

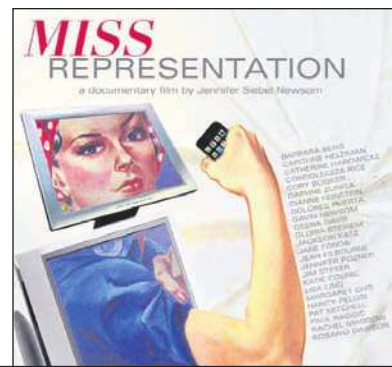
Beginning Pastel Painting

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carbon dioxide emissions

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Miss Representation screening

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December 31, 2013

Vol. 12 No. 53

A unique man and his garden

BY HANNAH YAMAKAMI

When people talk about Japanese gardens, Hayward doesn't normally come to mind. However, in 1976, former botanical grounds of Hayward High School were transformed into the Hayward Japanese Garden. Although not as well known as the Japanese Garden in San Francisco, it is just as beautiful and peaceful with its teahouse, bridges, ponds, and waterfall.

continued on page 5



Volunteers needed to give Fish a Merry Christmas

SUBMITTED BY EMILY HOPKINS
PHOTO BY CASSANDRA BROADWIN

The East Bay Regional Park District, Black Bass Action Committee, Boy Scouts of America, and Walton's Pond will host a day of fish habitat improvements at Quarry Lakes Regional Recreation Area on Saturday, January 4.

Thanks to the donation of about 1,000 unsold Christmas trees by East Bay tree vendors, this activity will provide needed habitat for bass, bluegill, and sunfish in Horseshoe Lake, part of Quarry Lakes. East Bay Regional Parks (EBRP) Fisheries Program Manager Pete Alexander supervises the ongoing annual program that previously focused on Rainbow Lake in the same park. Trees are chained and submerged to create a viable habitat and safe haven - "artificial reefs" - for maturing fish.

Unsold Christmas trees are a good multipurpose fit in manmade reservoirs that may otherwise provide little respite for growing fish. Without their help, says Alexander, the bottom of the quarry lakes would be an uninteresting place to visit and pretty boring for the fish too. In addition to adding a multi-dimensional landscape with places to hide at the bottom of the lake, the trees slowly decay for up to ten years, providing a food source for the fish and other wildlife that live in and around the lakes. Although the needles quickly fall off, tree branches encourage algae growth that attracts insect life. Small fish are drawn to the area and where small fish go, large fish are sure to follow. Alexander sums it up, "Algae grow on the tree trunks, insects live on the algae, fish of

all sizes live on the insects and... anglers and birds catch the fish."

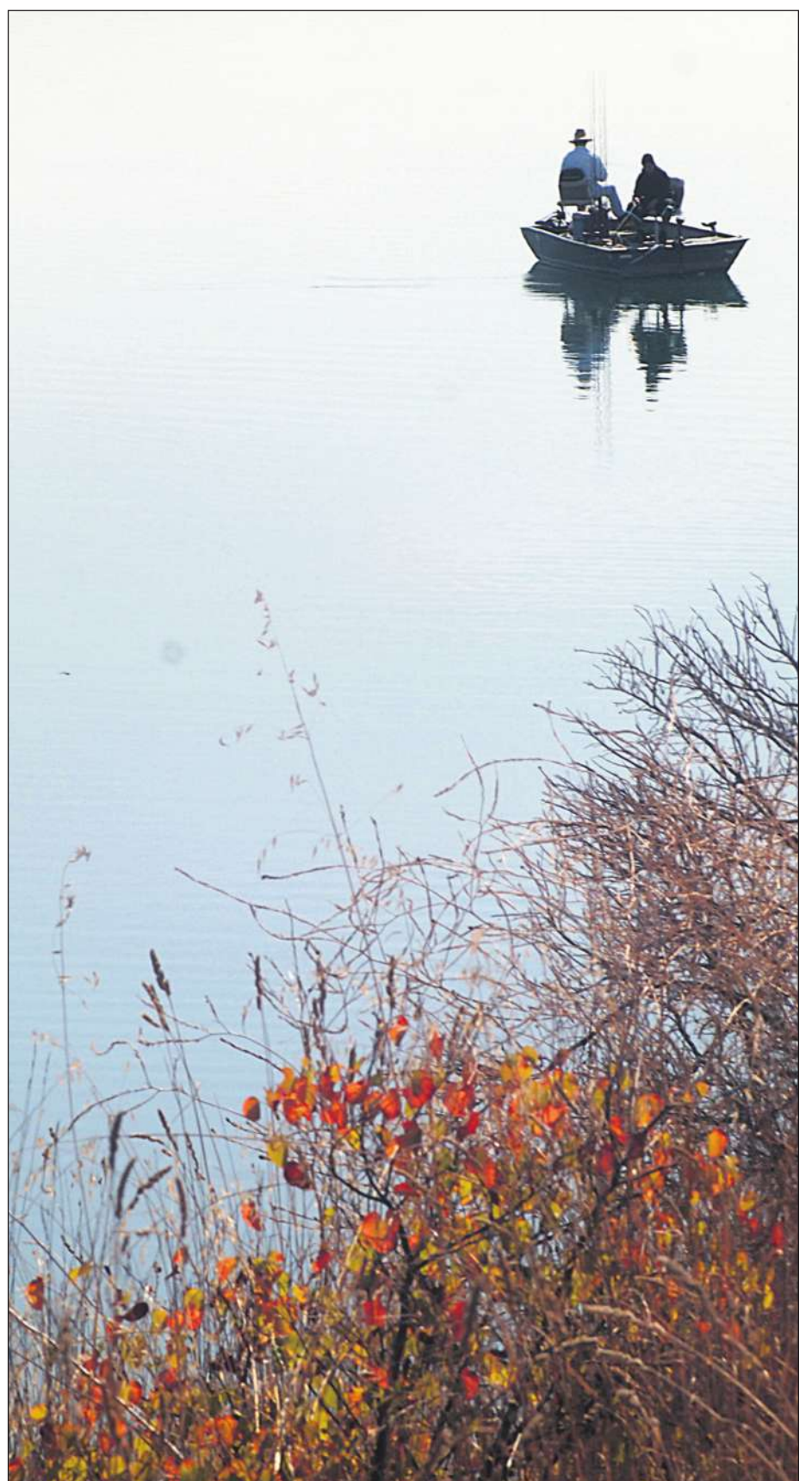
Alexander stresses that only trees donated directly from retailers without any chemical treatment are used to avoid detrimental effects to the environment. He notes that research indicates that the game fish species in EBRP lakes prefer the trees to leaf bed habitats along the shoreline. "So, how do you know its Christmas, says Alexander, "Well, at the East Bay Regional Park District, they get a really big present... a new home, made of Christmas Trees."

Volunteers are encouraged to take part in this Christmas in January tradition. Work off that holiday turkey and help the fisheries at the same time by attaching Christmas trees to chains and helping enhance a local resource. You can watch a video, "Fish Swim in Christmas Tree Reef," online at www.ebparks.org/activities/fishing

Volunteers should arrive at Quarry Lakes at 8 a.m. rain or shine. Bring short boots and warm clothes - you can get dirty. A breakfast of fruit, rolls, juice, and coffee will start the event along with an orientation on how to accomplish the task ahead! At the conclusion of the project, about 1 p.m., a hot sandwich lunch will be provided.

For more information, call or email Fisheries Program Manager Pete Alexander at (510) 544-2342 or palexander@ebparks.org or call Fisheries Resource Analyst Joe Sullivan at (510) 544-2329.

A fishy Christmas in January
Saturday, Jan 4 8 a.m. - 1 p.m.
Quarry Lakes Regional Recreation Area
2100 Isherwood Way, Fremont
(510) 544-2342 or (510) 544-2329



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Did Preventing Stroke Make Your List of New Year's Resolutions?

Moderate Diet and 10 Minutes of Exercise a Day Can Go a Long Way



Make sure stroke doesn't catch you by surprise. To learn more about how disease processes like diabetes and hypertension impact stroke risk, and how to lower your risk of stroke, attend the upcoming free stroke seminar focusing on prevention. The class will be held from 6 to 8 p.m. on Tuesday, January 7, in the Conrad E. Anderson, M.D. Auditorium located at 2500 Mowry Avenue in Fremont. To register, call (800) 963-7070 or visit whhs.com.

It's New Year's Eve again, and for many of us, it's a time to take stock of our overall health and wellness—and to make those New Year's resolutions. According to Dr. Ash Jain, medical director of Washington Hospital's Stroke Program, learning about how to prevent stroke is one of the most important resolutions you can make.

"Steps you take today can have a significant impact on stroke risk, so much so that stroke can be prevented in up to 80 percent of cases," Dr. Jain says.

On Tuesday, Jan. 7, community members are invited to attend a free Stroke Education Series seminar, "Stroke Prevention and Other Disease Processes/Healthy Lifestyle—Be Smart and Avoid Stroke," in order to better understand steps they can take to prevent stroke.

Make a resolution to prevent stroke

The challenge, according to Dr. Jain, is that stroke often happens suddenly with few, if any, warning signs. However, by managing health conditions that raise the risk for stroke, community members can

drastically reduce their chances of stroke.

"Uncontrolled hypertension and diabetes are examples of disease processes that can significantly increase a patient's overall risk for stroke," Dr. Jain explains. "It's very important for community members to learn about these and other disease processes—mainly because you cannot 'feel' things like if your blood pressure or blood glucose (sugar) levels are too high."

If left unmanaged, these conditions can develop over years or decades with no outward signs, slowly eroding overall health and leaving people ripe for stroke, which, in 90 percent of cases, is caused when a blood clot travels to the brain and cuts off blood supply to affected areas of the brain.

"Over time, these disease processes cause damage to blood vessels throughout the body, including the brain," Dr. Jain explains. "And when blood vessels—mainly arteries and arterioles—are compromised, it sets the stage for stroke to occur."

The first step toward stroke prevention is awareness, he says. The second step is

finding out what aspects of your health need to be managed.

"Once community members are aware of how these factors affect stroke risk, the only way to effectively diagnose and treat these disease processes is for them to visit their primary care physician, who can help in managing blood sugar, cholesterol and blood pressure. By keeping these three risk factors under control, you can greatly reduce your risk of stroke."

Another major risk factor for stroke, according to Dr. Jain, is an irregular heartbeat, also known as an arrhythmia. In fact, up to 10 percent to 15 percent of strokes are caused by an arrhythmia called atrial fibrillation—with another 10 percent attributable to paroxysmal (occasional) atrial fibrillation. Arrhythmias, whether they are chronic or occasional, must be diligently sought out

continued on page 11

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
	12/31/13	1/01/14	1/02/14	1/03/14	1/04/14	1/05/14	1/06/14
12:00 PM	Diabetes Matters: Vacation or Travel Plans?	Deep Venous Thrombosis	Hip Pain in the Young and Middle-Aged Adult	Minimally Invasive Hip Replacement	Strengthen Your Back! Learn to Improve Your Back Fitness	Raising Awareness About Stroke	Sideline by Back Pain? Get Back in the Game
12:30 PM	Voices InHealth: The Greatest Gift of All	Voices InHealth: Healthy Pregnancy	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Get Your Child's Plate in Shape	Minimally Invasive Surgery for Lower Back Disorders	Shingles	Women's Health Conference: Age Appropriate Screenings
1:00 AM	Women's Health Conference: Aging Gracefully						
1:30 PM	Strengthen Your Back! Learn to Improve Your Back Fitness	Washington Township Health Care District Board Meeting December 11th, 2013	Shingles	Washington Township Health Care District Board Meeting December 11th, 2013	Don't Let Back Pain Sideline You	Deep Venous Thrombosis	Washington Township Health Care District Board Meeting December 11th, 2013
1:30 AM	Minimally Invasive Surgery for Lower Back Disorders						
2:00 PM	Voices InHealth: The Greatest Gift of All	Your Concerns InHealth: Senior Scam Prevention	Vitamins and Supplements - How Useful Are They?	Lunch and Learn: Healthy Holiday Cookies	Varicose Veins and Chronic Venous Disease	Sideline by Back Pain? Get Back in the Game	Sideline by Back Pain? Get Back in the Game
2:00 AM	Diabetes Matters: Diabetes Meal Planning			Diabetes Matters: Diabetes Resources			
2:30 PM	Healthy Nutrition for Your Heart	Raising Awareness About Stroke	Community Based Senior Supportive Services	Influenza and Other Contagious Respiratory Conditions	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Diabetes Matters: Top Foods for Heart Health	Latest Treatments for Cerebral Aneurysms
2:30 AM	Kidney Transplants	Heart Irregularities	Do You Have Sinus Problems?	Voices InHealth: The Legacy Strength Training System			
3:00 PM	Turning 65? Get To Know Medicare	Community Based Senior Supportive Services	Wound Care Update	From One Second to the Next	Washington Township Health Care District Board Meeting December 11th, 2013	Washington Township Health Care District Board Meeting December 11th, 2013	Diabetes Matters: Diabetes Meal Planning
3:00 AM	Washington Township Health Care District Board Meeting December 11th, 2013	Diabetes Meal Planning: Strategies for Seasonal Success	Washington Township Health Care District Board Meeting December 11th, 2013	Keeping Your Heart on the Right Beat			
3:30 PM	Inside Washington Hospital: Stroke Response Team	Learn About Nutrition for a Healthy Life	Turning 65? Get To Know Medicare	Living Well with Diabetes: Overcoming Challenges	Your Concerns InHealth: Senior Scam Prevention	Lunch and Learn: Healthy Holiday Cookies	Keys to Healthy Eyes
3:30 AM	Do You Have Sinus Problems?	Superbugs: Are We Winning the Germ War?	Heart Healthy Eating After Surgery and Beyond	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment & Percutaneous (Under the Skin) Treatment	Diabetes Meal Planning: Strategies for Seasonal Success	Inside Washington Hospital: The Green Team	Do You Have Sinus Problems?
4:00 PM	Diabetes Matters: Key To A Healthy Heart with Diabetes	What You Should Know About Carbs and Food Labels	Inside Washington Hospital: Patient Safety	Financial Scams: How to Protect Yourself	The Weight to Success	Your Concerns InHealth: Vitamin Supplements	Your Concerns InHealth: Senior Scam Prevention
4:00 AM					How to Maintain a Healthy Weight: Good Nutrition is Key	Kidney Transplants	
4:30 PM					Learn If You Are at Risk for Liver Disease	Diabetes Matters: Research: Advancing Diabetes Management	Diabetes Meal Planning: Strategies for Seasonal Success
4:30 AM					Treating Infection: Learn About Sepsis	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Alzheimer's Disease

Trees of Angels 2013: Spreading Holiday Cheer in Support of Hospice Care



Ronald McDonald made a special appearance at the Trees of Angels Children's Holiday Breakfast.

This holiday season Tri-city community members came together to support Washington Hospital Healthcare Foundation's 18th Annual Trees of Angels campaign. This year's campaign raised more than \$30,000 to support local hospice services for Tri-city area families.

The 2013 Trees of Angels events kicked off with a tree lighting ceremony on Monday, December 2, at Newark City Hall. Santa and Mrs. Claus mingled in the crowd and Mayor Al Nagy emceed the program. The *Newark Memorial Cougar Choraliars* and the *City of Newark's Preschool Child Care Program* entertained community members with holiday carols. The following evening, a tree lighting ceremony was held at the Bernardin Family McDonald's located at the corner of Mission Boulevard and I-680 in Fremont. *What the Dickens Chorus* sang holiday favorites, while Mayor Bill Harrison threw the switch to light the tree adorned with angels and lights.

On the evening of Wednesday, December 4, community members gathered to light a holiday tree at the Nakamura Clinic in Union City. Speaking for the Union City Chamber of Commerce, which co-hosted the event, Chamber President, Larry Bowen, welcomed the crowd. President of the Foundation and Mayor of Union City, Carol Dutra-Vernaci, emceed the event. The *James Logan Jazz Singers*, led by Erin McShane, sang for the crowd. Following the tree lighting, guests enjoyed holiday refreshments and raffle prizes provided by the Union City Chamber Members.

The Foundation hosted the annual Children's Holiday Breakfast on Saturday, December 7. The 375 attendees at this event enjoyed breakfast donated by Bernardin Family McDonald's and a magic show performed by Ronald McDonald. To cap off the morning, Santa and Mrs. Claus made a grand entrance and sat with families to have their picture taken. This year, the Founda-

tion invited Kidango and Centro de Servicios in Union City to bring 200 low-income attendees to the breakfast so they could enjoy the festivities.

