16

CNS-2850724#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514572
Fictitious Business Name(s):
King Noodle - Fremont, 39226 Argonaut Way, Fremont, CA 94538, County of Alameda
Registrar(s):
Duc Thai, Inc. 2709 Irving St., San Francisco, CA 94112; California
Business conducted by: a corporation
The registrant began to transact business using the fictitious business name(s) listed above on 07/01/2005
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Hau Van Tran, Vice President
This statement was filed with the County Clerk of Alameda County on February 16, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/23, 3/1, 3/8, 3/15/16

CNS-2847545#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514172
Fictitious Business Name(s):
Frictionless, 1101 Durillo Ct, Fremont, CA 94539, County of Alameda
Registrar(s):
Yik Ping Li, 1101 Durillo Ct, Fremont, CA 94539
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Yik Ping Li
This statement was filed with the County Clerk of Alameda County on February 2, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/16, 2/23, 3/1, 3/8/16

CNS-2846438#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513578
Fictitious Business Name(s):
Mission Peak Spartans, 3909 Stevenson Blvd., #302, Fremont, CA 94538, County of Alameda
Registrar(s):
3909 Stevenson Blvd., #302, Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/16
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Toviell Rawlinson
This statement was filed with the County Clerk of Alameda County on January 15, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/16, 2/23, 3/1, 3/8/16

CNS-2845695#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513590
Fictitious Business Name(s):
Mission Peak Fitness, 3909 Stevenson Blvd., #302, Fremont, CA 94538, County of Alameda
Registrar(s):
Toviell Darryl Rawlinson, 3909 Stevenson Blvd., #302, Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on n/a
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Toviell Darryl Rawlinson
This statement was filed with the County Clerk of Alameda County on January 15, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/16, 2/23, 3/1, 3/8/16

CNS-2845693#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514099
Fictitious Business Name(s):
Sparkleshinesalon, 39991 Mission Blvd., Fremont CA 94539, County of Alameda
Registrar(s):
Annalizabeth P. Lawhorn, 2500 Medallion Dr., #218, Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Annalizabeth P. Lawhorn
This statement was filed with the County Clerk of Alameda County on February 1, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/16, 2/23, 3/1, 3/8/16

CNS-2844501#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514236
Fictitious Business Name(s):
Jeannie's Tax Services, 374 Bartlett Ave., Apt.

1, Hayward, CA 94541, County of Alameda
Registrar(s):
Jeannie Pacheco, 374 Bartlett Ave., Apt. 1, Hayward, CA 94541
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Jeannie Pacheco (Owner)
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2844418#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514242
Fictitious Business Name(s):
Shusen Productions, 6683 Flanders Dr., Newark, CA 94560, County of Alameda
Registrar(s):
Fernando Shusen, 6683 Flanders Dr., Newark, CA 94560
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Fernando Shusen
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2844157#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514232
Fictitious Business Name(s):
Christine Lo, Accounting And Tax Services, 137 Black Mountain Circle, Fremont, CA 94536, County of Alameda
Registrar(s):
Ofalo USA Inc., 137 Black Mountain Circle, Fremont, CA 94536, CA
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2016
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Liching Lo, Secretary
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2843906#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514077
Fictitious Business Name(s):
Fluffy Puppy, 37390 Fremont Blvd., Fremont, CA 94536, County of Alameda
Registrar(s):
Monika McNeil, 37159 Magnolia St., Newark, CA 94560
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Monika McNeil
This statement was filed with the County Clerk of Alameda County on February 1, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2843174#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514093
Fictitious Business Name(s):
The Gutter Shop, 2255 Dracena Street, Hayward, CA 94545, County of Alameda; Mailing Address: 2255 Dracena Street, Hayward, CA 94545
Registrar(s):
Ricardo Dominguez, 2255 Dracena St., Hayward, CA 94545
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 2/01
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Ricardo Dominguez
This statement was filed with the County Clerk of Alameda County on February 1, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2842438#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513821
Fictitious Business Name(s):
Wise Mobile Mechanics, 31141 Alvarado Niles Rd., Union City, CA 94587, County of Alameda
Registrar(s):
Jasen George Wise, 31141 Alvarado Niles Rd., Union City, CA 94587
Business conducted by: Married Couple
The registrant began to transact business using the fictitious business name(s) listed above on N/A