The Trees of Angels events wrapped up on Thursday, December 12 with a tree lighting ceremony and high school choral competition at Washington West. The choral competition featured James Logan, Newark Memorial and Irvington High School choral groups who competed for a \$1,000 donation to their school's music program. Congratulations to this year's grand prize winner, the *James Logan Jazz Singers*. Following the choral competition, guests were treated to a tree lighting ceremony and holiday refreshments.

"The Foundation would like to thank all those who volunteered their time to help make these events possible. Also, special thanks go to Mark and Gaby Bernardin, our Trees of Angels Committee members, and the sponsors and donors," said Carol Dutra-Vernaci, President of the Foundation.



Pictured left to right at Bernardin Family McDonald's Restaurant Tree Lighting Ceremony - Dr. William Nicholson, Secretary, Washington Township Health Care District Board of Directors, Dr. Lucia Yumena, and Stephanie Williams, RN, Washington Hospital Associate Administrator and Chief Nursing Officer.



Pictured left to right at the Bernardin Family McDonald's Restaurant Tree Lighting Ceremony - Patricia Danielson, RHIT, Second Vice President, Washington Township Health Care District Board of Directors, Fremont Mayor Bill Harrison and Mark Bernardin.

Since its inception in 1996, Trees of Angels has raised over \$484,000 in support of local hospice care. The care that patients and their families receive provides the gift of quality time – a cherished gift during the holiday season. "Tree of Angels is our way of bringing some holiday cheer to our neighbors in the community," said Mark Bernardin, Chair of the Trees of Angels Committee. "It gives us the opportunity to gather with our friends in Fremont, Union City and Newark, while supporting hospice services for Tri-City patients and their families."

Washington Hospital Healthcare Foundation would like to extend a warm thank you to the 2013 Trees of Angels Sponsors:

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Solem & Associates
Jim & Fran Stone
Washington Outpatient Surgery Center

If you would like to make a tax-deductible donation to Trees of Angels in support of local hospice care, please contact the Washington Hospital Healthcare Foundation at (510) 791-3428 or email us: Foundation@whhs.com.

New Year, New Diet Resolutions, New Determination

January gives everyone an opportunity to change for the better, to establish new habits that will enhance personal health. Better eating strategies, food portion control and a regular exercise regimen are building blocks to reaching weight-loss goals and getting healthier, reminds Anna Mazzei, a registered dietitian and certified diabetes educator at Washington Hospital.

"We see patients with a variety of conditions, and weight management is a key to increased health," she notes. "Most of the outpatients who are seen for medical nutrition therapy have a physician referral for weight management and/or diabetes."

Mazzei and other Washington Hospital dietitians provide guidance and education, encouraging patients to lose excess weight and develop ongoing weight management practices.

continued on page 9



Washington Hospital registered dietitian and certified diabetes educator Anna Mazzei says that regular exercise and keeping track of what you are eating can help you reach your weight-loss goals.

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When: Saturday, January 25, 2014
Time: 10 a.m. to 1 p.m.
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Newark Police and others help victims of burglary

SUBMITTED BY NEWARK PD

On December 25th, 2013 (Christmas morning), Officers responded to the area of the 36000 block of Cherry St. for a residential burglary. Officers contacted the victim family and learned that someone had entered their residence the previous night through an unlocked window and stole all of the gifts from under the Christmas

family involved in this incident. Newark Officers had the opportunity to present the family with the carload of gifts donated by the community. The statement, "This is the best Christmas ever" from the children involved will undoubtedly make this incident just as memorable for the Officers involved as the victim family.

The Newark Police Department would like to thank the community for the support and the gen-



tree. The burglars also took a computer and jewelry. This all occurred while the victims were away at a Christmas event on Christmas Eve night. The family had gone straight to bed following the event and did not notice they had been victimized until the following morning.

The two children of the victim family, ages 9 and 11, woke up to find no presents under the Christmas tree, an open window, and hopeless feelings. At

erous contributions that have helped restore this family's Christmas spirit!

With the generosity of public support as well as the contributions from the Alameda County Fire Department, we were able to help restore the Christmas spirit in the hearts of the two children involved.

The Newark Police Department sincerely thanks all that have offered support.



the conclusion of the investigation, investigating Officers felt horrible for the family. The Officers working day shift, decided to donate money to the victim family, raising \$100, matched dollar for dollar by the Newark Police Association. Over \$200 was immediately delivered minimizing the impact of the incident. The result was an extremely grateful family and a shift of Officers who all acted selflessly to assist a family in need.

Since the residential burglary incident involving stolen Christmas gifts was broadcast, the Newark Police department has received an overwhelming response from the community. The amazing support from the community has come in the form of wrapped gifts, toys, gift cards, and money for the

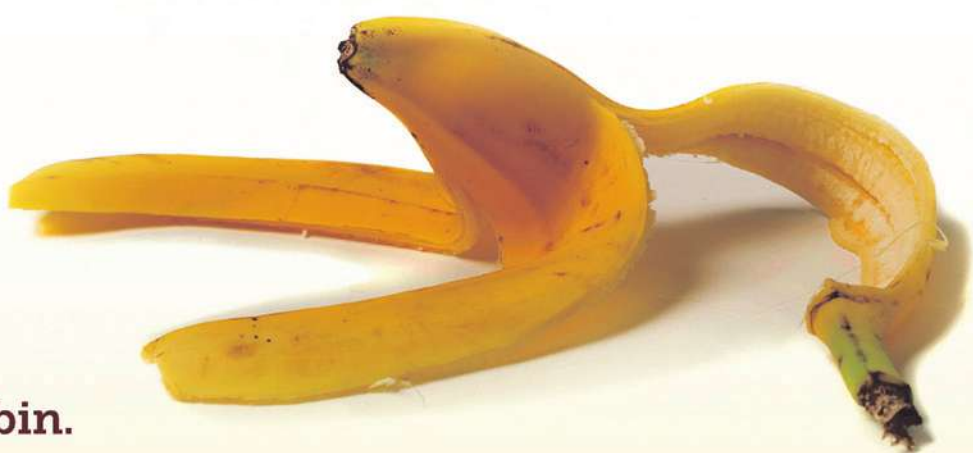
UPDATE:

Newark Police Officers executed search warrants on three residences in Newark directly related to burglaries that occurred on Christmas Eve. During the search warrants, four adults and two juveniles were arrested. Stolen property from at least one residential burglary has been recovered and positively identified. Police are following up on the other property. Two loaded firearms and narcotics were also located during the incident.

Any person with any information concerning this incident can contact the non-emergency line at 510-578-4237. Information can also be left anonymously on the "silent witness" hotline at 510-578-4000, extension 500.

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continued from page 1

A unique man and his garden

plains, "If I use natural rock, it already has shape and size and [there's only] so much I can do. As I'm an artist, only five percent of my talent can be used to set the stone." He concludes, "If you create your own, like Kimura style, you can have size and shape."

Another Kimurascape element, seen repeatedly throughout the garden, lies in the shapes of



While it may be surprising that Hayward has its own Japanese Garden, what is even more surprising is the man who designed and created it. Kimio Kimura is not a conventional Japanese garden architect. After studying gardens and architecture under famous Japanese gardeners in Japan and earning a graduate degree in Landscape Architecture from UC Berkeley, Kimura developed his own Japanese gardening style called "Kimurascape."

He describes it as "philosophical and compositional," based on "dynamic balance, where two components or elements are not

the trees. In traditional Japanese plant shaping, the top of the tree is bigger "because if you follow whatever the plant wants, the top gets more light; therefore when you get towards the bottom, it gets smaller." However, in Kimura style gardens, the trees are shaped "to accommodate light, therefore the top is smaller and as you get towards the bottom it gets bigger. And there's a nice curvature to accommodate the light."

Hayward's Japanese Garden is just an introduction to this unique style of Japanese garden-



the same" yet "complement each other to create a peace[ful] and tranquil composition." Through experience, Kimura learned that traditional Japanese gardening is hard to teach "because there's no such thing as right from wrong," rather on the basis of "whatever you think, you're right." In Kimurascape, there is right from wrong, making it teachable.

Currently, Kimura, at age 81, is working on a book series about Kimurascape. While the entirety of the Hayward Japanese Garden is not based on this method, the garden is filled with elements of this unique gardening style. One example is a monument placed in the garden. The rock it sits on was made by Kimura himself. He ex-

ing, Kimio Kimura, a man of creativity and originality, notes, "If you want to do something then make it your own." He truly lives up to his words as he has developed his own unique, inventive techniques and philosophies applied to Japanese gardening.

Kimura teaches Kimurascape gardening every first Saturday from 1 p.m. at the Hayward Japanese Garden.

Hayward Japanese Garden
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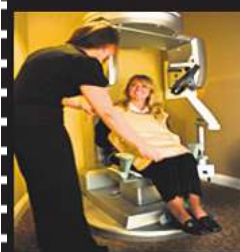
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|--------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------|
| Tues., January 14
Watsonville
243 Green Valley Rd., Suite A | Wed., January 15
Morgan Hill
18511 Mission View Dr., Suite 120 | Thurs., January 16
Fremont
1999 Mowry Ave., Suite C1 | Fri., January 17
Los Altos
658 Fremont Ave. |
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Attempted homicide investigation results in arrests

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

The Fremont Police Department Street Crimes Unit (SCU) located and arrested an attempted homicide suspect after a police pursuit involving spike strips, multiple K9 units, a CHP helicopter and officers from the Fremont, Union City and Hayward Police Departments.

The Fremont Police Department's SCU had been investigating a shooting that occurred on November 24, 2013 at the Motel 6 (south) in Fremont. During that incident, numerous people reported multiple gunshots however no victims or suspects were located despite the recovery of a bloody t-shirt. Several weeks ago, SCU Officers were conducting an unrelated arrest operation and happened to locate the victim from the Motel 6 south shooting. The victim still had a bullet in his arm and had yet to seek medical attention.

SCU Officers identified Matthew Anthony Rossi of San Jose and William Turner of Union City as the

two suspects responsible for shooting the victim. Rossi has been in-custody since December 5, 2013 on an unrelated investigation after SCU Officers tracked him down to a location in Union City. The Fremont Police Department SWAT Team had been called in to conduct the arrest of Rossi on December 5, 2013 due to his significant criminal history. Rossi had been wanted on unrelated charges of kidnapping, assault with a deadly weapon, criminal threats, violation of a domestic violence restraining order, false imprisonment, possession of a stolen vehicle, and reckless evading. Investigators were not aware of his involvement in the November 24th shooting at the time of his arrest.

After identifying Turner as the second suspect involved in the shooting, SCU Officers searched for him on Tuesday, December 24 until they spotted him driving a stolen vehicle in the area of Mission Blvd. and Tamarack Dr. in Union City. Officers attempted to conduct an enforcement stop on Turner however he fled

recklessly at a high rate of speed. SCU Officers deployed spike strips which disabled Turner's tires. Turner continued to evade and turned into a residential area. Numerous residents provided responding officers with information on the direction in which Turner had fled.

Officers located Turner's abandoned vehicle on Teddy Dr. (Union City) and began a neighborhood search. As officers from Fremont, Union City and Hayward were searching, tips from several neighbors continued to pour in. A CHP helicopter and several K9 units were deployed to assist with the search until Turner was located hiding in a backyard. Turner surrendered without incident.

Turner was booked at the Fremont Police Department Detention Facility on charges of attempt homicide, kidnapping, false imprisonment, parole/probation violations, reckless evading, and resisting arrest.

We'd like to thank Union City PD, Hayward PD and CHP for their assistance.

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Fremont Police Log

SUBMITTED BY FREMONT POLICE DEPARTMENT

Friday, December 20

At approximately 9:20 a.m., Officers Gaziano and Chan were dispatched to the 40900 block of High St to check on the welfare of a male. This male reportedly has past medical conditions that made his co-worker(s) fearful. Upon arrival Officers could hear a TV and/or radio but there was no answer. Officers Gaziano and Chan decided to force entry. Inside they found the man who was suffering a medical emergency. The adult male was taken to local hospital(s). Had officers not entered the home, the man would not have survived more than a few more minutes.

Officer Stone investigated a residential burglary on Antone Rd. at approximately 4:45 p.m. The burglary occurred between 10:00 a.m. - 1:00 p.m. The suspect ransacked the master bedroom and the loss in this case is cash, jewelry, an iPad and an iPod touch. Officer Stone is investigating.

At approximately 3:45 a.m. on Saturday morning, PG&E called to inform us about a power outage affecting approximately 4,300 customers. The area affected was in zone 3 (south end of town). Officers conducted area checks and located several large intersections with traffic signals out. Officers lit flares for traffic control and City Maintenance was notified.

Saturday, December 21

Officers responded to the 36500 block of San Pedro Rd to investigate a stolen vehicle. A white 2006 Ford Econoline van, with license plate #8A35090 was taken without the owner's permission. The van later turned up back in the parking lot in a different stall. The door had been tampered with and a side sliding door was open.

Officers responded to the 4000 block of Budwing Terrace to investigate a stolen vehicle. A black 2000 Honda Civic 4-door with license plate #4LDR445 was taken without the owner's permission. The vehicle was located later in the day parked on the west side of Newport Drive, just south of Franklin Ave. The vehicle was unlocked, the glove box was open and there were papers all over the interior of the vehicle. Officers did not note any other obvious signs of damage.

Officers were dispatched to a residence on Blaisdell Way in Niles after residents reported that a grey and white Pitbull had attacked an elderly male and his grandson. The male sustained a severe injury to his hand and the child was bitten on the foot.

While on the phone with dispatch, the caller said that the dog was attacking anything and everything in their yard, including a basketball, a tether ball, shoes, etc. Residents were locking themselves in their vehicles and homes for their safety. The male and child victims were able to take

cover in a neighbor's home, but needed medical aid. The first officer arrived and the dog immediately charged him. The officer used his baton to keep a safe distance and attempted to get the dog into the back of the patrol car. The dog took hold of the baton, ran off with it and destroyed it. The officer advised the residents and people in the neighborhood who were watching to stay indoors and away from their windows. Fremont Fire also arrived on scene and was not aware that the dog was still loose in the area. They exited their truck to provide medical treatment to the two victims at which point the dog charged them. Two firefighters scrambled into the truck cab, while the third was forced to climb up on top of the truck. The Pitbull then re-focused his efforts and charged the officer who in turn shot the dog one time. The dog died at the scene. The dog had no tags and was unknown to the residents in the area. The elderly victim was transported to the hospital via ambulance and the child was transported in a private vehicle. Both were later released. Sgt. Epps supervised and Animal Control responded for the investigation. Anyone with information about this dog is asked to please call the Fremont Police Department at 510-790-6800 and select option 3.

Sunday, December 22

At approximately 5:10 p.m., officers responded to Fremont Toyota to investigate several stolen vehicles. Upon arrival CSO Oliveira learned that a pressure washer, a customer vehicle key and five customer vehicles were stolen from the outdoor parking lot to the rear of the dealership in between the service and detail bays. All of the vehicles were in for service and were waiting to be detailed. Employees were able to determine that the keys taken were for a vehicle still on the property. That vehicle was secured to prevent the suspects from returning to take it. Video surveillance was viewed by employees and they informed officers that a white 4-door vehicle enters the lot near the detail bay and 4-5 suspects exited the vehicle around 5:05 a.m. Officers spoke to management about securing the gates and not leaving vehicle keys accessible. Documented by CSO Oliveira.

Note: A similar case was documented at the Fremont BMW dealership last week and one more vehicle was reported stolen from Fremont Toyota this morning (Monday).

Monday, December 23

A suspect attempted to cut the barbed wire fence at BCI Construction at 4455 Enterprise Street but managed to cut himself leaving his blood evidence. Case investigated by Officer Stone.

continued on page 27

Cops for Kids

SUBMITTED BY HAYWARD POLICE DEPARTMENT

The Hayward Police Department hosted its annual COPS for Kids' Holiday Toy Drive on Saturday, December 14. For over 20 years the Hayward Police Department has been making the holidays brighter for the less fortunate families in Hayward with a gift of toys. Police staff and community volunteers spread happiness and holiday joy to more than 100 families in the Hayward community!

We would like to thank our corporate sponsors who generously donated to this worthy cause.

City Bistro, Dairy Belle, Emil Villas, Goldie's Care Home, Hayward Body Shop, Hayward Senior Mobile Home Park, Hayward Super Market, Hayward Toyota, Honda of Hayward, Knighted Ventures, La Raza Deli Market, Mac D Liquors, Model Liquors, Mountain Mike's Pizza (Fairway), Pan Ocean Aquarium, Red Nation Motorcycle Club, Straw Hat Pizza (Industrial Pkwy W), Street Beat Car Audio, Wienerschnitzel.

We are still accepting gifts or monetary donations that can be used for next year's holiday drive. Gifts or donations can be delivered to the Hayward Police Department at 300 W. Winton Avenue, during regular business hours: Monday through Friday, 8 a.m. to 6 p.m. Please, no toy firearms or weapons as gift donations.

Strong Arm robbery solved, two arrests

SUBMITTED BY NEWARK PD

On August 24, 2013, Newark PD responded to Newark Mall on a report of a strong arm robbery that had just occurred. The victim was a 53 year-old female who sustained minor injuries as a result of the robbery. The Victim was walking through the parking lot when one of the suspects violently grabbed the victim's purse, knocking her to the ground.

One of the suspects jumped into a waiting vehicle with the purse and fled the area. The fleeing vehicle was being driven by the other suspect in this crime. Newark Mall Security was able to get a license plate number from the vehicle. Officer Josh Horst and Special Enforcement Detective Shannon Todd, through their diligent investigation, arrested both suspects.

Arrested were Luis Arevalo (Newark), the driver and Sergio Sanchez (Newark), the suspect who grabbed the purse. Sanchez was the final arrested on December 12, 2013

continued from page 3

New Year, New Diet Resolutions, New Determination

Many patients are referred to a dietitian due to medical conditions, including (Type 2) diabetes, high cholesterol, being overweight or having irritable bowel syndrome or gout. Some people may not know that they are gluten intolerant and many have multiple conditions that are affecting their weight and overall health.

"Some patients don't admit they are overweight," Mazzei notes. "They have to contemplate their condition before they are ready to make and commit to changes, and they need to focus on maintaining a healthy body weight."

She adds, "I customize diets for each patient, attending to their culture as well as their readiness to change. I provide them with resources that are a bridge to change. We talk about which steps they can take to phase out old habits and start new habits. I encourage them to try new foods and new ways of preparing certain foods."

The dietitians also provide many resources including guides to understanding food labels, sample menus and suggestions of books and websites. They may counsel patients about certain medications can affect how a person's body processes food.

Developing New Eating Habits Doesn't Happen Overnight

"Culture, daily activities, social surroundings and finances all impact eating habits," says Mazzei. "We counsel patients individually according to their culture and lifestyle. Their diet has to be manageable or they won't be able to stay on the diet."

Encouragement is an important component of a dietary plan for change and Washington Hospital dietitians emphasize the positive benefits of reducing the risk of possible health complications.

"Losing weight is not easy, but if people start with small changes, they can gain confidence as they become healthier," Mazzei adds. "It takes self-searching and a willingness to change. You need to be patient and have perseverance. Learn from your mistakes."

Document Eating Habits

Mazzei says that keeping a food diary in a notebook or on a Smartphone application can help you become more aware of what you are eating.

"Increase your awareness of foods," stresses Mazzei. "How much do you consume at a particular meal? What foods do you eat that are high in calories and fat, and how often do you eat them?"

Do's and Don'ts for Weight Loss Success

- Have several small meals and snacks a day. Consuming healthy foods about every four hours helps patients avoid overeating.
- Cut down on portion sizes.
- Keep high-calorie or high-risk foods out of the house and the workplace.
- Plan ahead: Stock up on the foods you need so they are handy when you are ready to eat, and help you avoid the temptation to grab an unhealthy snack.
- At a restaurant, ask for a food container and set aside half the meal before you start eating. Ask that some element of the meal NOT be included; for example, gravy or other high-calorie sauce.
- Start the new year with a diet diary and a commitment to exercise. Increase your physical exertion – it's important to overall health.
- Take advantage of New Year sales of exercise equipment or DVDs. Many gyms offer reduced annual membership fees in January. Cities' recreation programs start in January.
- Walk, walk, walk — weekdays and weekends. "Only you can exercise for yourself – schedule it specifically," suggests Ms. Mazzei. Seek a balance of aerobic exercise with strength training, which will improve flexibility as well as weight loss.

"The more specific you are with your goals, the more successful you will be," encourages Mazzei. "A healthy diet never stops; it's a lifetime habit."

Download Healthy Recipes Online

Washington Hospital offers nutrition counseling by appointment for individuals with specific medical needs as well as those who wish to maintain optimal health. Visit www.whhs.com/nutrition for more information and to download healthy food recipes.

Senior support volunteers needed

SUBMITTED BY LIS COX

Are you over 50 years of age and want to give back? If you are interested in a 9-week training program to offer emotional support for other seniors, please contact Lis Cox LMFT (510) 574-2064 or lcox@fremont.gov for more information.

Become a teen leader

SUBMITTED BY INDIA COMMUNITY CENTER

The eight-week session will provide a hands-on, innovative, and fun Teen Leadership Program to help youth design a plan for success in their personal, professional, and academic journey. This course will increase the student's level of self-awareness, provide accurate assessment of personal strengths, and identify opportunities for growth. It includes: tangible exercises to improve leadership aptitude, an opportunity for teens to explore their leadership potential, opportunity for the community to recognize teen community leaders, preparing for college and the application process, and improve critical thinking and problem solving abilities.

Enrollees must attend all classes, attend and participate in ICC's Youthsava on Saturday, April 12th, 2014, and be in grades 10 – 12. As a program participant, you will also be given preference to participate as a 2014 ICC Summer Camp Counselor, which is often a very competitive selection process.

ICC's Teen Leadership Program
Sundays, Jan. 26 - March 23
2:00 p.m. - 4:30 p.m.

India Community Center
525 Los Coches St, Milpitas
(408) 934-1130

http://www.indiacc.org/teen_leadership
Fee: \$550

India Community Center announces new Chair

SUBMITTED BY INDIA COMMUNITY CENTER

India Community Center (ICC) is pleased to announce that Kanwal S. Rekhi, Managing Director at Inventus Capital Partners and long-time community leader is the incoming Chair of its Board of Trustees, the organization's senior-most governing body. Rekhi has been a Trustee of ICC since its inception.

Rekhi follows on the heels of outgoing Chairman Kumar Malavalli, Chairman and CEO of InMage Systems, who will remain a Trustee. "It is an honor to be following in the footsteps of Kumar Malavalli," says Rekhi, "ICC is a great institution and has been true to its mission to 'Unite, Serve and Celebrate' the Indo-American community in the Bay Area. It is truly a microcosm of India, reflecting the full glory of its diversity and rich culture."

ICC's Board of Directors is also transitioning its leadership as entrepreneur Raju Reddy, currently Advisor to Hitachi ITSC Global Business, takes over the Co-President role from Venky Ganesan, Managing Director at Menlo Ventures, who will remain on the Board.

Reddy has been on ICC's Board for four years and previously chaired ICC's Sevathon, an annual walkathon event that draws thousands of participants from around the Bay Area to raise funds and awareness for community organizations.

Trustees and Directors volunteer their time without compensation.

For more information, visit www.indiacc.org.

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Staying on Course

Sun, stars, compasses, sextants, clocks, charts, maps, GPS devices... we humans have used them all to help us find our way around. None of these navigation aids is built into our bodies, though. These methods all depend on reading nature's signs and using tools.

Many other creatures on our planet can navigate just fine without any extra tools. True, they may use the Sun or even the stars as clues. But they are not using tools to take measurements or math to make calculations, the way people do. Yet many insects, birds, mammals, fish, and even reptiles can travel hundreds or thousands of miles to find one special location where they feed or breed. How do they do it?

Many animals use the Sun. Bees are a good example. When a worker bee is scouting for food (flowers) for her hive-mates, she takes note of the angle of the Sun with respect to the direction to the food. She returns to the hive to spread the word. She does a "wiggle-waggle" dance. The angle of her dance in relation to the top of the hive is the direction of the food in relation to the Sun. The number of waggles indicates the distance to the food. She keeps up the dance for

hours, but somehow knows that the Sun is moving. She changes the angle of her dance to exactly match the change in direction of the Sun.

Some birds navigate by the stars as they continue their long migration flights at night. African dung beetles use the Milky Way as a navigation aid! Some animals navigate by their sense of smell. Salmon and other fish may use an "odor map" of sorts to return to the exact spot in a river where they were hatched.

The Earth's magnetic field provides strong navigation clues for some animals. Homing pigeons use magnetic lines of force, along with other clues, to find their way home, no matter where or how far away a human "pigeon racer" may carry them just for sport. There is some evidence that pigeons may also use "sound maps" to help them navigate.

For homing pigeons who depend on Earth's magnetic lines of force to find their way home, what if those magnetic lines of force get disturbed? They often do, you know. Find out at <http://spaceplace.nasa.gov/pigeons>.

This article was written by Diane K. Fisher and provided by the Jet Propulsion Laboratory, California Institute of Technology, under a contract with the National Aeronautics and Space Administration.

Reducing stress for caregivers

SUBMITTED BY RAYMOND GRIMM

Are you experiencing stress from the ongoing responsibilities and challenges of taking care of a loved one?

In an 8-week class, you can learn how to develop a more mindful approach to working with stress. In a supportive group setting, we will learn various practices to cope more effectively and find greater balance amidst life's challenges. Mindfulness is a way of learning to relate directly to whatever is happening in your life, providing new opportunities for growth.

The eight-week session of classes take place Wednesday, Jan. 8 - Wed., Feb. 26, from 10 a.m. - 12 noon. There is a Retreat Day included on Feb. 19, 10 a.m. - 3 p.m. It is mandatory to attend on the first day of class. Fee is \$75, however, scholarships are available.

Reducing stress course for caregivers
 Wednesdays, Jan. 8 - Feb. 26
 10 a.m. - 12:00 noon
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 Millennium Room
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 (510) 574-2035
nrothschild@fremont.gov
 Fee: \$75 (Scholarships available)

Homework Center volunteers needed

SUBMITTED BY NATHAN SILVA

The Castro Valley Library is looking for dedicated and enthusiastic high school student volunteers, for just a few hours per week, for its after-school Homework Assistance Center. Are you looking for community service hours or need some job experience for your resume? Sign up for hours on Mondays, Tuesdays, Wednesdays and Thursdays from 3:30 p.m. to 5:00 p.m. during the school year and help students tackle their homework, gain valuable experience and have fun!

Contact Nathan Silva, Library Assistant II at 510-667-7906 for more information, or stop by the Castro Valley Library.

Potential volunteers, please be sure to pick up and complete a Homework Center Volunteer application.

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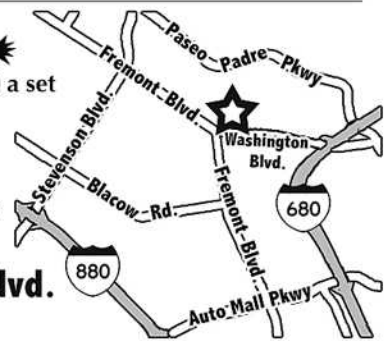
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continued from page 2

Did Preventing Stroke Make Your List of New Year's Resolutions?

and evaluated by a physician—otherwise, they can remain undiagnosed and, hence, not treated, Dr. Jain emphasizes.

To minimize overall stroke risk, Dr. Jain advises that:

- Fasting blood sugar is kept at less than 100.
- Blood pressure is kept at less than 140 (systolic) over 90 (diastolic).
- Total cholesterol is kept at less than 150.
- At-risk patients be evaluated for an irregular heart-beat.

"If you don't know that you're at risk for stroke, it's hard to prevent it. I always recommend that community members visit their physician to identify and manage both lifestyle-related and medically manageable risk factors for stroke."

Achieving a healthy lifestyle is easier than you might think

Think you have to go to the gym for two hours a day to be fit? Worried you have to starve yourself in the new year to achieve a healthy weight? Not so, according to Doug Van Houten, R.N., clinical coordinator of Washington Hospital's Stroke Program.

"Some people think you have to become a marathon runner to be fit, but evidence suggests otherwise," he says. "I loved this article I read in The New York Times. It said that by doing 10 to 15 repetitions of floor exercises—like jumping jacks—with 30-second breaks in between sets for a total of just 10 minutes, you've managed to maintain your fitness."

The key to maintaining a healthy lifestyle—particularly during the cold, dark winter months—doesn't require hours at the gym. It just requires moderation and planning.

"When it's cold, raining, and dark, you can be inside and do some simple exercises for just 10 minutes to keep the process going," he says. "The truth is that there are alternatives to what you think of as full-blown healthy lifestyle."

Moderate Diet and 10 Minutes of Exercise a Day Can Go a Long Way

To get healthy—and help prevent stroke through simple lifestyle changes—Van Houten says it's important to plan.

"I'm glad we'll be talking about stroke prevention and healthy lifestyle at the beginning of the year because it's a good time to refocus. The real trick is to exercise some moderation in how you eat, plan your meals, and find any way you can to fit in extra exercise."

By planning meals—rather than waiting until you're starving to think about food—it's easier to make smart choices, rather than reaching for a candy bar or bag of chips.

"You don't have to be dramatic with your lifestyle changes to really have a good outcome. You just have to be consistent, use moderation, and find something that works for you."

He offers these simple suggestions for fitting in a little more physical activity into your day:

- During lunch, plan for a walk with a friend.
- When you're shopping, park at the end of the parking lot.
- After dinner, take a quick walk in the neighborhood.
- When it's cold outside, plan for 10 minutes of rapid-fire floor exercises (jumping jacks, stepping up and down on a chair, jogging in place, etc.)
- Take the stairs when you can and avoid the elevator.

A healthier 2014

To learn more about how disease processes like diabetes and hypertension impact stroke risk, as well as how to make healthy lifestyle changes, attend the upcoming Free Stroke Education Series seminar focusing on prevention. The class will be held from 6 to 8 p.m. on Tuesday, Jan. 7, in the Conrad E. Anderson, M.D. Auditorium located at 2500 Mowry Avenue (Washington West) in Fremont.

To register, call Health Connection at (800) 963-7070 or visit www.whhs.com.

Conservation program raises funds for animals in the wild

SUBMITTED BY NICKY MORA

The Bay Area's Oakland Zoo is proud to announce that Quarters for Conservation, a program to promote wildlife conservation efforts, has raised more than one hundred thousand dollars. Three of the Zoo's conservation partners, ARCAS Animal Rescue in Guatemala, the Bornean Sun Bear Conservation Center, and the Bay Area Puma Project are the main beneficiaries of the proceeds, which were collected from each Zoo admission fee. The remaining funds will support Oakland Zoo's other conservation partnerships and efforts.

"Our many thanks to Oakland Zoo and the entire zoo community," said Colum Muccio, ARCAS Administrative Director. "The Quarters for Conservation program is an amazing example of how we can all connect across the globe to protect endangered wildlife."

"Oakland Zoo's Quarters for Conservation funding will provide vital support for the Bay Area Puma Project, a long term research and conservation project focusing on mountain lions, essential ecosystem members, at the wildland interface," said Zara McDonald President, Felidae Conservation Fund. "Healthy mountain lion populations are threatened by an increase in human activities and development in the San Francisco region and the support of the zoo will make a difference for our lions."

For the past twelve months, twenty-five cents of every Zoo guest admission has been collected and put into a Quarters for Conservation Fund, aimed at saving species in the wild; therefore, each visit a guest has made to the Zoo resulted in a twenty-five cent donation to conservation. Through a voting station, where visitors cast their votes for their favorite project, \$13,221 was raised for ARCAS animal rescue in Guatemala, \$16,272 was collected for the Bornean Sun Bear Conservation Center, and \$21,357 was gifted to the Bay Area Puma Project.

Quarters for Conservation began in 2011 and over the past two years the program has raised over \$200,000 for Zoo conservation partners and projects. Each year during the month of October, three new organizations are chosen to be the main beneficiaries of the fund's proceeds. Oakland Zoo staff members and volunteers vote to determine which conservation programs to highlight and take

great pride in helping save species in the wild. Guests of the Zoo are given a special voting token upon entering the Zoo. The token is then used for voting at the conservation station located in the Zoo's Flamingo Plaza. The votes determine how much funding will go to each project. During 2011-2012, Zoo visitors voted to help protect chimpanzees in Uganda, conserve African elephants in Kenya, and to help keep the California condor alive in the wild.

For 2013-2014, guests of Oakland Zoo are encouraged to Leap into Action for the Mountain Legged Frog (Mountain Yellow-Legged Frog Project), Reach High for Reticulate Giraffe (The Reticulated Giraffe Project), or Look Out for Lions (Uganda Carnivore Program).

Leap into Action for the Mountain Yellow Legged Frog. Once an abundant native of the Sierra Nevada Mountains, the mountain yellow-legged frog is now facing extinction due in part to the highly lethal chytrid fungus. However, thanks to the anti-fungal baths developed by San Francisco State University's Mountain Yellow-Legged Frog Project, there is hope for these frogs and amphibians around the world.