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Jasen George Wise /Vanessa Linan Wise
This statement was filed with the County Clerk of Alameda County on January 25, 2016.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2842104#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513777
Fictitious Business Name(s):
Glamorous Décor, 34843 Stirling Drive, Apt. #1, Union City, CA 94587, County of Alameda; Mailing Address: 34843 Stirling Drive #1, Union City, CA 94587
Registrar(s):
Harcharanpreet Sangha (Ruby), 34843 Stirling Drive #1, Union City, CA 94587
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Harcharanpreet Sangha
This statement was filed with the County Clerk of Alameda County on January 22, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2841785#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514232
Fictitious Business Name(s):
Christine Lo, Accounting And Tax Services, 137 Black Mountain Circle, Fremont, CA 94536, County of Alameda
Registrar(s):
Ofalo USA Inc., 137 Black Mountain Circle, Fremont, CA 94536, CA
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2016
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Liching Lo, Secretary
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2844157#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514232
Fictitious Business Name(s):
Christine Lo, Accounting And Tax Services, 137 Black Mountain Circle, Fremont, CA 94536, County of Alameda
Registrar(s):
Ofalo USA Inc., 137 Black Mountain Circle, Fremont, CA 94536, CA
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2016
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Liching Lo, Secretary
This statement was filed with the County Clerk of Alameda County on February 4, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2843906#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514077
Fictitious Business Name(s):
Fluffy Puppy, 37390 Fremont Blvd., Fremont, CA 94536, County of Alameda
Registrar(s):
Monika McNeil, 37159 Magnolia St., Newark, CA 94560
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Monika McNeil
This statement was filed with the County Clerk of Alameda County on February 1, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2843174#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 514093
Fictitious Business Name(s):
The Gutter Shop, 2255 Dracena Street, Hayward, CA 94545, County of Alameda; Mailing Address: 2255 Dracena Street, Hayward, CA 94545
Registrar(s):
Ricardo Dominguez, 2255 Dracena St., Hayward, CA 94545
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on 2/01
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Ricardo Dominguez
This statement was filed with the County Clerk of Alameda County on February 1, 2016
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
2/9, 2/16, 2/23, 3/1/16

CNS-2842438#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 513821
Fictitious Business Name(s):
Wise Mobile Mechanics, 31141 Alvarado Niles Rd., Union City, CA 94587, County of Alameda
Registrar(s):
Jasen George Wise, 31141 Alvarado Niles Rd., Union City, CA 94587
Business conducted by: Married Couple
The registrant began to transact business using the fictitious business name(s) listed above on N/A

Department, 37101 Newark Boulevard (First Floor), Newark, California, for a nonrefundable fee of \$25 per set. For information regarding obtaining plans and specifications or a list of plan holders, please contact Charlotte Allison at (510) 578-4452 or charlotte.allison@newark.org. For all technical questions, please contact Tonya Connolly at (510) 578-4802 or tonyc@connolly@newark.org. There will be a Mandatory pre-bid conference and inspection tour at 8:30 a.m. on Wednesday, March 2, 2016 at the Newark Service Center Lunchroom (37440 Filbert Street, Newark). The City of Newark reserves the right to reject any or all proposals and to waive any minor informal irregularities, and/or proposal non-responsiveness that does not influence the competitive nature of the proposal. It is the City's intent to award the contract for this work on April 14, 2016. Work on this project is scheduled to

PUBLIC NOTICES

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 California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful

bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting

the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you 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 In Source Logic AT 702-659-7766 for information regarding the Special Default Services, Inc. or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case. CA01000375-15. 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. Date: February 11, 2016 Special Default Services, Inc. TS No. CA01000375-15 17100 Gillette Ave Irvine, CA 92614 (844) 706-4182 TDD: 866-660-4288 Lisa Rohrbacher, Trustee Sales Officer SALE

INFORMATION CAN BE OBTAINED ON LINE AT www.insourcelogic.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: In Source Logic AT 702-659-7766 SPECIAL: DEFAULT SERVICES, INC. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. ORDER NO. CA16-000507-1, PUB DATES: 02/16/2016, 02/23/2016, 03/01/2016 2/16, 2/23, 3/1/16

CNS-284679#

Fremont Police Log

SUBMITTED BY BY GENEVA BOSQUES, FREMONT PD

Friday, February 19

Officers took a report of a strong-arm robbery that had occurred in the area of Fremont Boulevard and Peralta Boulevard on Thursday, February 18, 2016 at 11:00 p.m. Three suspects took a wallet and jewelry from the victim and fled in a newer white Toyota. Suspect 1: White or Hispanic male adult, about 25 years old, with unknown clothing. Suspect 2: Hispanic male, about 25 years old, about 6'0", medium build, wearing red or blue shirt. Suspect 3: Hispanic male, about 25 years old, about 6'0", medium build, wearing a red or blue shirt. Case was investigated by Ofc. J. Roberts.

At 8:28 p.m., Field Training Officer (FTO) Stillitano was in the Fremont Hub parking lot near Safeway with Ofc. Dennis, who was documenting a cold petty theft. FTO Stillitano observed a male chasing another male through the lot and yelling

to "give his phone back." FTO Stillitano and Ofc. Dennis joined the foot race and confirmed that a theft of a cell phone had occurred. The suspect weaved through heavy traffic on Mowry Avenue, disappearing into an apartment complex. Traffic officers Snow and Shannon happened to be at Argonaut Way and Mowry Avenue and quickly helped establish a perimeter along with Ofc. Kerner and FTO Richards. Ofc. Harvey then located the 21-year-old suspect hiding in a parking lot. The male suspect was in possession of the victim's cell phone and positively identified and arrested for petty theft. Case was investigated by Ofc. Dennis.

Saturday, February 20

At approximately 5:05 p.m., a suspect entered a liquor store located at the corner of Stevenson Boulevard/Blacow Road and robbed the store at gun point. Loss was cash and the male was last seen running northbound on Blacow Road from the store. The suspect was described as a Hispanic adult male wearing a black mask, black and green hoodie, grey shirt, black pants and was armed with a handgun. Case is being investigated by Ofc. Hollifield.