Look Out for Lions. "The King of the Jungle" is in trouble. African lion populations have declined from 200,000 in the 1980s to under 30,000 individuals today due to human development and the resulting human-wildlife conflict. Through research, education, and providing sustainable income opportunities for people in and around Uganda's Queen Elizabeth National Park, the Uganda Carnivore Program aims to create a habitat fit for a king.

Reach High for the Reticulated Giraffe. The tallest mammal in the world is in serious decline. Reticulated giraffes have had an 80 percent drop in numbers in the last decade due to poaching and habitat loss. The Reticulated Giraffe Project in Kenya aims to discover what giraffes eat, how their family groups function, and where they go when roaming the savannah. Through the power of information, help for this iconic figure of Africa is within reach.

For more information, visit: www.oaklandzoo.org.

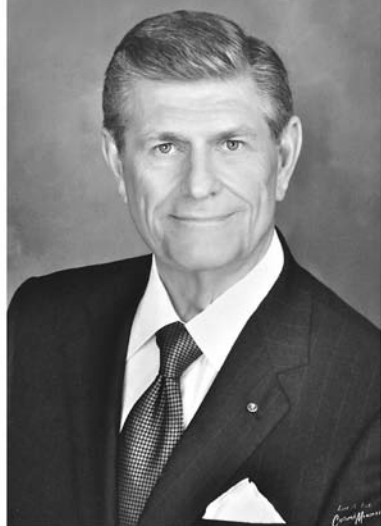


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BUSINESS

Health insurance enrollees urged to make payments

AP WIRE SERVICE

SACRAMENTO, Calif. (AP) — With its first major deadline in the past, California's health insurance exchange is urging the thousands of people who enrolled for coverage to take the next step and pay for it.

Premiums are due by Jan. 6 for policies starting in the new year. Those who missed the cutoff will have three months to get coverage before the federal tax

penalty kicks in under the federal health care law.

Anne Gonzales, spokeswoman for the agency running the state's health exchange, says it's important for people to realize that their policies will not take effect simply because they enrolled for coverage. They need to pay the first month's premium to the insurance company they selected.

The latest tally from Covered California, released Friday, shows 428,000 people have signed up for coverage.

Poll: Americans hopeful for a better year in 2014

BY JENNIFER AGIESTA
ASSOCIATED PRESS

WASHINGTON (AP) — Large number of Americans see 2013 as anything but a banner year and aren't reluctant to wave goodbye on New Year's Eve, a new AP-Times Square poll says, reflecting anxiety stretching from the corridors of power in Washington to corporate boardrooms, statehouses, and city and town halls.

Although the poll shows that people generally are looking forward to the new year with optimism and no blatant sense of foreboding, it also unmasks pent-up worries about international crises and instability, and concerns at home about the standard of living, health care and schools.

What the public thought of 2013: GOOD YEAR OR GOOD RIDDANCE?

On the whole, Americans rate their own experience in 2013 more positively than negatively. But when asked to assess the year for the United States or the world at large, things turn sour.

—All told, 32 percent say 2013 was a better year for them than 2012, while 20 percent say it was worse and 46 percent say the two years were really about the same. Young people were more apt to see improvement: 40 percent of people under age 30 called 2013 a better year than 2012, compared with 25 percent of people age 65 or older.

—The public splits evenly on how the year turned out for the country, 25 percent saying it was better than 2012, 25 percent saying it was worse. As with most questions about the state of affairs in the U.S. these days, there's a sharp partisan divide. Democrats are more apt to say the U.S. turned out better in 2013 than 2012 (37 percent) than are Republicans (17 percent).

—Thinking about the world at large, 30 percent say 2013 was worse than 2012, while just 20 percent say it was better.

But the outlook for the new year is positive: 49 percent think their own fortunes will improve in 2014, 14 percent are anticipating the new year to be a downgrade from the old. Thirty-four percent say they don't expect much to change.

WHERE'S THE PARTY?

Most Americans — 54 percent — say they'll be ringing in the new year at home, while 1 in 5 are heading to a friend's or family member's house. Only 8 percent say they'll go to a bar, restaurant or other organized event.

—Younger Americans are least apt to spend the holiday at home: 39 percent of those under age 30 will celebrate at home, 33 percent at someone else's home, 13 percent at a bar or other venue.

—Regardless of their own time zone, nearly 6 in 10 say they'll watch at least some of the celebration from New York City's Times Square.

COUNTDOWN COMPANIONS

Wherever they're spending the holiday, most Americans prefer the company of family. Asked with whom they want to be when the clock strikes midnight, 83 percent name a family member.

—On a holiday often sealed with a kiss, nearly 4 in 10 say they most want to be next to their spouse, and 13 percent cite a significant other or romantic interest as a preferred companion. Parents like to be with their children, more than the children like to be with their parents.

—Less conventional choices: 2 percent cite their pets, 3 percent God, Jesus or their religious congregation, and less than 1 percent said they wanted to ring it in with their co-workers.

Report faults CA toxic waste regulators

AP WIRE SERVICE

LOS ANGELES (AP) — California regulators have allowed hundreds of toxic waste polluters walk away from contaminated sites and dozens of waste facilities to operate with expired permits while reducing enforcement, it was reported Friday.

The Department of Toxic Substances Control also has drastically reduced fines against polluting firms and reduced the number of cases it sends to prosecutors, the Los Angeles Times (<http://lat.ms/1il4wE3>) said, citing interviews and records from courts, the department and other agencies.

The department is responsible for regulating more than 100,000 businesses that generate hazardous waste in the state.

However, the Times review concluded that:

— A quarter of California's 118 major hazardous waste facilities are operating on expired permits.

— Hundreds of companies have walked away from contaminated sites, leaving the cleanup costs to taxpayers. The department has acknowledged that it did not even try to collect \$140 million in such costs from 1987 through last year, although it has now recovered about \$16 million under a new billing procedure.

— The department has drastically reduced its use of fines in recent years. Companies agreed to pay a total of \$2.45 million a year on average from 2008 to 2012 — half the average of the previous five years.

— The department has sharply reduced the number of cases it submits to prosecutors for possible criminal charges — an average of four per year in the past five years compared to more than 40 a year in the previous five years.

Problems have been blamed on staff cuts, inconsistent standards for regulations and enforcement, high turnover at the top; it's had seven directors in 10 years.

Department Director Debbie Raphael declined to be interviewed for the Times story, but she has previously said the agency is working to correct inherited issues.

"We are committed to owning up to the problems and taking the steps necessary to ensuring they are fixed once and for all," she said in a statement posted on the agency's website.

Two cases illustrate the department's sluggish response: In 1992, nitric acid leaked from a tank at Electro-Forming Co., a metal plating company in the San Francisco Bay Area city of Richmond, and created a toxic cloud that reached nearby homes.

"People were coughing. They were gasping for air," recalled Denny Larson, who went to the scene. More than 125 people were taken to hospitals.

More than 20 years later, a study that the department ordered to determine the extent of contamination from the site still has not been completed.

In Southern California, public outcry recently arose over Exide Technologies, a battery recycler in the southern Los Angeles suburb of Vernon.

The plant has been smelting the lead in batteries for decades with a temporary permit that was only intended to give it time to meet legal standards for disposing of toxic materials, the Times said.

In March, the South Coast Air Quality Management District reported that arsenic emissions created an elevated risk of cancer for as many as 110,000 people.

The state finally tried to suspend the plant's operations, but a judge this summer allowed operations to resume.

Earlier this year, Exide agreed to set aside \$7.7 million to pay for new filters to lower its emissions. In return, the state dropped efforts to shutter the plant, although the air quality district still is seeking to close the plant until its air pollution control systems are improved.

"The department has unfortunately had a long history of constant turnover and uncertain standards — a situation that has left permittees frustrated with frequently shifting oversight, guidance, requirements and deadlines," said Bud Desart, a senior director of Exide's recycling group.

However, Exide officials are now working to obtain a permanent permit, he said.

Raphael has called the department's record on Exide "an embarrassment."

"There is a systemic problem with enforcement of regulations to protect the public," said state Sen. Kevin de Leon, D-Los Angeles, whose district includes Vernon. "It's the agency's main responsibility to ensure that these facilities pose no harm, and the reality is, that is not happening."

Information from: Los Angeles Times, <http://www.latimes.com>

continued on page 13

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Predictions from market experts for 2014

BY KEN SWEET
AP MARKET WRITER

NEW YORK (AP), It is an understatement to say stock market investors had a good year in 2013. The Standard & Poor's 500 index soared 29 percent, its best year since 1997. Including dividends, it gained 32 percent.

What lies ahead after this historic year? The AP asked leading market analysts and investment managers where they see the Standard & Poor's 500 index winding up by the end of 2014 and why. The index closed at 1,841 Friday, with two trading days left in the year.

CITIGROUP

Year-end target: 1,900.
Reasoning: Modest improvement in the economy and better company earnings. Enticed by higher returns, investors will move some cash from bonds back into stocks.

BANK OF AMERICA MERRILL LYNCH

Year-end target: 2,000.
Reasoning: With the Federal Reserve likely to end its bond-buying program, bonds face a tough year. In stocks, the focus will be large multinational companies that can benefit from an improving global economy.

GOLDMAN SACHS

Year-end target: 1900.
Reasoning: The rally of 2013 cannot continue into 2014. Stocks are no longer cheap. Investors are paying more than \$16 for every \$1 of earnings, versus about \$14 at the beginning of 2012. Stocks will keep rising, but more modestly, Goldman analysts say.

BARCLAYS CAPITAL

Year-end target: 1,900.
Reasoning: The Fed pulling out of its stimulus program will lessen the support for U.S. stocks over the next year. Investors should focus on corporate earnings, as well as the modestly improving economy.

WELLS FARGO SECURITIES

Year-end target: 1850-1900.
Reasoning: The stock market will trend higher next year, but the returns are unlikely to repeat the gains of 2013. Another round of budget battles between the White House and Congress as well as a new Fed chairwoman will likely impact the market's growth.

continued from page 12

Poll: Americans hopeful for a better year in 2014

—Of course, some opt out altogether: 18 percent say they're not planning to celebrate on New Year's Eve, and 9 percent say there's no one with whom they'd like to party, preferring instead their pillow, TiVo or their own thoughts.

WHAT MATTERED IN NEWS

Asked to name the most important news story of the year, 26 percent of Americans cited the implementation of the health care law. That story also came out on top in an Associated Press survey of news directors and editors, in which 45 of 144 journalists surveyed called the health care roll out their top story.

In the AP-Times Square poll, the death of former South African President Nelson Mandela occurred as the poll was underway. It rose quickly, with 8 percent naming it as the most important news of the year, matching the share citing the federal government's budget difficulties or shutdown.

A separate question asked respondents to rate the importance of several news stories for them personally. The budget fight, which led to a partial shutdown of the federal government in October, was rated extremely or very important by 60 percent of Americans, and prompted rare bipartisan agreement. About two-thirds in each major party — 65 percent of Republicans and 63 percent of Democrats — rated it highly important.

A majority said the Boston Marathon bombings were extremely or very important, and 47 percent considered the national debate over gun laws that important.

POP CULTURE: MOSTLY FORGETTABLE MOMENTS

Miley Cyrus's MTV Video Music Awards performance. The launch of "Lean In." Apologies from Paula Deen and Lance Armstrong. Walter White's exit and the entrance of the Netflix series "House of Cards." What do they all have in common? More Americans say these pop culture mo-

ments were more forgettable than memorable.

Just one pop culture moment was deemed more memorable than forgettable: The birth of Prince George to Britain's Prince William and his wife, Kate.

—Among men, 64 percent called the debate on work-life balance sparked by the book "Lean In" and other writings forgettable. About half of women agreed.

—About 1 in 5 younger Americans said the launch of original programming through streaming services like Netflix or Hulu was a memorable moment, about doubling the share among those age 50 and up.

—Residents of the West were more likely than others to consider memorable the San Francisco "Batkid" (31 percent) or the final season of the series "Breaking Bad" (19 percent).

The AP-Times Square New Year's Eve Poll was conducted by GfK Public Affairs and Corporate Communications from Dec. 5-9 and involved online interviews

with 1,367 adults. The survey has a margin of sampling error of plus or minus 3.5 percentage points for all respondents. The poll is a cooperative effort between AP and the organizers of the Times Square New Year's Eve Celebration, the Times Square Alliance and Countdown Entertainment. The Alliance is a non-profit group that seeks to promote Times Square, and Countdown Entertainment represents the owners of One Times Square and the New Year's Eve Ball Drop.

The survey was conducted using KnowledgePanel, a probability-based Internet panel designed to be representative of the U.S. population. Respondents to the survey were first selected randomly, using phone or mail survey methods, and were later interviewed online. People selected for KnowledgePanel who didn't otherwise have access to the Internet were provided with the ability to access the Internet at no cost to them.

For divided Congress, water projects are a unifier

BY HENRY C. JACKSON
ASSOCIATED PRESS

WASHINGTON (AP), Those occasionally infamous multimillion-dollar water projects that have been derided by good-government types over the years as Exhibit A of pork-barrel spending in Congress are making a comeback. The reason: Apparently, this is one of the few areas where members of both party see eye to eye.

Republicans and Democrats who found little common ground in 2013 are rallying around a bill they hope to pass early next year authorizing up to \$12.5 billion over the next decade for flood diversion in North Dakota, widening a Texas-Louisiana waterway, deepening Georgia's rapidly growing Port of Savannah and other projects.

That's the Senate bill's total. The House version would cost about \$8.2 billion. Negotiators are confident they can merge the two and pass the package for President Barack Obama's signature early in 2014.

Unlike a farm policy-food stamp bill also the subject of on-going House-Senate negotiations, the differences in the two houses' water project bills are modest and the acrimony is less.

Negotiators say the roughly \$4 billion gap between the two bills is more about how they are written than substantive policy or political differences.

"The important thing is that

we all care about reform," said Rep. Bill Shuster, R-Pa., chairman of the House Transportation and Infrastructure Committee.

Shuster's Senate counterpart, Sen. Barbara Boxer, D-Calif., has said much the same thing.

The last time Congress enacted a water projects bill was 2007, and it took two-thirds majorities in both houses to override President George W. Bush's veto of it.

Negotiators held their first formal meeting just before Thanksgiving on blending the two versions. Staff talks continued until Congress left for its year-end break and will resume in January.

Lawmakers have been drawn to the big investment in infrastructure sketched out in both bills — and the promise of jobs that entails. Business groups, led by the U.S. Chamber of Commerce, have lobbied members to support the bills, saying they'll help keep American businesses competitive.

The bills try to address perceptions of years past that water project legislation was loaded with favors inserted by key lawmakers for their home districts and states. This time, both bills eliminate billions of dollars in dormant and duplicative projects. Shuster stressed that this bill contains no such "earmarks."

Those reforms still aren't enough for some conservative groups that pressed lawmakers to oppose the bills, saying they are

reform in name only and don't do enough to cut spending.

"Even before the predictable increase in authorizations as this bill goes through the process, this legislation would only shave a few billion dollars off the backlog," Heritage Action and other groups wrote House members.

Tea party sympathizers in the House largely brushed off conservative critics, buying into the idea that this water projects bill represents both reform and needed investment. To wavering Republicans, Schuster cited Article 1, Section 8 of the Constitution, which directs Congress to establish roads and regulate interstate commerce.

For their part, Democrats breezed past environmental groups concerned about language that speeds up the environmental review process for projects.

The House bill passed 417-3 in late October, winning support of everyone from Democratic leader Nancy Pelosi to tea party stalwarts like Rep. Tim Huelkamp, R-Kan. The Senate easily passed its version of the bill in May by a vote of 83-14.

Both bills accelerate environmental reviews and allow more money from the Harbor Maintenance Trust Fund to be spent on harbor improvements, but the House version of the bill ramps up spending from the fund more slowly.

The legislation would affect

virtually every facet of America's waterways and authorizes or reauthorizes dozens of projects, though Congress still has to pass separate bills appropriating money for them.

Among them:

—Dredging and widening the Sabine-Neches Waterway, billed as "America's Energy Gateway" because the nearly 80-mile waterway services many oil and natural gas refineries in Texas and Louisiana.

—\$954 million for environmental restoration along the Louisiana coast.

—Expanding the Port of Savannah. Georgia officials have long lobbied for federal backing to improve one of the country's fastest growing ports; the bills designate up to \$461 million for that purpose.

—Flood diversion for the flood-prone Red River Valley region of North Dakota and parts of Minnesota. The bills authorize spending of about \$800 million to relieve flooding in a region that includes the cities of Fargo, N.D., and Moorhead, Minn. The region has suffered major floods in four of the past five years.