While conducting a search of the area for the robbery case, Ofc. Stillitano noticed a suspicious vehicle in the area and a traffic stop was conducted. While the male and female passengers were determined not to be involved in the robbery, the 18-year-old male driver did not have a driver's license. The owner of the vehicle arrived and officers learned that there was a loaded handgun in the trunk of the vehicle. The loaded handgun was located and the 18-year-old adult male, Fremont resident, went to jail for possession of a loaded concealed firearm in a vehicle.

Sunday, February 21

At 8:05 p.m., Ofc. Layfield responded to an outside assist for Pleasanton Police Department (PPD). PPD stopped a vehicle with what they believed to be a stolen purse inside. Ofc. Layfield contacted the owner of the purse and discovered she had been robbed two hours prior near the area of Ellsworth Street and Anza Street. The victim was talking on her cell phone when a male suspect walked toward her and took her purse off her arm. The 20-year-old adult male, Fremont resident, was arrested for robbery and taken to Santa Rita Jail for booking.

Monday, February 22

A gas station located at Grimmer Boulevard and Auto Mall Parkway was burglarized. The loss was cigarettes. Video surveillance showed the following: Suspect 1: White male adult, 30s, heavy build, black cap with white writing, red scarf covering face, black t-shirt, black gloves, beige pants. Suspect 2: Unknown race male, slim-average build, black hooded sweatshirt, black facemask, jeans and black gloves. Suspect vehicle: White with beige trim 1990s Lexus 4-door sedan. Unknown license plate. Case was investigated by Ofc. Collins.

A restaurant located at Paseo Padre Parkway and Washington Boulevard was burglarized. The loss was a cash register machine. Based on video surveillance, the suspects in the previously mentioned gas station burglary are the same suspects for this burglary. Case was investigated by Ofc. Hernandez. The same suspects attempted to break the window of a dry cleaning business located in the same shopping center as the restaurant. The suspects were unsuccessful and no entry was made. Case was investigated by Ofc. M. Smith. The same suspects broke the window to a nail salon located in the same shop-

ping center as the restaurant and dry cleaning business. The suspects made entry and conducted a messy search of the premises but no loss was taken. Case was investigated by Ofc. M. Smith

Tuesday, February 23

Officers responded to Fry's Electronics to assist Loss Prevention officers with a subject that shoplifted a pair of speakers. The male suspect was seen leaving the area on a BMX bicycle. He was contacted a short distance away and positively identified. The male was booked into jail for petty theft. Ofc. Sun and FTO Hanrahan investigated the incident.

A gray 2013 Honda CRV (license plate # 7ACR615) was stolen from Country Terrace sometime between 7:30 p.m. and 5:00 a.m. Case was investigated by Ofc. Rodarte.

Wednesday, February 24

Community Service Officer (CSO) Zamora investigated a residential burglary report from the 4200 block of Margery Drive that had occurred on Tuesday, February 23, 2016. The burglary occurred sometime between 7:45 a.m. and 5:45 p.m. Unknown suspect(s) entered the residence by breaking a sliding glass door with an unknown object. There was no loss reported.

Suspicious death investigation update

SUBMITTED BY FREMONT PD

On Sunday, February 21, 2016, at 8:16 p.m., the Fremont Police Department responded to a call of human remains found by people fishing near the Dumbarton Pier. Officers arrived and located a torso of an unidentified female on a levee near the end of Marshlands Rd in Fremont. The arms, legs and head were severed from the torso. On Tuesday evening, during a subsequent search of the marshland area, detectives found what is believed to be additional evidence connected to this case. Some of the evidence located is being processed by Fremont Police Crime Scene Investigators and some was collected by the Alameda County Coroner's Office. The identity of the female, as well as the cause and manner of death, have not been confirmed by the Alameda County Coroner's Office.

Detectives have temporarily halted their search in the marshland area and are following up on investigative leads. On the morning of Wednesday, February 24, with the cooperation of the Brisbane Police Department, a search was conducted at the home of missing person Shelly Titchener, 57, of Brisbane. Shelly Titchener was reported missing to Brisbane Police on February 15, 2016. While we cannot confirm the body found is that of Shelly Titchener, we also cannot rule it out. In addition to the search, Brisbane and Fremont Police were notified by the California Highway Patrol that Paul Titchener, the missing woman's husband, had committed suicide by jumping from the San Francisco Bay Bridge on the evening of Tuesday, February 23. The now deceased Paul Titchener was not named as a suspect, but was a person of interest.

While the circumstances of the case and the identity of the female remain under investigation, family members of the Titcheners have been notified of the status our investigation. Fremont detectives are continuing to work with the Brisbane Police Department and the Alameda County Coroner's Office on this case.

Help identify commercial burglary suspects

SUBMITTED BY FREMONT PD

During the early morning hours of February 23, 2016, four commercial establishments were burglarized by unknown suspects. Fremont Detectives have obtained video surveillance and are hoping the public can help police solve these cases. View the video on our Facebook page at <https://www.facebook.com/FremontPoliceDepartment/videos/977875625615284/>

If anyone has information that could assist detectives, you are asked to please contact Detective M. Stone at (510) 790-6900 or email: Mstone@fremont.gov

Suspect #1: White male adult, 30's, heavy build, black cap with white writing, red scarf covering face, black t-shirt, black gloves, beige pants.

Suspect #2: Unknown race male, slim-average build, black hooded sweatshirt, black face mask, jeans and black gloves.

Suspect Vehicle: White with beige trim 1990's Lexus 4-door sedan, unknown license plate.