—Up to \$43 million to reduce hurricane and storm damage risks along the San Clemente, Calif., shoreline.

The bills would shelve about \$12 billion in old, inactive projects that had been approved in water resources bills prior to 2007.

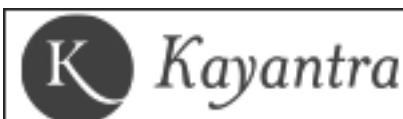
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The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books.

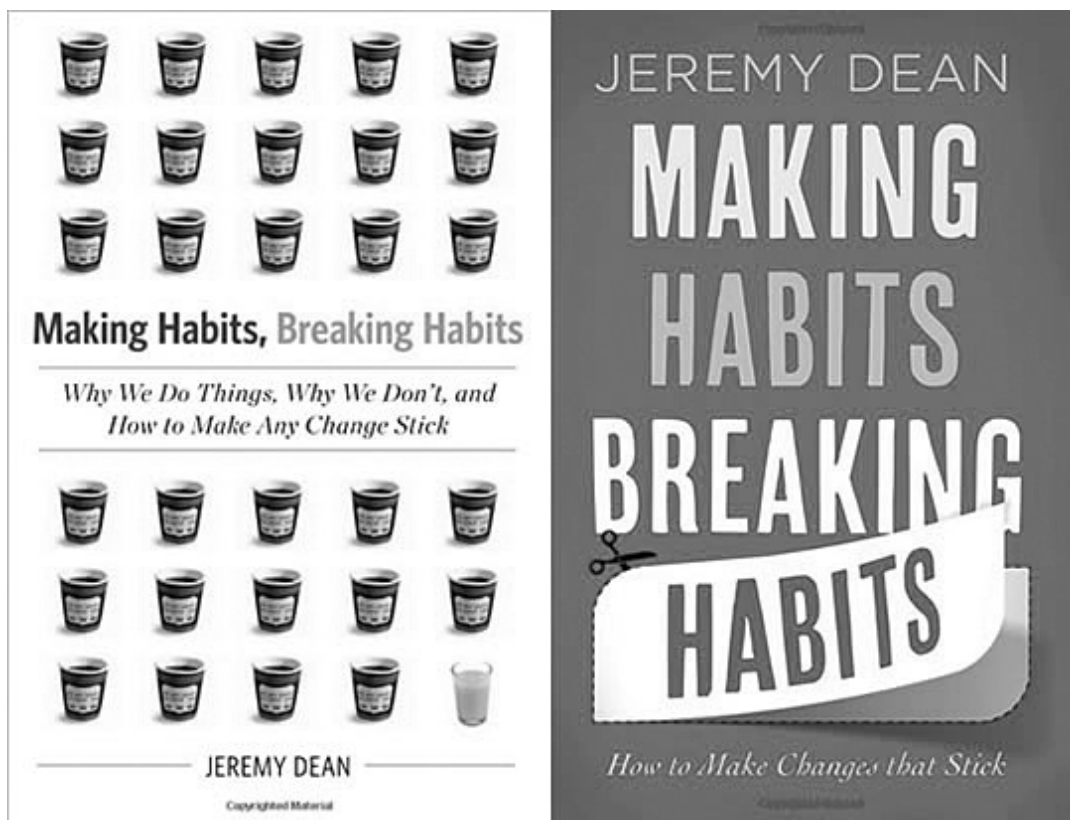
“Making Habits, Breaking Habits”

by Jeremy Dean

This year, you're really going to do it.

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“There has to be an ultimate goal that is really worth achieving or the habit will be almost impossible to ingrain,” says Dean. Muster all the willpower your body possesses, visualize until your head hurts, but nothing works if there's no internal reward. External rewards, Dean says, are “laced with danger.”



JEREMY DEAN
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whatever it is you've been meaning to do for months.

You're really going to do it. You are. And with “Making Habits, Breaking Habits” by Jeremy Dean by your side, you really might accomplish that goal.

Step into the self-help section of any bookstore or library, and you might think that “21” is a magic number: a lot of books claim that you can fix your life in that many days.

Jeremy Dean says establishing habits isn't that easy, however. Research shows that it takes an average of 66 days for a habit to be formed, depending on several factors. A “really strong” habit could take a year to create!

From the time we get up in the morning until the time we fall asleep, we follow habits without thinking about them, which is one of the main characteristics of a habit. Habits are also “curiously emotionless” and are generally followed in connection with another situation: you get in the car and turn on the radio because, well, you're in the car.

That's a habit made in “response to rewards from the environment.” Conversely, making habits can also be intentional but it depends on how worthwhile we find them. You may intend to get to the gym every day, for instance, but if you'd really rather stay in bed, guess which activity wins.

As for breaking habits, it's hard to stop doing something you're not aware you're doing. What's worse: studies show that trying to suppress a thought or action makes you want to do it all that much more. So forget about self-control, says Dean. Instead, change your cues, pay attention, know yourself, and learn some “happy habits.”

Looking for a quick-fix for those New Year's Resolutions? Nope, “Making Habits, Breaking Habits” ain't it.

By helping us understand what makes us tick and why, author Jeremy Dean avoids platitudes and misty advice to give his readers the tools they need to stop being frustrated by change and lack thereof. He advocates patience and dispels a lot of myths about why we do the things we do (or don't), explaining why our willpower fails us or why we find some habits easy to make.

That's helpful, and could make a fix that sticks.

While there are times when this book seemed smaller than its subject, I think it would be advantageous to anyone who's serious about changing behavior. If that's you, then find “Making Habits, Breaking Habits”.... and then do it.

c.2013, DaCapo Lifelong
 \$26.00 / \$29.00 Canada
 256 pages

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Have tree, will compost

SUBMITTED BY CITY OF FREMONT

PREPARATION

Remove all decorations, tinsel, lights, nails, and tree stands prior to pickup or drop-off. Trees that have any of these items are not compostable!

NOTE: Trees that contain fire retardant or flocking are not compostable.

SINGLE FAMILY RESIDENCES

Curbside Pickup:

Republic Services (Dec 30, 2013 - Jan 10, 2014 on scheduled collection day) Remember, collection is one day late Dec 25-27 and Jan 1-3

This program is only for residents who have a green organics cart from Republic Services. There is no extra fee for composting your Christmas tree at the curb and there is no need to call to request this service. Just leave your tree out using one of the following methods:

1. Put Compostable Tree in Green Organics Cart: Cut tree so pieces fit loosely in green organics cart with the lid closed. Place cart at the curb on your collection day.

2. Put Compostable Tree in Gutter (not sidewalk): If your tree is less than six feet in length, place the whole tree in the gutter on your collection day. If your tree is over six feet in length, cut the tree in half and place both halves in the gutter on your collection day.

3. Put Non-Compostable Tree in Blue or Black Garbage Cart or Call for Bulky Goods Pickup: (Please prepare your tree for composting first – use the disposal option only as a last resort). Cut tree so pieces fit loosely in garbage cart with the lid closed. Place cart at the curb on your collection day. Or, call Republic for a bulky goods pickup of your non-compostable tree at (510) 657-3500.

OPTIONS FOR MULTI-FAMILY DWELLINGS

Compostable trees should be placed at the location designated by the Property Manager.

Non-Compostable Trees with flocking, fire retardant, decorations, tinsel, nails, tree stands.

- Cut up and place in the garbage container.
- Do not place trees next to containers or inside trash enclosures.
- Do not overflow containers (items piled higher than the edge of the box)

SINGLE AND MULTI-FAMILY

Boy Scout Troop Pickup: Saturday January 4, 2014; 8 a.m. to 3 p.m. To make arrangements with the Boy Scouts, choose one of the following methods:

1. Mail a check or money order and the coupon at the bottom of this flyer (fees on coupon). The coupon and check must be received no later than Jan 2, 2014.

2. Call the City of Fremont Environmental Hotline at (510) 494-4580 no later than Jan 2, 2014 for recorded instructions on where to leave your tree and payment.

Drop-Off Service

Republic Services Center (Dec 30, 2013 - Jan 31, 2014; Mon - Fri 8 a.m. to 5 p.m.)

The drop-off program may be used by all Fremont residents. Note: Closed on New Year's Day. 42600 Boyce Road, Fremont; (510) 657-3500

Fees: No fee for compostable trees - \$5.00 for non-compostable, decorated trees.

Republic Services Curbside Tree Pick Up Questions? Call Republic at 510-657-3500

BOY SCOUT COUPON

Make check or money order payable to: Boy Scouts of America
Circle amount: \$5.00 compostable tree (no decorations) or \$10.00 non-compostable tree (contains decorations)

Name: _____

Phone: _____

Address: _____

Fremont, CA _____

Nearest Cross Street: _____

Apt No. _____ (if applicable)

Location where tree will be left: _____

left: _____

Mail coupon to: BSA Holiday Trees, Mike Whittaker
2356 Night Shade Lane, Fremont, CA 94539

A teen's charity clothes local student

SUBMITTED BY SUE GRAHAM



Teen charity, 1 Closet and high school senior, Laura Graham are helping to change the lives of foster teens, those living in youth shelters and teenagers who have aged out of foster care. This growing youth based charity has now partnered with Newark Memorial and Moreau High School each holding 'teen' clothing drives.

Graham focuses on gently used clothing basics; jeans, T-shirt, athletics, and warm wear only, while donations help teenagers return to the classroom with confidence! Donations remain local benefiting;

Alameda Child Family Services along with California School for the Deaf and various social service agencies. Newark Memorial and Moreau High Schools are among a growing list of public and private high schools throughout the East Bay who have partnered with 1 Closet, pushing donations to more than 16,000!

If you are interested in donating or holding a clothing drive, contact 1 Closet at www.1-closet.com.

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Kid Scoop FIT & FUN

Try these exercises to have fun and exercise the owl way!

The Snowy Owl

Like a ghost, the snowy owl glides through the air in soundless flight. This owl is different from most owls because it hunts during the day and at night. Most owls hunt at night. In the arctic region, the summer days and nights are always light. An owl waiting for darkness to hunt would starve before the dark days of winter arrive.



Connect the dots to draw a snowy owl in flight.

Why White?

Many animals can blend into their environment. This is called camouflage. There are few trees on the tundra, so the snowy owl's white plumage blends with the snowy world of the northern arctic.

In the spring, when the snowy owl makes a nest, the snow has started to melt and the brown earth shows through patches of white snow. The female snowy owl's soft white feathers are streaked with brown so she cannot be seen as she nests on the ground.

Here are three other animals that blend into their habitats, or homes. Can you unscramble their names?

**POLEDAR
REDE
EGIRT**

Standards Link: Life Science: Animals have external features that help them thrive in the different environments they inhabit.



Fly like an owl.

Stretch your arms wide apart and swoop around outdoors.

Perch like an owl.



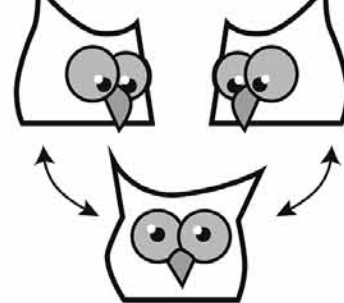
Squat down like you are sitting on a tree branch watching for mice on the ground. Fold your arms into wings with your thumbs in your armpits. How long can you stay in this position?

Hop like an owl.



Start in the perched position. Then hop to the right, hop to the left, hop forward, hop backward.

Twist and turn.



While sitting in the perched position, turn your head as far to the right as you can. Then turn your head as far left as possible.

Standards Link: Physical Education: Understand the health benefits of physical activity and exercise.

Kid Scoop VOCABULARY BUILDERS

This week's word: **TUNDRA**

The noun **tundra** means a treeless plain of arctic regions.

You can't grow food on the frozen **tundra** regions of the world.

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

Write On!

Bird Report

Write a paragraph reporting on your favorite bird. Include at least three facts about this bird.

How big is a snowy owl?

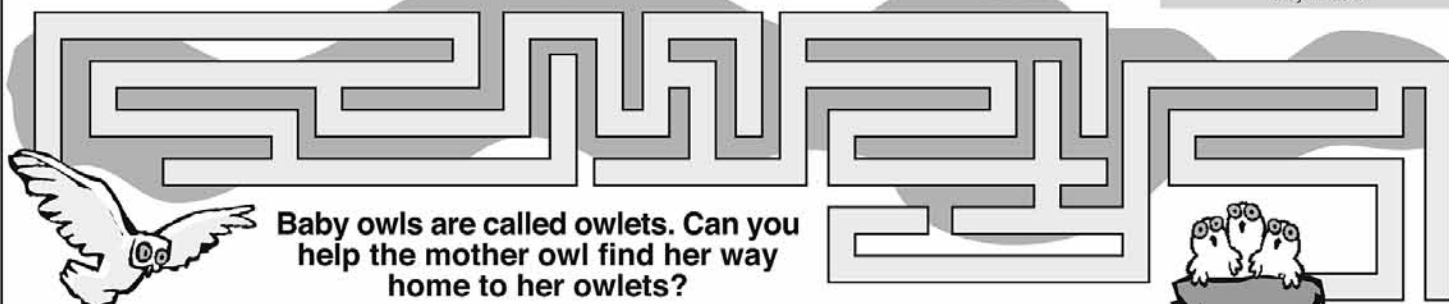
The snowy owl is one of the largest owls, with a height of about 27 inches (69 cm) and a wingspan of up to 60 inches (152 cm). Wingspan is the measurement from wing tip to wing tip, when the wings are fully stretched.

Microwave oven	25 inches (63.5 cm)
Teacher's desk	40 inches (102 cm)
House cat	25 inches (63.5 cm)
Baseball bat	33 inches (84 cm)
Tennis Racket	27 inches (69 cm)
Small car (width)	67 inches (170 cm)

How many of the things in this chart could fit into a snowy owl's wingspan?

Measure 60 inches (152 cm) on the floor. Now lie down with your arms outstretched along the line. Measure your outstretched arms. How do you compare?

Standards Link: Measurement; students compare the length of objects by using direct comparison of standard units.

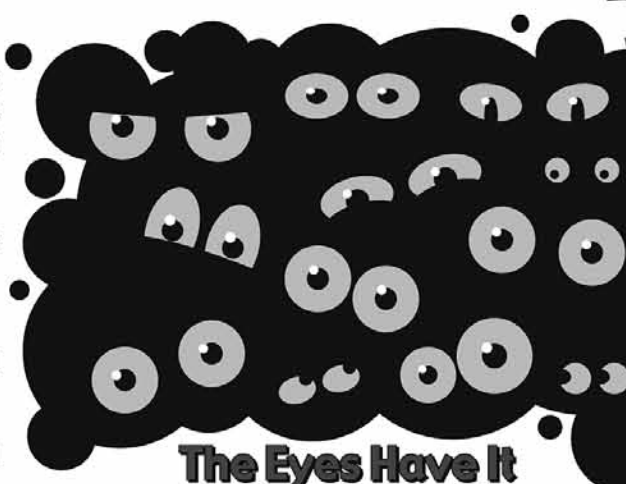


Baby owls are called owlets. Can you help the mother owl find her way home to her owlets?

Owl Eyes

All owls have excellent sight so that they can spot creatures like mice that run fast along the ground. Owls' eyes are not the same as human eyes. We move our eyes in their sockets to see from side to side. The owl must turn his head to see in different directions. Owls also have a third eyelid, which protects the eye. It is a milky white eyelid that comes up from the bottom of the eye. Its purpose is to clean and refresh the owl's eyes. This third eyelid is called a *nictitating membrane*.

Standards Link: Life Science: Adaptations in physical structures improve an animal's chance for survival.



The Eyes Have It

The snowy owl has round, yellow eyes. Can you find the pairs of eyes that match?

Standard Links: Visual Discrimination; students compare and sort common objects.

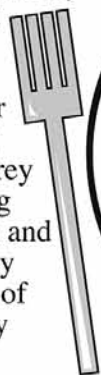
Extra! Extra!
Count the Eyes

Look through the newspaper and count the number of eyes that you find. How many are human eyes? How many are the eyes of other animals?

Standards Link: Number Sense; count and name a number of objects.

Don't chew your food, dear. Swallow it whole.

The snowy owls need to eat a huge amount each day – enough to equal their own body weight. They don't chew their food – they just swallow their prey whole, including fur, claws, teeth and bones. Then they spit out a pellet of all the parts they can't digest.



What silly things can you find on this owl's dinner plate?

Standards Link: Life Science: Animals need food for survival and have physical structures to help them survive.

Double Double Word Search

- SNOWY
- OWL
- WINGSPAN
- MEMBRANE
- DIGEST
- BONES
- COUNT
- TUNDRA
- SPOT
- SIGHT
- CHEW
- PREY
- BLEND
- GHOST
- PLUMAGE

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



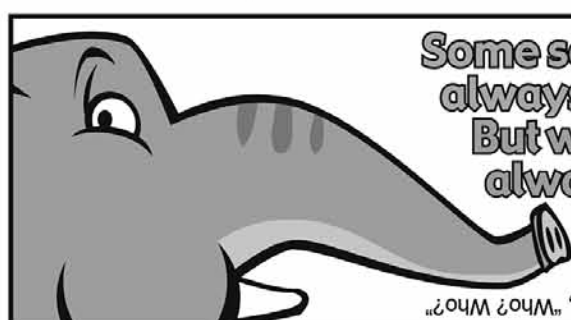
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Create Camouflage

Choose a picture in the newspaper. Cut out a circle of white paper that fits over one-third of the picture. Color the white circle to match the picture underneath. This is camouflage.

Standards Link: Reading Comprehension: Follow simple multiple-step directions.



Some say an elephant always remembers. But which animal always forgets?

ANSWER: The owl. It keeps saying, "Who? Who?"



Are you a writer?

Do you like to write about interesting topics? Are you a whiz with words and like to share your thoughts with others? Can you find something fascinating about lots of things around you?

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EARTH TALK®

E - THE ENVIRONMENTAL MAGAZINE

Carbon dioxide emissions

Dear EarthTalk:

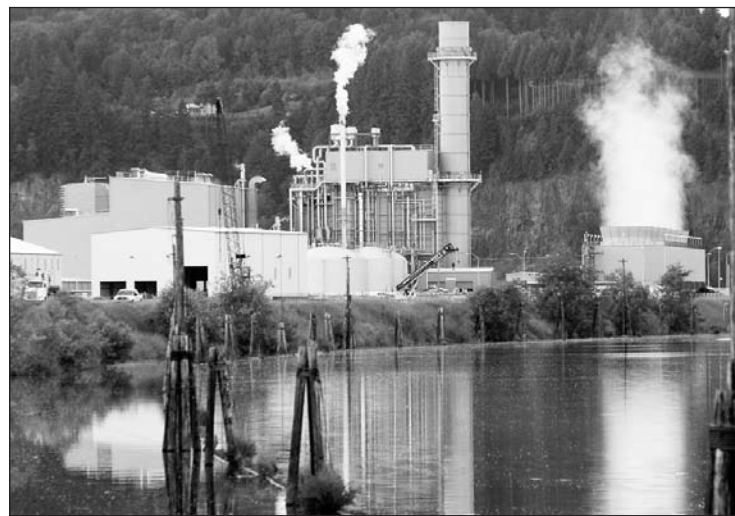
How can it be that carbon dioxide emissions are the lowest they have been in the United States in 20 years despite the fact that we have no binding federal legislation limiting them?

- Jason Johnson, Port Chester, NY

Carbon dioxide emissions are indeed lower than at any time since 1994, according to data recently released by the U.S. Energy Information Administration (EIA). But if you think that the rise of the hybrid car, our embrace of public transit, walking, biking and those new windows on the house are behind the trend, think again. According to the EIA, increased energy efficiency has played a role, as have recent warmer winters and the recession, but the key driver has been the swapping out of coal at

(NRDC), a leading environmental group. "And while gas-fired power plants have lower carbon dioxide emissions than coal-fired ones, their emissions are still far too high to be considered a global warming solution."

Furthermore, EIA says our energy-related carbon emissions are already rising again given recent increases in natural gas prices that have steered some utilities back to coal. The EIA anticipates U.S. energy-related carbon emissions rising 1.7 percent in 2013 and another 0.9 percent in 2014. The most important remaining question, says Lashof, is whether or not the U.S. will continue to reduce its CO2 emissions to achieve the president's 2020 goal of a 17 percent reduction from 2005 levels—and eventually the 80 percent or more reductions needed to prevent the most dangerous risks of climate disruption. The target is within reach, he says, but power plant carbon pollution standards, among other



Portland General Electric

Though natural gas emissions are still far too high for the fuel to be considered a global warming solution, lower overall CO2 emissions over the past 20 years are in large part due to the swapping out of coal at power plants and industrial facilities across the country for cleaner-burning and now more abundant natural gas.

power plants and industrial facilities across the country for cleaner-burning and now more abundant natural gas.

The reason so much natural gas is around is the rise of hydraulic fracturing ("fracking"), a technique whereby drillers inject water and chemicals into underground shale rock deposits to free up otherwise trapped natural gas. Fracking has allowed U.S. oil companies to access huge natural gas deposits from the Marcellus Shale in the Northeast and elsewhere. The increased supply has brought natural gas prices down so that it has been cheaper than coal during the last few years. Our carbon footprint benefits because burning natural gas to generate electricity generates about half the carbon emissions of coal for every megawatt hour of power generated.

But Americans might not want to pat themselves on the back for too long, as the positive trend won't continue indefinitely. "Replacing coal with natural gas reduces smokestack emissions of carbon dioxide, sulfur dioxide and mercury, but natural gas production and distribution comes with a host of problems, including methane leaks, contaminated water supplies, destroyed streams and devastated landscapes," says Dan Lashof of the Natural Resources Defense Council

changes, will be needed.

Lashof adds that the only way to keep the ball rolling is via a coordinated effort including stricter federal carbon and energy efficiency standards, new state renewable energy and energy efficiency incentives and reworked zoning and transportation policies that discourage the use of private automobiles. "We can build the clean energy future we need, but we aren't there yet and it's not going to happen by itself."

Also, even if Americans can mobilize to get their emissions in check, will it matter? During 2012, energy-related carbon emissions fell by some 3.7 percent in the U.S., but rose 1.4 percent overall around the world. Indeed, global carbon emissions are on an unrelenting upward march as developing nations acquire the taste for the extravagant fossil-fuel-driven lifestyle perfected in the U.S.

CONTACTS: U.S. Energy Information Administration, www.eia.gov; NRDC, www.nrdc.org.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

Douglas Morrisson Theatre presents

Grace

SUBMITTED BY BOB MILLER

Douglas Morrisson Theatre (DMT) presents a staged reading of "Grace" by Craig Wright, a darkly comic play about the changing nature of faith, time and space. This is the fifth production in the 2013-2014 "Bare Bones" staged reading series: Directed by Katja Rivera, the play is appropriate for ages 16 and up.

The play will have one performance on Tues., Jan. 7 at the

Douglas Morrisson Theatre, in Hayward. Tickets are available at (510) 881-6777 or online at www.dmtonline.org

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NOTICE OF TIME AND PLACE OF HEARING

NOTICE IS HEREBY GIVEN that the Board of Directors of the ALAMEDA COUNTY WATER DISTRICT has fixed **Thursday, January 9, 2014, at the hour of 6:00 P.M.** in the Board Room of the District Office Building, 43885 South Grimmer Boulevard, Fremont, California, as a time and place for a public hearing to review and consider and potentially act on the following rates and charges that are proposed to be collected by said DISTRICT, which, if adopted, would take effect on **February 1, 2014: Account Establishment Field/Reconnection Charge, After-Hours Connection Charge, Backflow Prevention Device Testing Fee, Bimonthly Service Charge, Commodity Rates, Damaged Angle Stop, Damaged Lock, Fire Hydrant Meter Deposit, Fire Hydrant Meter Field Investigation/Follow-up Charges, and Meter Re-Installation Charge;** and to review and consider and potentially act on the following development-related charges that are proposed to be collected by said DISTRICT, which, if adopted, would take effect on **April 1, 2014: Annexation Charge, Facilities Connection Charges, Facilities Reimbursement Charges, Hydrant Flow Test Charge, and Meter Installation Charges.**

At the hearing, any person interested may appear and present comments on the proposed schedule of rates and charges.

Following the conclusion of the hearing, this Board of Directors may, by resolution, fix the rates and charges to be collected by said DISTRICT, effective February 1, 2014 for most rates and charges, and effective April 1, 2014 for development-related charges.

NOTICE IS FURTHER GIVEN that any person interested may inspect the proposed schedule of rates and charges in the office of the District Manager of Finance at 43885 South Grimmer Boulevard, Fremont, California, **Monday through Friday between the hours of 8:00 A.M. and 12:00 Noon, and 1:00 P.M. and 5:00 P.M.**

GINA MARKOU

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Public Works Awarded Federal Grant

SUBMITTED BY RICK LAFORCE

On December 10, 2013, the City of Union City was informed by Caltrans that a proposed signal upgrade project had been awarded from Cycle 6 of the Federal Highway Safety Improvement Program (HSIP). The HSIP system provides funding for projects that install safety countermeasures to mitigate crashes. Based on citywide crash records over the past five years, Union City Public Works staff identified several locations within the City that demonstrated crash patterns that could be mitigated with upgraded traffic signals.

The City has been awarded an HSIP grant in the amount of \$871,900 to make traffic signal upgrades at the following intersections:

- Alvarado-Niles Road/H Street-Royal Ann Drive
- Alvarado-Niles Road/Western Avenue
- Alvarado-Niles Road/Central Avenue
- Alvarado-Niles Road/Hop Ranch Road
- Alvarado-Niles Road/Almaden Boulevard
- Alvarado Boulevard/Dyer Street

The goal of this proposed project is to increase safety at the six (6) signalized intersections through enhanced signal visibility. The proposed project will include installation of new, longer mast arms for all traffic approaches and movements. The project will also include installation of new intersection street lighting on the mast arm poles. Public Works Staff will be working with Caltrans to start the project development process once the project funding is programmed and ready for us to use.

Science around us

SUBMITTED BY BRUCE ROBERTS

While teaching 7th grade history for 35 years, every year I'd find a boy bending a paper clip totally out of shape, rendering it useless. Time for my lecture on the anonymous geniuses responsible for much of human progress. From the first hunter-gatherer who watched iron ore melt in the campfire, to whoever blended metals, or thought of the utilitarian shape of a paperclip and then devised machines to make them, and the packaging, and the marketing—our industrial history is full of unknown geniuses.

I thought of this recently while visiting Cognex, a technology-oriented company located in Hayward. Thirty years ago, its founder, Dr. Bob Shillman—a professor at M.I.T.—came up with an original modification of an existing idea: “optical character recognition,” adapted for use in a manufacturing environment. I watched in fascination as on their website, item after item sailed past their small bank of cameras, which then recorded with a red or green light whether each object met company standards. Cognex's cameras can now not only tell if a product—any product—is defective, it can pinpoint the source of the problem. Based in the Boston area, Cognex now employs 1,100 people researching and producing such camera systems that have world wide application, wherever quality control is a concern. Yet until this visit to their Hayward site, I had no idea they existed.

The motto at Cognex is “Work hard, play hard, move fast, make it right!” Obviously “make it right” is vital for a company not only producing its own products, but products that assess the “rightness” of other companies' products. Somewhere between the other factors of this success-oriented motto, Cognex has also dedicated itself to community giving. To this end, they have been a major contributor to the Hayward Education Foundation (H.E.F.), a local non-profit that grants money to teachers with creative ideas that are science or technology-oriented, ideas that cannot be funded from ever-shrinking school budgets.

Cognex believes that this year's school kids can be next year's scientists. Last year, for example, working through the Hayward Education Foundation, Cognex funded two Lego related robotics projects: Build to Express at Harder Elementary and Mindstorm at Martin Luther King Middle School. In addition, their community giving program supported a Tech Challenge at Schafer Park Elementary, and a project to teach solar energy by building solar cars at Bret Harte Middle School. This year, H.E.F. has submitted five more science-oriented grant proposals to Cognex for approval, which has H.E.F., five teachers, and five sets of students on pins and needles to see if they are accepted.

Even though science is their focus, Cognex does support a wider range of community activities. Their company has been known to support police and fire departments and libraries, and even school graduation parties. Anything is possible. What's important also though is their philosophy that since this branch of the company is in Hayward, local activities are what they will support. Cognex's Community Giving Program, partnering with Hayward Education Foundation, is clearly a boon to the Hayward community.

Here's hoping that all this scientific/technological support turns out new generations of geniuses—anonymous or otherwise—to further improve the world we live in.

Bruce Roberts serves on the Board of Directors of the Hayward Education Foundation.

If you would like to make a tax-deductible donation to Trees of Angels in support of local hospice care, please complete and return the form below.

Thank you for your support!
Pledge Form

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Unity of Fremont

Sunday 12:30 pm



1351 Driscoll Rd, Fremont
(at Christian Science Church)
www.unityoffremont.org
510-797-5234

Church of Christ of Fremont

4300 Hansen Ave.
Fremont

510-797-3695
www.fremontchurchofchrist.org

Whoever Drinks Of The Water
That I Will Give Him
Shall Never Thirst; But The Water
That I Will Give Him
Will Become In Him
A Well Of Water Springing Up
To Eternal Life
John 4:14

AA Meetings Every Tues
and Thurs Evenings
7:30-9:30pm
In Spanish
In the Fellowship Hall

Services

Sunday: 10:45am
and 6pm
Wednesday: 7:30pm

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

Arts & Entertainment



Continuing Events

Saturday, Oct 26 - Sunday, Jan 5

"Lure of the Wetlands"
10 a.m. - 5 p.m.
Artwork display by June Yokell
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
shoreline@haywardrec.org

Friday, Nov 1-Sunday, Jan 12

"Still Here"
9 a.m. - 5 p.m.
Native American Portraits exhibit
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Monday, Dec 9 - Friday, Jan 15

Art Works of Al & Joe Mudach
8:30 a.m. - 4:00 p.m.
Various pieces by father & son duo
Hayward Area Senior Center
22325 North Third St., Hayward
(510) 881-6766

Monday, Dec 9 - Friday, Jan 31

Watercolor Passion
9 a.m. - 5 p.m.
Exhibit by various artists
Hayward City Hall
777 B St., Hayward
(510) 208-0410

Thursdays, Dec 26 thru Feb 27

"Dirt Cheap" Organic Produce
10 a.m. - 2 p.m.
CalFresh recipients may use EBT cards for purchases
Alameda County Social Services Agency
24100 Amador Street, Hayward
(510) 670-6000

Monday, Dec 30 - Friday, Jan 31

Christmas Tree Drop-Off
8 a.m. - 5 p.m.
Fremont residents bring trees for composting
Republic Services
42600 Boyce Rd., Fremont
(510) 657-3500

Monday, Tuesday, Thursday & Saturday, Dec 31 thru Feb 1

Jamaica 1965 & Cuba
Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Sat: 12 noon - 3 p.m.
Gripping images of the Peace Corp
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Wednesday, Jan 1 - Friday, Jan 31

Afternoon with the Monarchs
\$
2 p.m. - 3 p.m.
Butterfly question & answer session
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Thursday, Jan 3 - Sunday, Feb 1

"Reflections"
12 noon - 5 p.m.
Mixed media sculpture by various artists
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Saturday, Jan 4 - Sunday, Jan 26

Monarch Butterfly Walks \$
10:30 a.m. - 2:00 p.m.
Search for clusters of butterflies in the trees
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Monday, Jan 6 - Friday, Jan 31

Interviews for Tri-City Senior Peer Counseling Training
9 a.m. - 4 p.m.
Must be 50 years or older
9-week training course
City of Fremont, Aging and Family Services
3300 Capitol Ave., Fremont
(510) 574-2064
lcox@fremont.gov

Wednesday, Jan 1

New Year's Day Butterfly Walks \$
11:30 a.m. & 1:30 p.m.
Use scopes to view Monarch butterflies
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Wednesday, Jan 1

California Native Indian Films Festival
10 a.m. - 12 noon & 1 p.m. - 3 p.m.
Learn about Ohlone & Central California Native Americans
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Wednesday, Jan 1

Four Bridges New Year's Hike - R
1:00 p.m. - 4:30 p.m.
3.5 mile easy hike
Ages 6+
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparksonline.org

Thursday, Jan 2

Beauty Happens \$
5:00 p.m. - 9:30 p.m.
Food, drinks & live music
The Vine
37533 Niles Blvd., Fremont
(510) 792-0112

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

Tuesday, December 31
9:15-11:00 Daycare Center Visit - FREMONT
2:00-2:30 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

Thursday, January 2
9:50 - 10:20 Daycare Center Visit - FREMONT
10:40-11:30 Daycare Center Visit - NEWARK
1:15 - 1:45 Stellar Academy, 38325 Cedar Blvd., NEWARK
2:00 - 3:15 Graham School, 36270 Cherry St, NEWARK

Friday, January 3
9:45 - 11:15 Fame Charter School, 16244 Carolyn St., SAN LEANDRO
11:45 - 12:15 7 TH Step, 475 Medford Ave., HAYWARD (unincorporated)
2:00 - 3:00 Hesperian School, 620 Drew St., SAN LORENZO