Incidents Summaries:

#003 Commercial Burglary:

On February 23, 2016, at 1:58 a.m., a restaurant located on the 1500 block of Washington Blvd was burglarized. The suspects broke a glass window to gain entry. The suspects left the business with a change machine. Video surveillance was obtained and the suspects appear to be the same as those captured on video in cases #004, 007 and 008.

#004 Commercial Burglary:

At 2:13 a.m., officers were flagged down by a security company in the area of

Grimmer Blvd. and Auto Mall Pkwy who reported a commercial burglary. Officers drove to the gas station; located on the 43600 block of S. Grimmer Blvd where they confirmed a burglary had occurred. The unknown suspects shattered a glass door to gain entry. The loss was approximately \$2,500 in cigarettes. Video surveillance was obtained connecting these suspects to cases #003, #007 and #008.

#007 Commercial Burglary:

The same suspects described above attempted to break the window of a dry cleaning business located in the same shopping center as the restaurant on the 1500 block of Washington Blvd. The suspects were unsuccessful and no entry was made.

#008 Commercial Burglary:

The same suspects described above broke the window to a nail salon located in the same shopping center as the restaurant and dry cleaning business on the 1500 block of Washington Blvd. The suspects made entry and conducted a messy search of the premises but no loss was reported.

Rooftop burglars arrested

SUBMITTED BY LT. RAJ MAHARAJ, MILPITAS PD

On Wednesday, February 24, 2016 at approximately 1:48 a.m., an on-duty Milpitas Police sergeant was preparing to leave the station, when he heard an audible alarm sounding from Target Masters, located at 122 Minnis Circle. The sergeant investigated further and observed a 17 year-old male stumble off of the rooftop and run to a silver 1999 Toyota Camry, which was occupied by the 15 year-old male. The 17 year-old entered the driver seat of the suspect vehicle and drove away northbound on Minnis Circle. The suspect vehicle and occupants were stopped by a second responding officer on the 1333 block of Minnis Circle. The two suspects were taken into custody without incident.

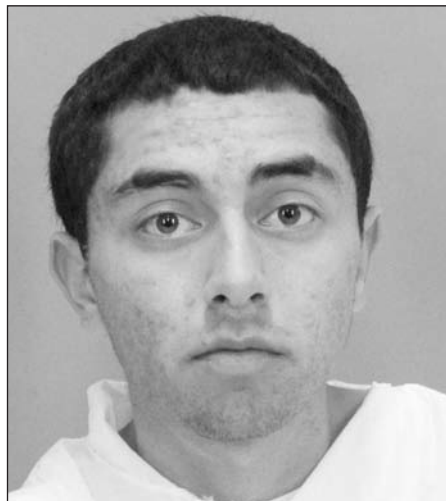
The sergeant, at Target Masters, encountered a third suspect trying to exit the front glass doors of the business, and noticed the suspect was carrying a firearm. The sergeant ordered the suspect to drop the firearm and remain still which he complied.

During the investigation, officers learned of a fourth suspect who was not

accounted for and his whereabouts were unknown. The Santa Clara County Sheriff's Office and San Jose Police Department were requested to assist in establishing a large perimeter and begin a search. As a Milpitas Police Officer and Deputies from the Sheriff's Office searched the Milpitas Department of Public Works Corporation Yard, which is directly south of Target Masters, they located Fernandez, who fled over a 10 foot wall and ran south along the railroad tracks. Officers from the San Jose Police Department were re-assigned to the area south of the location and the suspect was taken into custody without incident.

The Milpitas SWAT Team in conjunction with the San Jose Police Department's Canine Unit unlocked the front doors of Target Masters and took a 17 year-old suspect into custody. This juvenile suspect was in possession of two stolen handguns from Target Masters. Target Masters was searched with the SWAT Team and the assistance of the San Jose Police Department Canine Unit, and no additional suspects were located.

Three of the four suspects were juveniles from the cities of Hayward and Oak-



land. The suspect who fled on foot was identified as Jose David Fernandez, a 19-year-old from Hayward. The case is still under investigation at this time.

Anyone with any information regarding this investigation is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at:

http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp

City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

2016 State of the City Address

If you want to learn more about the issues and opportunities facing the City of Fremont, stay tuned! Fremont Mayor Bill Harrison will be presenting the annual State of the City Address at a luncheon hosted by the Fremont Chamber of Commerce on Thursday, March 24, noon to 2 p.m. at the Fremont Marriott Silicon Valley. To buy tickets, please call the Fremont Chamber of Commerce at 510-795-2244 or visit www.Fremontbusiness.com.

And in case you can't make it, the State of the City Address will be rebroadcast on Fremont Cable TV Channel 27, as well as posted to the City website by the end of the following week.

Downtown's Civic Center Plaza

The City of Fremont has always maintained the belief that every community deserves to have a central downtown where visitors and residents alike can come together to connect, communicate, and celebrate. In 2012, the Fremont City Council adopted the Fremont Downtown Community Plan and Design Guidelines to begin work on its downtown initiative.

A critical component of these Downtown efforts includes the development of a Civic Center. Planning of the new Civic Center plaza is currently underway. Design goals for the plaza are to create a space that will accommodate a variety of events and activities for the community; size of the plaza can be compared to San Francisco's Union Square. Fremont would like to know what type of programs and events residents want to see in the plaza in order to create a lively public space for the community to enjoy.