Monday, January 6
9:20-10:00 Daycare Center Visit - FREMONT

10:15-11:15 Daycare Center Visit - FREMONT
1:45 - 2:45 Pioneer School, Blythe St. & Jean Dr., UNION CITY
3:05 - 3:25 Alvarado Elementary School, Fredi St. & Smith St., UNION CITY
4:15 - 4:45 Greenhaven Apts., Alvarado Blvd. & Fair Ranch Rd., UNION CITY
5:15 - 6:45 Forest Park School, Deep Creek Rd. & Maybird Circle, FREMONT

Tuesday, January 7
10:00 - 11:15 Daycare Center Visit - UNION CITY
1:30 - 2:30 Mission Hills Middle School, 250 Tamarack Dr., UNION CITY
2:45 - 3:30 Purple Lotus Buddhist School, 33615 - 9th St., UNION CITY
4:50 - 5:30 Mariner Park, Regents Blvd. & Dorado Dr., UNION CITY
5:40 - 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, January 8
3:00 - 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
4:15 - 4:50 Lone Tree Creek Park, Starlite Way & Turquoise St, Warm Springs, FREMONT
6:00 - 6:30 Camellia Dr. & Camellia Ct., FREMONT

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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

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

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

Kaiser Permanente Hayward Farmers' Market
Wednesdays
10 a.m. - 2 p.m.
Year-round
27400 Hesperian Blvd., Hayward
800-949-FARM
www.pcfma.com

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

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.cafarmersmkts.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

Thursday, Jan 2

How the Grinch Stole Christmas
2 p.m.
Puppet show for children
Preschool - 2nd grade
Union City Apostolic Church
33700 Alvarado-Niles Road, Union City
(510) 468-3402

Friday, Jan 3

Karaoke Night
9 p.m.
Music & entertainment
Dick's Restaurant
3188 Alvarado St., San Leandro
(510) 614-8801
www.harlowmusic.com

Saturday, Jan 4

Nature Walk for Health
10:30 a.m. - 11:30 a.m.
1.3 mile guided tour of the wetlands
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Jan 4

Butterfly Garden Scavenger Hunt - R
11:00 a.m. - 12:30 p.m.
Find the wonders of nature
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513

Saturday, Jan 4

Night Sky Party! - R
6:30 p.m. - 8:00 p.m.
Amateur astronomers learn about constellations
All ages
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513

Saturday, Jan 4

Sweater Weather Cloud Walk \$
1 p.m. - 2 p.m.
Tour the farm & learn about clouds
Make a cotton-ball cloud craft
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Jan 4

Monarchs for Kids \$
11 a.m. - 12 noon
Puppet show teaches children about butterflies
Ages 3 - 6
Ardenwood Historic Farm

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

Saturday, Jan 4

Willow Basketry \$R
10 a.m. - 12 noon
Learn to twine a basket from willow shoots
18+
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
www.ebparksonline.org

Saturday, Jan 4

Cultural Basketry \$R
1 p.m. - 4 p.m.
Learn about Native Americans while weaving baskets
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
www.ebparksonline.org

Saturday, Jan 4

Pruning Roses Class - R
10 a.m. - 12 noon
Presented by Jolene Adams
President of American Rose Society
Dale Hardware
3700 Thornton Ave, Fremont
(510) 797-3700
www.dale-hardware.com

Sunday, Jan 5

Sensational Sunset Photography - R
4:30 p.m. - 6:30 p.m.
Learn to photograph the marsh & bay
Bring your camera - Ages 12+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparksonline.org

Sunday, Jan 5

Bird Walk
9:30 a.m. - 11:30 a.m.
Learn patterns of behavior & migration habits
Ages 8+
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220

Sunday, Jan 5

Rain, Rain Come Today & Play
1:00 p.m. - 2:30 p.m.
Play & make scientific discoveries outdoors
Ages 3 - 6
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparksonline.org

Sunday, Jan 5

Harpichord Recital
4 p.m.
Classical harpichordist Jonathan Salzedo performs
First United Methodist Church of Fremont
2950 Washington Blvd., Fremont
(510) 794-6844

Tuesday, Jan 7

Toddler Time \$
11:00 a.m. - 11:30 a.m.
Learn about goats through stories & chores
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Tuesday, Jan 7

"Grace" \$
8 p.m.
Dark comedy about faith & belief
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Tuesday, Jan 7

Songwriter triple bill
7:30 p.m.
Steve Seskin / Don Henry / Craig Caruthers - hit songwriters
The Mudpuddle Shop
37433 Niles Blvd., Fremont
(510) 794-9935
https://www.facebook.com/events/1683011998410082

Thursday, Jan 9

Latest developments of Obamacare \$
6:30 p.m.
Dinner and speaker, Thomas Vaillancourt
Tri-Valley Republican Women Federated
(925) 294-4013
Rebecca.potts@comcast.net
Reservations by Jan 6th


Saturday, Jan 11 - Sunday, Jan 12

Beginning Pastel Painting Workshop \$R
10 a.m. - 4 p.m.
Taught by Grace Rankin
Register by January 5th
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
gracenjack@att.net

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AAUW
Fremont Branch Presents The Screening of the Documentary...



The documentary **Miss Representation**, by Jennifer Siebel Newsom, premiered at the 2011 Sundance Film Festival, and aired on OWN: Oprah Winfrey Network.

January 15, 2014
MISS REPRESENTATION is about the mainstream media's often disparaging portrayal of women resulting in their under representation in positions of power.

Purchase tickets by January 8, 2014

Where: Century 25 in Union City
Time: 7:00 p.m.
Tickets: \$12 online. Tickets available after December 12 on the web at <http://www.tugg.com/events/5475>
More Info? Contact Kathy Garfinkle (510) 489-4779.

AAUW advances equity for women and girls through advocacy, education, philanthropy and research.

Fares set to increase on New Year's Day

SUBMITTED BY BART

Starting January 1, 2014, BART (Bay Area Rapid Transit) riders will pay on average an extra 19 cents in fares to help pay for new train cars and other top priority projects that will ensure reliable, safe, and clean train service for the Bay Area for years to come. In February 2013, the Board of Directors voted to continue BART's inflation-based fare increase program and dedicated the new revenue to replace and improve BART's aging system.

The projects supported by the program include the purchase of Fleet of the Future train cars, a new train control system to improve reliability and to allow more trains to run more frequently, and the expansion of and improvements to the Hayward Maintenance Complex to serve the new fleet and support future service to Silicon Valley.

The inflation-based fare increase program has been in place since 2003 and provides passengers a predictable pattern of

small fare adjustments over time as opposed to larger increases with little notice. 60% of surveyed BART passengers support small, predictable increases like these. The renewed program will mean fare increases at a rate below inflation in 2014, 2016, 2018, and 2020 and will generate a total of \$325 million to be applied toward these important programs. The first increase will be 5.2%, raising fares on average by 19 cents.

"BART is required to come up with a portion of funding for many of our capital projects in order to qualify to receive extra money from other sources," said BART Spokeswoman Alicia Trost, "BART must pay \$800 million toward the cost of new rail cars—this fare increase will help us achieve that goal. We understand no one wants to pay higher fares but riders should know this money can only be spent on these identified projects which will benefit passengers."

For more information about BART, visit www.bart.gov.

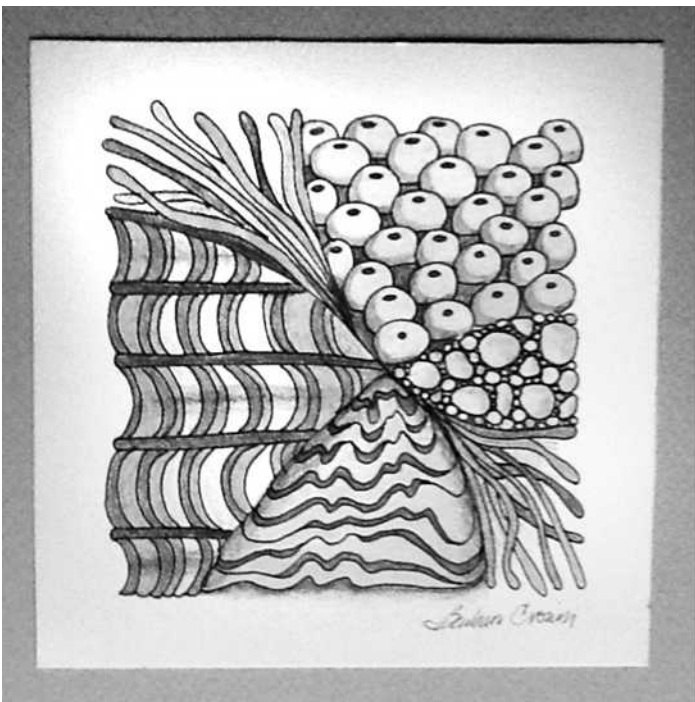
Pen and Ink drawing demonstration

SUBMITTED BY AVANTHI KANMATAREDDY

Guest artist, Barbara Cronin, is known for her unique pen and ink drawing techniques called Tangles. If you like to 'doodle' you will enjoy this program very much. In other words, you don't need to be an 'artist' to attend,

more designs. Cronin uses a pencil, eraser and a black technical pen for her designs and color is added later with either colored pencils or water colors.

The demonstration will take place at the Fremont Art Association gallery during the monthly general meeting on Wednesday, January 8.



and there is no wrong way to do this technique. Attendees will be learning from a pro as Cronin creates lovely watercolor and collage paintings, and teaches art to special needs children.

Cronin will provide instructions plus a paper square. Bring something to put under the paper to make drawing easier. Participants may also want to bring a small notebook to copy

Barbara Cronin art demonstration
Wednesday, Jan. 8
7 p.m. - 9 p.m.
Centre/Gallery
37697 Niles Boulevard, Fremont
(510) 796-8405
www.FremontArtAssociation.org
This event is free to the public

Governor Brown appoints two to Alameda County Superior Court

SUBMITTED BY GOVERNOR'S PRESS OFFICE

Governor Edmund G. Brown Jr. announced on December 27,



Ursula Jones Dickson

2013, the appointment of Ursula Jones Dickson and Alison M. Tucher to judgeships in the Alameda County Superior Court.

Dickson, 45, of Oakland, has been a deputy district attorney at the Alameda County District At-



Alison M. Tucher

orney's Office since 1999. She earned a Juris Doctor degree from the University of San Francisco School of Law and a Bachelor of Arts degree from the University of California, Berkeley. She fills the vacancy created by the resignation of Judge Paul D. Seeman. Dickson is a Democrat.

Tucher, 51, of Berkeley, has been a partner at Morrison and

Foerster since 2004, where she has been a litigator since 1998. She served as a deputy district attorney at the Santa Clara County District Attorney's Office from 1995 to 1998 and was assistant director of the U.S. Department of the Treasury's White House Security Review Team from 1994 to 1995. Tucher served as a law clerk for the Honorable David H. Souter at the U.S. Supreme Court and for the Honorable William A. Norris at the U.S. Court of Appeals, Ninth Circuit. She earned a Juris Doctor degree from Stanford Law School, a Master of Arts degree from the University of Cambridge and a Bachelor of Arts degree from Williams College. She fills the vacancy created by the retirement of Judge Joseph R. Hurely. Tucher is a Democrat.

The compensation for each of these positions is \$181,292.

Beginning Pastel Painting

SUBMITTED BY AVANTHI KANMATAREDDY

The Fremont Art Association is pleased to announce several upcoming workshops with Award winning artist, Grace Rankin. A two day workshop in 'Beginning Pastel Painting' will take place January 11 and 12. Rankin began painting in 1980 as a hobby which quickly became a full time career. Her commitment to art is evident in her compelling watercolors, oils, pastels and mixed media. Currently, her art may be viewed at the FAA Gallery and Fremont's Washington Hospital.

You can enroll for this exceptional workshop and pick up your Class Supply List at the Fremont Art Association's Gallery. Enroll by January 5, 2014.

Beginning Pastel Painting
Saturday, Jan 11 & Sunday, Jan 12
10 a.m. - 4 p.m.
Fremont Art Association
37659 Niles Blvd, Fremont
(510) 792-0905
gracenjack@att.net

Enroll by January 5
Class Fee: \$150



Grace Rankin Painting Classes

SUBMITTED BY AVANTHI KANMATAREDDY

The Fremont Art Association (FAA) is pleased to announce several upcoming workshops with award winning artist, Grace Rankin: a two-day workshop in 'Beginning Pastel Painting' and drop-in watercolor and mixed media classes. You can enroll for these exceptional workshops and pick up your class supply list at

the Fremont Art Association's Gallery located at 37659 Niles Boulevard in Fremont. For any questions, please feel free to contact Grace Rankin at gracenjack@att.net or call FAA at (510) 792-0905.

Grace Rankin art pastels workshop
Sat., Jan. 11 & Sun., Jan. 12
10 a.m. - 4 p.m.
Fee: \$150, payable by Jan. 5

Drop-in water color and mixed media classes
Mon., Feb 3, 17 and Mon., Mar. 3, 17 and 31
1 p.m. - 4 p.m.
Fee: \$125 for 5 classes or \$30 per day/class

Fremont Art Association Centre/Gallery
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org

Unique Painting Demo

SUBMITTED BY AVANTHI KANMATAREDDY

Artist Barbara Cronin will be conducting a free demonstration of a drawing technique called 'Tangles' at the Fremont Art Association gallery during the monthly general meeting on January 8.

Cronin is known for her unique pen and ink drawing techniques called Tangles. If you like to 'doodle' you will enjoy this program very much. In other words, you don't

need to be an 'artist' to attend - there is no wrong way to do this technique. You will be learning from a pro. Barbara creates lovely watercolor and collage paintings, and teaches art to special needs children.

Cronin will provide instructions, plus a paper square. Bring something to put under the paper to make drawing easier. You may also want to bring a small notebook to copy more designs. Cronin uses a pencil, eraser, and a black technical pen for her designs. Color is added later with either colored pencils or water colors.

Painting Demo
Wednesday, Jan. 8
7 p.m. - 9 pm.
The Fremont Art Association
37697 Niles Blvd, Fremont
(510) 796-8405

HOME SALES REPORT

CASTRO VALLEY | TOTAL SALES: 15

Highest \$: 915,000 Median \$: 551,500
 Lowest \$: 360,000 Average \$: 577,767

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
18345 Crest Avenue	94546	551,500	4	1572	1950	11-22-13
18622 Crest Avenue	94546	380,000	2	957	1951	11-21-13
3723 La Costa Avenue	94546	539,000	2	1336	1986	11-19-13
2659 Miramar Avenue	94546	630,000	3	2700	1971	11-25-13
3872 Modesto Street	94546	518,000	3	1653	1950	11-22-13
4633 Newhaven Way	94546	485,500	3	1332	1960	11-22-13
20088 Sapphire Street	94546	440,000	3	1540	1950	11-22-13
3810 Somerset Avenue	94546	682,000	4	1368	1939	11-22-13
25310 Buckeye Drive	94552	730,000	4	1871	1996	11-22-13
23100 Canyon Terrace Drive #194552	94552	360,000	2	984	1996	11-19-13
5906 Charter Oaks Drive	94552	730,000	3	2006	1985	11-22-13
20650 Edgewood Circle	94552	613,000	4	1875	1990	11-22-13
21084 Greenwood Circle	94552	487,500	2	1579	1990	11-21-13
5315 Pacific Terrace Court	94552	915,000	5	2992	2000	11-19-13
20337 Summercrest Drive	94552	605,000	4	1666	1998	11-19-13