To share your input, visit Fremont Open City Hall, our online forum for civic engagement, at www.Fremont.gov/OpenCityHallPlaza.

Your home can be comfortable and energy-friendly

What if your home could be more comfortable, more energy efficient, and save you money? Would you make the upgrade? Would you know how to begin? Sometimes it can be hard to decide where to start. Is your upgrade a small project or a major remodel? Should you use different products and approaches depending on the scale of your upgrade? If so, which ones?

On Tuesday, March 15 from 6:30 p.m. to 8 p.m. at the Fremont Main Library, located at 2400 Stevenson Blvd., experts from StopWaste, the City of Fremont, Rising Sun Energy Center, and Service Champions will lead a free workshop to help you make the best, most cost-effective choices for your green home improvement. Sign up for the Fremont Green Home Workshop at www.FremontEnergy.eventbrite.com and come ready to learn and discuss:

- How a more energy-efficient home can benefit your day-to-day activities
- How to evaluate opportunities for and prioritize your energy efficiency improvements
- How to select a contractor and what questions to ask
- How to sign up for free home retrofits with the nonprofit Rising Sun Energy Center
- How to use Home Energy Score—a quick report on your home's energy performance
- How to identify state and local incentives for energy improvements – up to \$6,500

Refreshments will be provided, and all participants will receive an LED and tote bag.

Coffee with the Cops—Traffic Talk

Fremont residents are invited to attend a special edition of our "Coffee with the Cops" program on Tuesday, March 8. We're calling it "Coffee with the Cops/Traffic Talk" as staff from the City of Fremont's Traffic Engineering Division will join Fremont Police Chief Richard Lucero and other members of the Fremont Police Department to meet in an informal, friendly setting. Officers from the Traffic

Unit and Patrol, and specialists from the Community Engagement Unit will be available to talk with community members about all things traffic.

This free event will be held from 5:30 p.m. to 7:00 p.m. at the Bean Scene Cafe, located at 4000 Bay St., in Fremont. Call 510-790-6740 if you have any questions.

Giving Hope Program's Crab Feed Fundraiser

This Crab Feed means two things: supporting a noteworthy cause and an all-you-can-eat crab feast! The Niles Main Street Association and the City of Fremont will host a Crab Feed fundraiser on March 19 that will benefit the City's Giving Hope Program and the Niles Community. You won't want to miss it! By participating in this fundraiser, you will have the opportunity to help out local families and seniors in need, while enjoying a full spread of all-you-can-eat crab, pasta, salad, garlic bread, and dessert.

But the fun doesn't stop there! Enjoy live music before dinner provided by the great Newark Saxophone Quartet. After dinner enjoy the no-host-bar and DJ music, bid on auction items, keep the silent auction bidding going, take photos, and dance if the music moves you. The event on Saturday, March 19 will take place at the Fremont Veterans' Hall, 37154 Second St. in Fremont's Niles District. The doors open at 6 p.m.—grab your table and enjoy the first hour mixer. Feel free to dress in the spirit of our Under the Sea theme for a special prize for the best dressed.

Tickets can be purchased online at www.niles.org/crab-feed for \$50 before March 1 and \$65 after March 1. Last year was a sell-out and tickets are required for entry, so get your tickets now! Additional donations and sponsorships are always welcomed. Please contact Han Trinh at hntrinh121@gmail.com or Jane O'Hollaren at johollaren@fremont.gov.

Tri-City Taxi Voucher Program

Need a ride to the doctor or grocery store? We want to help with your transportation needs. The City of Fremont operates a number of different programs for

seniors and people with disabilities who need transportation for health care services, shopping, and other daily activities. The Tri-City Taxi Voucher Program provides subsidized taxi rides within the local area. Enrolled participants can purchase taxi vouchers at a cost of \$4 per voucher. Each voucher subsidizes up to \$16 of taxi meter fare. Riders are responsible for paying any taxi meter fare above the \$16 voucher subsidy.

Who is eligible to participate? Fremont, Newark, or Union City residents who are either 80 years of age or older, or unable to use public transit (AC Transit buses and BART) because of a disability. Eligible individuals must submit an application prior to using the service. New enrollees will receive four free taxi vouchers with their rider packet. Taxis are not wheelchair-accessible; individuals using wheelchairs can be accommodated if they are able to safely transfer from their wheelchair to the taxi.

This program is funded by the Alameda County Transportation Commission through Measure B funds.

For more information on this program or other transportation services, contact the City's Pamela Gutierrez at pgutierrez@fremont.gov or 510-574-2053.

Startup Grind Fremont

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. Join us on March 15 from 6 p.m. to 8 p.m. at DeVry University, 6600 Dumbarton Circle for the Startup Grind Fremont Chapter event. This event will include a fireside chat with Aaron Carpenter.

Aaron is the Chief Customer Officer at Hubnami, a social media management startup, where he oversees all sales, marketing, and user experience efforts for the company. He has 17 years' experience in digital marketing, e-commerce, site design, and sales most recently as Vice President of Global Marketing at The North Face. To register for this event, visit: www.StartupGrind.com/Fremont.

Park It

BY NED MACKAY

The East Bay Regional Park District is now a member of the national Leave No Trace Center for Outdoor Ethics. Leave No Trace is a private nonprofit based in Boulder, CO, which promotes an ethic emphasizing outdoor recreation with minimal impact on the environment. According to Leave No Trace, 85 percent of all recreation is based in what the organization calls "frontcountry" - areas easily accessible by car and used mostly by day visitors. That describes most of the East Bay Regional Parks.

Leave No Trace advocates seven principles for everyone who visits the great outdoors: plan ahead and prepare; travel and camp on durable surfaces; dispose of waste properly; leave what you find; minimize campfire impacts; respect wildlife; and be considerate of other visitors. That all sounds reasonable to me. For more information about the park district's participation in Leave No Trace, visit www.ebparcs.org.

Disposing of waste properly includes disposing of dog waste. People who walk dogs in the regional parks are required to scoop up their dog's deposits and drop them in trashcans.

Most dogs seem to conduct their business at the start of their walks, close to trailheads and trash barrels. So it's not hard to pick up after them at that point. The same is true on paved inter-park trails like the Iron Horse Trail in central Contra Costa, where there are trash barrels at regular intervals.

While hiking farther into the parks I sometimes see plastic bags left by the trailside. Giving the benefit of the doubt, I

hope that the pet owners are planning to pick up the bags on their way out. Please do so—it shouldn't be left to other park visitors or park staff to clean up after someone else's dog.

The Underground Mining Museum

tour season at Black Diamond Mines Regional Preserve begins with a mine open house from noon to 4:30 p.m. on Saturday, March 5. Park visitors will be able to take free self-guided tours through the 1930s era Hazel-Atlas silica sand mine, with park staff and volunteers stationed along the way to point out interesting features.

For safety reasons, sand mine access is restricted to ages 7 and older. However, all ages are welcome at the nearby underground Greathouse Visitor Center, where dogs are welcome, too. After March 5, guided tours of the Hazel-Atlas mine are available for a fee on weekends through November, both by advance reservation and first-come/first-served. Entry to Greathouse is always free. For more information on the mine tours, call 888-327-2757 and select option 2.

Above ground at Black Diamond Mines, naturalist Eddie Willis will lead a three-mile hike in search of wildflowers from 10 a.m. to 12:30 p.m. on Sunday, March 6. Wildflowers are appearing in profusion at the park right now, especially on the Manhattan Canyon Trail. For the wildflower walk, meet Eddie at the park's uppermost parking lot on Somersville Road, 3.5 miles south of Highway 4. Heavy rain cancels the hike. For information, call 888-327-2757, ext. 2750.

At Big Break Regional Shoreline in Oakley, the Delta Discoveries program of

fers nature-themed arts and crafts activities from 11 a.m. to 2 p.m. every Saturday and Sunday. And you can help the staff test the Delta water from 9 to 10 a.m. the same two days. Spiders and spider activity games are on the agenda at Big Break from 2 to 3 p.m. on Saturday, March 5. And there are special programs for kids ages 1 to 5 from 10 to 11 a.m. on Monday, March 7 and again on April 4. Parent or caregiver participation is required. Big Break is at 69 Big Break Road off Oakley's Main Street. For more information, call 888-327-2757, ext. 3050.

At Tilden Nature Area near Berkeley, it's meet-the-snakes time from 11 a.m. to noon on Saturdays, March 5 and 19, and Sunday, April 3. You can meet the resident reptiles and learn the difference between a gopher snake and rattlesnake. Good to know. It all takes place at Tilden's Environmental Education Center, located at the north end of Central Park Drive. For information, call 510-544-2233.

Crab Cove Visitor Center in Alameda has a family nature fun hour from 2 to 3 p.m. every Saturday and Sunday, followed by fish feeding time from 3 to 3:30 p.m. at the center's aquarium. On March 5 and 6 the family fun theme will be mammals, the species including us humans. Crab Cove is at 1252 McKay Ave. off Alameda's Central Avenue. Call 510-544-3187.

Saturday and Sunday Strolls are a series of family friendly naturalist-led walks in various regional parks. There's a three-mile stroll from 10 a.m. to noon on Saturday, March 5 at Leona Canyon in Oakland in search of flowers, birds and other park wildlife. Meet the naturalist at the trail-

head on Canyon Oaks Drive off Keller Avenue. For information, call 510-544-3187.

Basic bird identification for kids ages 7 and older is the theme of a program from 1 to 2:30 p.m. Saturday, March 5 at Coyote Hills in Fremont, led by naturalist Kristina Parkison. And snakes will star in a program from 10 a.m. to noon and again from 1:30 to 3:30 p.m. on Sunday, March 6 at Coyote Hills, led by naturalist Dino Labiste. The group will create a spiral snake craft to take home.

Coyote Hills is at 8000 Patterson Ranch Rd. off Paseo Padre Parkway. Call 510-544-3220. For both programs, meet at the visitor center.

The Brickyard Cove area of McLaughlin Eastshore State Park in Berkeley is now closed for several months while the East Bay Regional Park District begins work on renovating the area, which contains a 53-foot pile of dirt. The dirt will pile be lowered about 15 feet and spread around the parkland between the cove and Seabreeze Market. Long-term plans include trails, a picnic area, debris removal, native plant seeding and shoreline restoration.

The dirt pile is from contractors' excavation projects around the Bay Area, including the sports fields at El Cerrito High School and UC Berkeley's Memorial Stadium. Wildlife biologists have surveyed the area and determined that it contains no nesting birds.

McLaughlin Eastshore State Park extends for 8.5 miles along the bay shoreline from the Bay Bridge to Richmond. It's named in honor of Sylvia McLaughlin, a founder of Save San Francisco Bay. The park district manages the park on behalf of the California State Parks department.

US: Computer breach bigger than first thought; 700K victims

BY ANDREW TAYLOR
ASSOCIATED PRESS

WASHINGTON (AP)—The IRS said Friday that the number of taxpayers whose tax information may have been stolen by computer hackers now exceeds 700,000 — more than double the agency's previous estimate.

The tax collecting agency said 390,000 more taxpayer accounts may have compro-

mised than the 334,000 it warned about a year and a half ago. The breach was first discovered in May 2015, and the increase first reported by The Wall Street Journal.

The sensitive information can be used for identity theft or to claim fraudulent tax refunds.

The thieves accessed a system called "Get Transcript," where taxpayers can get tax returns and other filings from previous years. In order to access the information, the

thieves cleared a security screen that required knowledge about the taxpayer.

The IRS says it is immediately moving to notify taxpayers, offering identity theft protection services and giving them access to a program that assigns them special ID numbers that they must use to file their tax returns.

"The IRS is committed to protecting taxpayers on multiple fronts against tax-related identity theft," said IRS Commissioner John

Koskinen. "We are moving quickly to help these taxpayers."

In addition, hackers have tried to access almost 600,000 additional IRS accounts in an attempt to gain private information on taxpayers.

The IRS has earlier said that agency investigators believe the identity thieves are part of a sophisticated criminal operation based in Russia.

EarthTalk®
From the Editors of E - The Environmental Magazine
TREES



Recent research has shown that trees not only scrub pollutants from the air so we breathe easier, but also help make us feel better from an emotional standpoint as well. Credit: Roddy Scheer www.rodryscheer.com

Dear EarthTalk:
How is that being around trees
and other plants can help us feel good?
— Amy Mola, Greenville, SC

Trees are known to improve air quality by capturing six common air pollutants and toxic gases: ground-level ozone, particulate matter, carbon monoxide, nitrogen oxides, sulfur dioxide and lead. In fact, a single tree can absorb 10 pounds of air pollutants per year. In a study published in 2014, U.S. Forest Service scientists and collaborators calculated that trees are saving more than 850 human lives a year and preventing 670,000 incidents of acute respiratory symptoms. The researchers valued the human health effects of the reduced air pollution at nearly \$7 billion every year.

“We found that, in general, the greater the tree cover, the greater the pollution removal, and the greater the removal and population density, the greater the value of human health benefits,” says Dave Nowak of the U.S. Forest Service.

More recently a 2015 study from the Centre for Research in Environmental Epidemiology (CREAL) in Barcelona, Spain found that children exposed to more greenery—as measured by satellite imagery of their schools and neighborhoods—demonstrated better attention skills and memory development. While the association was partly mediated by reductions in air pollution, Mark Nieuwenhuijsen, one of the study’s authors, noted that he and the study’s other researchers don’t think it’s all air pollution: “I think it’s also some kind of direct effect... you see quite a beneficial effect of green space on mental health.”

Numerous recent studies have focused on the positive effects that exposure to trees and nature has on our mental health. A recent study published in the journal *Nature* combined satellite imagery, individual tree data, and health surveys from 31,109 residents of the greater Toronto, Canada area, and found that people who live in areas with higher street tree density report better health perception compared with their peers living in areas with lower street tree density.

“People have sort of neglected the psychological benefits of the environment,” says Marc G. Berman, an author of the study and professor of psychology at the University of Chicago. “I’m very interested in how the physical environment affects the brain and behavior.”

Such studies correlate to the “biophilia hypothesis” associated with German-born American psychoanalyst Erich Fromm and Harvard evolutionary biologist Edward O. Wilson. The hypothesis proposes that humans have evolutionary biological and psychological needs attached with the natural world. According to the book, *The Biophilia Hypothesis*, co-edited by Wilson and Yale social ecology professor Stephen R. Kellert, relentless environmental destruction could have a significant impact on our psychological and spiritual quality of life.

“Why do people bring flowers to the hospital all the time? Is it just superficial? Is it just a nice gesture, nice but not important? I would suggest that it is a much deeper recognition of the healing effects associated with affirming life,” Kellert told *Yale 360*. With over 80 percent of Americans living in urban areas, this newer research implies an indispensable need for growth and implementation in urban tree planting, urban greening and biophilic design in educational institutions and places of business for enriched physical and mental health.

CONTACTS: CREAL, www.creal.cat; *Nature*, www.nature.com; *Yale 360*, www.e360.yale.edu.

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- Willing to work weekends and night shifts as needed
- Maintain a clean and safe working environment

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MARCH 5 - 20, 2016

Directed & Choreographed by Kevin Hammond
 Vocal Direction by Josh Milbourne Music Direction by Matthew Bourne



THE MUSICAL

Tickets: \$15 - \$25

March 5, 10*, 11, 12, 18, & 19 at 8pm
 March 6, 13, & 20 at 2:30pm

*\$15 Thursday night performance; general admission

Tickets: (800) 838-3006 or Jewelry by Design in Newark or
www.stage1theatre.org

Newark Memorial High School Theatre, 39375 Cedar Blvd, Newark
 Produced by Debbie Otterstetter and Kathy Kimberlin

Book by Fred Ebb and Bob Fosse Music by John Kander Lyrics by Fred Ebb Based on the play by Maurine Dallas Watkins

*CHICAGO® IS PRESENTED BY SPECIAL ARRANGEMENT WITH SAMUEL FRENCH, INC.

THEATRE

The Ax Drops in Sunol



SUBMITTED BY GRARE DAVIS
PHOTO BY DEREK JOHNSON

The Sunol Repertory Theatre (SRT) celebrates its 35th season with a zany, comedic murder mystery featuring haunted scripts and pre-Colombian Amazonian blow guns.

A small theater company is selecting their next play. Could a script be haunted? No, it's not possible! At least that's what the director tries to convince the other members of the troupe, as the writer hints at the trail of horror that has cursed the script. Intrigue builds when someone is murdered. Lights go on and off,

leaving everyone in the dark and suspecting each other.

SRT's production of Pat Cook's "Ax of Murder" is directed by Donna Blevins and Phil Mumford, produced by Sandi Bohner, with costumes and sets by the very talented Patti Balch. The highly skilled Derek Johnson is the tech guru; the lighting importantly serving as another character in this play.

The cast includes Ron Smith as dashing, debonair actor Brady Parks; John Ruzinka as police Sergeant Mike; Lea Blevins as frustrated theater director Bonnie Bagwell; and Johnson as haunted script author Colin Chambers.

Performances will be held at Sunol Glen School on March 5, 11, 12, 18, 19, 25, and 26 at 8 p.m. Profits support the Sunol Glen School liberal arts program. SRT has donated over \$150,000 to the program over the years. Visit www.sunol.net for information and online ticket sales or call (925) 449-2693.

Ax of Murder
Saturday, Mar 5 –
Saturday, Mar 26
8 p.m.

Sunol Glen School Theatre
11601 Main St, Sunol
(925) 449-2693
www.sunol.net
Tickets: \$15

THEATRE

The 25th Annual Putnam County Spelling Bee



SUBMITTED BY KIMBERLY HAWKINS

Cal State East Bay's Department of Theatre & Dance presents the Tony Award-winning musical "The 25th Annual Putnam County Spelling Bee," March 4 through 13 at the University Theatre on the Hayward campus.

The 25th Annual Putnam County Spelling Bee, with music and lyrics by William Finn, book by Rachel Sheinkin, direction by Marc N. Jacobs, musical direction by Sierra Dee, and choreography by Laura Elaine Ellis, is a musical-comedy, populated by a cast of quirky characters. "There are six unique 12-year-olds ferociously competing to be crowned spelling bee champs, while being barely reined in by three madcap adults," said Jacobs. "In a comical and unusual twist, some audience members are brought on stage to compete as spellers, inviting moments of improvisational hilarity."

The play's connection with Cal State East Bay goes back 10 years, when Tony Award-winning alumnus James Monroe Iglehart portrayed Comfort Counselor Mitch Mahoney in San Francisco's Post Theatre production. "His performance was so striking that producers reformatted future performers' interpretations of that character to match that of James'," said Jacobs, who attended one of these performances. Jacobs was struck by the show's "hysterically funny but also very disturbing" tone.

Adolescence, he found, is a scary but adventurous time, ripe for comedic performance, "and that's what I want our CSUEB production to be about."

The six competitors, portrayed by Cal State East Bay students, are all outcasts or nerds in their own way. Some, like William Barfee (Kevin Redrico), are overcome by hyper-competitiveness and parental pressure to succeed. Others, like Olive Ostrovsky (Amelia Loreda), suffer from parental neglect or disaffection. They are all united, however, by their love of spelling. Each child eventually comes to an amazing (adjectives really signal a need for attribution) realization about their own values and self-worth, exiting the bee as champions of a different sort.

The 2005 Broadway production of "The 25th Annual Putnam County Spelling Bee" was a smash

hit, garnering six Tony Award nominations and two wins, including Best Book. Cal State East Bay's production features Jorge Almaraz as Leaf Conebear; Beth Campbell as Marcy Park; Lauren Chatfield, Kevin Dyer, Jasmine Kharma and Emily Kistner as Hall Monitors; Dominic Dagdagan as Chip Tolentino; Jamail Davis as Mitch Mahoney; Mariah Kuhn as Rona Lisa Perretti; Loreda as Olive Ostrovsky; Kylara Pankow as Loggaine Schwartzand-grubenniere; Redrico as William Barfee; and Blake Weaver as Vice Principal Panch.

Tickets are currently available at the Pioneer Bookstore and online at www.csueastbaytickets.com. Tickets will also be available at the University Theatre box office one hour before show time. For more information about the production, call Cal State East Bay's Department of Theatre and Dance at (510) 885-3118, Monday through Friday, 8 a.m. - 5 p.m.

The 25th Annual Putnam County Spelling Bee
Friday, Mar 4 - Sunday, Mar 13
8 p.m.; Mar 13 at 2 p.m.
Cal State East Bay
University Theatre
25800 Carlos Bee Blvd, Hayward
(510) 885-3118
www.csueastbaytickets.com
Tickets: \$10 - \$20



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