FREMONT | TOTAL SALES: 37

Highest \$: 2,770,000 Median \$: 580,000
 Lowest \$: 297,000 Average \$: 691,514

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37311 Aspenwood Common #10194536	94536	407,500	2	1125	1985	11-22-13
35629 Beeching Lane	94536	875,000	-	2966	1979	11-22-13
2058 Bishop Avenue	94536	715,000	3	1610	1963	11-22-13
386 De Salle Terrace	94536	673,000	3	2025	1991	11-21-13
4626 Devonshire Common	94536	365,000	2	945	1987	11-25-13
36821 Limeta Terrace	94536	297,000	2	988	1971	11-20-13
4483 Maybeck Terrace	94536	675,500	3	1917	2008	11-19-13
4502 Merced Common	94536	322,500	2	1050	1973	11-25-13
38138 Mila Court	94536	1,285,000	4	3692	1956	11-21-13
3813 Parish Avenue	94536	786,000	3	2439	1912	11-19-13
37449 Parish Circle #2B	94536	380,000	2	1008	1989	11-20-13
38871 Riverbank Terrace	94536	675,000	4	1563	1987	11-20-13
38846 Stonington Terrace	94536	550,000	2	1001	1987	11-22-13
38025 Temple Way	94536	680,000	3	1724	1954	11-21-13
4528 Virio Common	94536	339,000	3	1166	1971	11-19-13
40284 Cottage Rose Terrace	94538	685,000	3	1917	2010	11-22-13
4484 Doane Street	94538	575,000	4	1424	1960	11-22-13
39078 Guardino Drive #102	94538	385,000	2	1053	1990	11-20-13
42879 Hamilton Way	94538	477,000	3	1156	1958	11-19-13
5698 Merit Way	94538	605,000	3	1204	1962	11-22-13
4836 Natalie Avenue	94538	550,000	3	1372	1959	11-19-13
43051 Peachwood Street	94538	580,000	3	1307	1959	11-22-13
4437 Porter Street	94538	500,000	3	1258	1955	11-20-13
4013 Randy Common	94538	550,000	3	1530	1991	11-20-13
4303 Sacramento Avenue #12994538	94538	300,000	1	1221	1974	11-22-13
4771 Shelborne Park Court	94538	740,000	4	1692	1964	11-21-13
49002 Cinnamon Fern Cn #31194539	94539	559,000	2	1229	2009	11-22-13
41530 Devon Court	94539	1,410,000	4	2044	1958	11-22-13
188 Hackamore Common	94539	365,000	2	878	1984	11-20-13
204 Hackamore Common	94539	370,000	2	878	1984	11-20-13
39843 San Moreno Court	94539	1,150,000	4	1914	1967	11-19-13
651 Vista Hill Terrace	94539	2,770,000	6	6049	1997	11-22-13
850 Vista Hill Terrace	94539	1,325,000	4	4474	1999	11-25-13
4695 Deep Creek Road	94555	750,000	4	1707	1984	11-20-13
4380 Peregrine Way	94555	800,000	-	2749	1979	11-21-13
5206 Tacoma Common	94555	445,000	2	950	1988	11-20-13
5871 Via Lugano	94555	669,500	-	-	-	11-25-13

HAYWARD | TOTAL SALES: 36

Highest \$: 940,000 Median \$: 417,000
 Lowest \$: 220,000 Average \$: 468,486

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1575 D Street	94541	595,000	2	1239	1931	11-21-13
2246 East Avenue	94541	670,000	-	2320	1923	11-21-13
2325 Gibbons Street	94541	582,500	-	-	-	11-25-13
2341 Gibbons Street	94541	583,000	-	-	-	11-25-13
1125 Martin Luther King Drive	94541	566,000	-	-	-	11-25-13
1133 Martin Luther King Drive	94541	541,000	-	-	-	11-25-13
1147 Martin Luther King Drive	94541	497,000	-	-	-	11-20-13
1153 Martin Luther King Drive	94541	548,500	-	-	-	11-22-13
2338 Morrow Street	94541	529,000	-	-	-	11-22-13
20548 Morva Drive	94541	325,000	2	1492	1945	11-20-13
1801 Panda Way	94541	250,000	2	1129	1972	11-22-13
1749 Toucan Court	94541	309,000	3	1293	1972	11-22-13
3067 Chronicle Avenue	94542	670,000	4	2706	2006	11-19-13
2413 Sebastopol Lane #4	94542	277,000	2	888	1984	11-19-13
3600 Skyline Drive	94542	600,000	3	1612	1976	11-20-13
90 Sonas Drive	94542	854,500	4	3452	2010	11-22-13
1132 Tiegen Drive	94542	380,000	-	970	1949	11-19-13
25555 Compton Court #108	94544	220,000	2	1130	1990	11-21-13
665 Dartmore Lane #356	94544	220,000	1	643	1988	11-20-13
26845 Freitas Drive	94544	408,000	3	1501	1950	11-20-13
27147 Gading Road	94544	405,000	3	1115	1957	11-22-13
24667 Joanne Street	94544	410,000	2	1649	1950	11-20-13
644 Leighton Street	94544	260,000	3	1123	1950	11-21-13
778 Pinedale Court	94544	359,000	3	1539	1928	11-22-13
1088 Silver Maple Lane	94544	765,000	4	2736	1999	11-22-13
1143 Silver Maple Lane	94544	940,000	3	3100	2003	11-25-13
26316 Stanwood Avenue	94544	375,000	3	1365	1952	11-22-13
1337 Thais Lane	94544	474,000	3	1520	1956	11-20-13
833 Voyager Way	94544	285,000	2	1312	1988	11-22-13
2166 Boca Raton Street	94545	417,000	3	1436	1956	11-20-13
2417 Catalpa Way	94545	410,000	3	1232	1963	11-21-13
26985 Creole Place	94545	285,000	3	1215	1957	11-20-13
1211 Homestead Lane	94545	460,000	4	1721	1956	11-22-13
2741 Longshores Drive	94545	495,000	3	1750	2010	11-21-13
576 Ravenna Way	94545	530,000	3	1792	2008	11-22-13
1293 West Street	94545	370,000	3	1227	1954	11-20-13

MILPITAS | TOTAL SALES: 10

Highest \$: 810,000 Median \$: 672,500
 Lowest \$: 358,000 Average \$: 646,650

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
398 Bayberry Way	95035	685,000	3	1479	1997	12-06-13
989 Courtland Court	95035	730,000	3	1892	1981	12-04-13
674 Elderberry Drive	95035	572,500	-	-	-	12-04-13
1677 Lee Way	95035	587,500	-	-	-	12-05-13
391 Montecito Way	95035	585,000	3	1547	1992	12-03-13
1310 Nestwood Way	95035	703,000	-	-	-	12-02-13
1314 Nestwood Way	95035	672,500	-	-	-	12-06-13
1018 North Abbott Avenue	95035	358,000	2	1174	1979	12-03-13
93 Pimentel Circle	95035	810,000	-	-	-	12-05-13
458 Singley Drive	95035	763,000	5	1945	1977	12-04-13

NEWARK | TOTAL SALES: 02

Highest \$: 388,000 Median \$: 280,000
 Lowest \$: 280,000 Average \$: 334,000

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
6047 Joaquin Murieta Ave #E	94560	280,000	1	757	1984	11-22-13
6251 Zulmida Avenue	94560	388,000	4	1113	1953	11-19-13

SAN LEANDRO | TOTAL SALES: 16

Highest \$: 649,000 Median \$: 420,000
 Lowest \$: 285,000 Average \$: 439,281

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1876 Benedict Drive	94577	553,500	3	1731	1955	11-19-13
222 Best Avenue	94577	430,000	2	1386	1930	11-21-13
948 Bridge Road	94577	527,500	3	2142	1940	11-21-13
383 Harlan Street	94577	285,000	2	876	1937	11-20-13
1365 Kelly Avenue	94577	386,500	2	848	1942	11-19-13
1118 Minerva Street	94577	370,000	2	1259	1946	11-20-13
2540 West Avenue 133rd	94577	535,000	5	2365	1929	11-21-13
1536 137th Avenue	94578	420,000	3	1360	1947	11-22-13
1111 Halcyon Drive	94578	410,000	3	1632	1947	11-22-13
16589 Hannah Drive	94578	447,000	3	1575	1917	11-25-13
702 Moraga Drive	94578	310,000	3	1114	1954	11-22-13
15334 Andover Street	94579	365,000	2	842	1949	11-21-13
15333 Churchill Street	94579	395,000	4	1740	1950	11-22-13
14362 Corvallis Street	94579	440,000	3	1685	1950	11-22-13
1335 Post Avenue	94579	505,000	4	2201	1951	11-20-13
2385 Riverside Court	94579	649,000	4	2303	1999	11-22-13

SAN LORENZO | TOTAL SALES: 05

Highest \$: 471,000 Median \$: 385,000
 Lowest \$: 302,500 Average \$: 392,700

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1353 Jacqueline Place	94580	302,500	3	1188	1972	11-22-13
16179 Via Alamos	94580	385,000	3	1434	1984	11-22-13
15880 Via Cordoba	94580	471,000	3	1524	1951	11-22-13
17147 Via Del Rey	94580	420,000	3	1595	1951	11-19-13
16130 Via Pinale	94580	385,000	3	1000	1944	11-22-13

UNION CITY | TOTAL SALES: 10

Highest \$: 868,000 Median \$: 535,000
 Lowest \$: 455,000 Average \$: 624,100

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1029 Emerald Terrace	94587	497,000	3	1431	2006	11-21-13
32919 Monrovia Street	94587	775,000	4	2320	1985	11-22-13
32931 Monrovia Street	94587	685,000	4	2145	1985	11-19-13
4360 Opah Way	94587	868,000	5	2298	1994	11-22-13
4274 Queen Anne Drive	94587	535,000	4	1120	1971	11-19-13
3225 San Lucas Way	94587	486,000	4	1556	1969	11-20-13
1801 Sherman Drive	94587	495,000	3	1224	1985	11-21-13
2946 Sorrento Way	94587	715,000	4	2442	1991	11-22-13
34890 Travertine Way	94587	730,000	4	1988	1997	11-19-13
4701 Valencia Way	94587	455,000	4	1632	1972	11-21-13

SoCal cracks down on fraud at farmers markets

AP WIRE SERVICE

LOS ANGELES (AP), Ever wonder if something's rotten at your farmers market? Maybe those pricey "locally grown" mangos are actually commercial imports from South America.

Southern California officials have cracked down this past year on vendors who violate state law by selling fruits and vegetables they don't produce. Violators can be fined up to \$1,000 for each offense and banned from the markets for up to 18 months.

This year, 20 vendors were fined in Los Angeles County. San Diego County sanctioned five, the Los Angeles Times (<http://lat.ms/19Q7xHJ>) reported.

"The whole point of farmers markets is that you know who you're buying from, and what their practices are," said Robin Holding, a regular shopper at the Santa Monica market who bought a suspicious mango. "It was not inexpensive, and of awful quality. I was really turned off."

Inspectors are trained to recognize tipoffs such as fruit with a commercial appearance — waxed or of uniform size — or that is out of season in a particular growing area. They also look out for sales volume that exceeds a grower's capacity, although some farmers have tried to fool inspectors by planting dummy crops.

"They never harvest, they're just for us to see," said Korinne Bell, who supervises farmers markets for the Ventura County agricultural commissioner. Fighting market fraud is a costly proposition, though. Los Angeles County, which has 153 farmers markets, spent \$243,000 during the fiscal year that ended June 30. That's three times what the county made on market fees.

But violators also are hit in the pocketbook.

Victor Gonzalez of Atkins Nursery in Fallbrook was among the farmers sanctioned in San Diego County. He acknowledged that on three occasions, his vendors sold produce his farm didn't produce. He was banned from farmers markets for six months and the penalty was upheld Tuesday by the California Department of Food and Agriculture.

Gonzalez told the Times on Thursday that some of his workers mistakenly placed fruit from another farm on his vending tables.

"I fired those people, and I'll pay the fine, but please let me work, or I'm dead," he said.

Stopping cheaters is crucial, said Laura Avery, supervisor of the Santa Monica market. "For farmers markets to continue to prosper, it is crucial that consumers have confidence that vendors really grow what they sell."

Information from: Los Angeles Times, <http://www.latimes.com>

Fido's tail wags may reveal more than you think

LIFE CORNERSTONES

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

Birth

Marriage

Obituaries



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

Mildred M. Amaral
RESIDENT OF FREMONT
September 21, 1922 – December 13, 2013

Ruth Elaine Jasinsky
RESIDENT OF FREMONT
November 28, 1941 – December 14, 2013

Albert John Solari
RESIDENT OF CASTRO VALLEY
September 24, 1943 – December 14, 2013

Emiliano G. Nool
RESIDENT OF FREMONT
January 22, 1945 – December 15, 2013

William Matthew Sullivant
RESIDENT OF FREMONT
September 14, 1953 – December 16, 2013

Cynthia K. Lam
RESIDENT OF FREMONT
September 23, 1964 – December 18, 2013

Martha Pedreira
RESIDENT OF NEWARK
May 26, 1942 – December 18, 2013

Bernice M. Crawley
RESIDENT OF FREMONT
April 20, 1936 – December 19, 2013

Elishwa N. Elias
RESIDENT OF MILPITAS
July 1, 1931 – December 23, 2013

Dorothy "Gerry" Harrison
RESIDENT OF FREMONT
December 22, 1932 – December 23, 2013

Fannie Carvalho
RESIDENT OF FREMONT
July 9, 1920 – December 26, 2013

Adella Rasmussen
RESIDENT OF FREMONT
June 15, 1930 – December 26, 2013

Kiyo Yamada
RESIDENT OF UNION CITY
April 29, 1913 – December 27, 2013

Jean Allen
RESIDENT OF UNION CITY
August 15, 1929 – December 28, 2013



Fremont Chapel of the Roses
(510) 797-1900 FD 1007
1940 Peralta Blvd., Fremont
www.fremontchapeloftheroses.com



Koeung Tan
RESIDENT OF SAN JOSE
May 10, 1929 – December 22, 2013

Karen A. Taylor
RESIDENT OF FREMONT
June 17, 1955 – December 24, 2013

Suresh Chandra
RESIDENT OF HAYWARD
September 18, 1948 – December 27, 2013

Charles W. Duncan
RESIDENT OF FREMONT
February 3, 1928 – December 29, 2013

Patricia A. Ross
RESIDENT OF FREMONT
November 29, 1946 – December 29, 2013

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Cemetery plots, single and double depth, Mausoleum Crypts single and doubles, Cremains in a Family plot or single new plot and Niches. A children's section is also available

Our cemetery was established in 1860 as a pioneer cemetery. We have been responsible for providing outstanding service to the community ever since. Our specialty is to provide every family with comfort, understanding and direction in this difficult time of their lives.

2440 Depot Road, Hayward

Life Cornerstones will acknowledge important events that occur during the cycle of life in our community. In order to give a broad and fair opportunity for all citizens to be recognized, a basic listing is offered at no cost. Such announcements may include births, deaths, marriages, anniversaries, bar/bat mitzvah, Quinceañera, etc. Many cultures celebrate different milestones in life and this list will be as inclusive as possible.

Please contact TCV at (510) 494-1999 or emailtricityvoice@aol.com for submissions or further information. Free listings are limited to residents and families of the Greater Tri-City Area.

Obituary

Dorothy Geraldine "Gerry" Harrison

December 22, 1932 - December 23, 2013

Dorothy Geraldine "Gerry" Harrison was born December 22, 1932 in The Pas, Manitoba, Canada. Gerry passed away quietly with her family by her side December 23, 2013. In her early

ing the 1st of 3 boys. Gerry was born to be a mother as she was active in all aspects of her children's lives including education, sports, health, and family values. After relocating with her family to

Fremont in 1965, Gerry joined many service and charitable organizations, and was active until her passing. It was her optimistic and kind personality that most people were attracted to. Her hobbies included traveling, ice-skating, golfing and being with family and friends. When confronted with Herb's health challenges, she without question became his main care provider for over a dozen years. If you thought Gerry was excellent at being a parent she was even better at being a grandparent. She loved and would spend any available time with her 8 grandchildren.

Gerry is preceded in death by her loving husband Herb and granddaughter Rachel. She is survived by her boys: Don, Greg and Bill; daughters-in-law: Stephanie and Jennifer; and grandchildren: Sasha, Vince, Jake, Shaun, Bryce, Summer and Hayden. She will be thought of often and forever missed.

Visitation will be held on Thursday, January 2, from 9:30-11am and a Chapel Service will follow at 11am at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont, CA 94536. Inurnment will be at Irvington Memorial

Cemetery in Fremont, CA. The family prefers that donations be made in memory of Gerry to either Kidango or Washington Hospital Tree of Angels.

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



twenties she moved to Southern California and worked as an X-ray technician at USC. It was in Southern California where she met and married Herb, her husband of 45 years until his passing. She found her real calling in life when they moved up to Northern California in 1961 and began rais-

Police: officer impostor confronts real detective

AP WIRE SERVICE

PUEBLO, Colo. (AP) Authorities in Colorado say a police impersonator picked the wrong man when he approached an undercover detective and demanded he hand over drugs as part of a police drug bust.

According to the Pueblo Chieftain (<http://tinyurl.com/mco28wk>), the undercover detective was in a cellphone store speaking to a clerk when a man came in demanding to know why the detective had so many phones and accused him of being a drug dealer on Monday. He demanded the detective "give him the drugs," according to the paper.

The detective then turned the tables on the impersonator. He showed the man his own law enforcement credentials and advised the man he was under arrest for suspicion of impersonation of a peace officer.

Authorities say Roland Herrera was taken to jail. Information from: *The Pueblo Chieftain*, <http://www.chieftain.com>

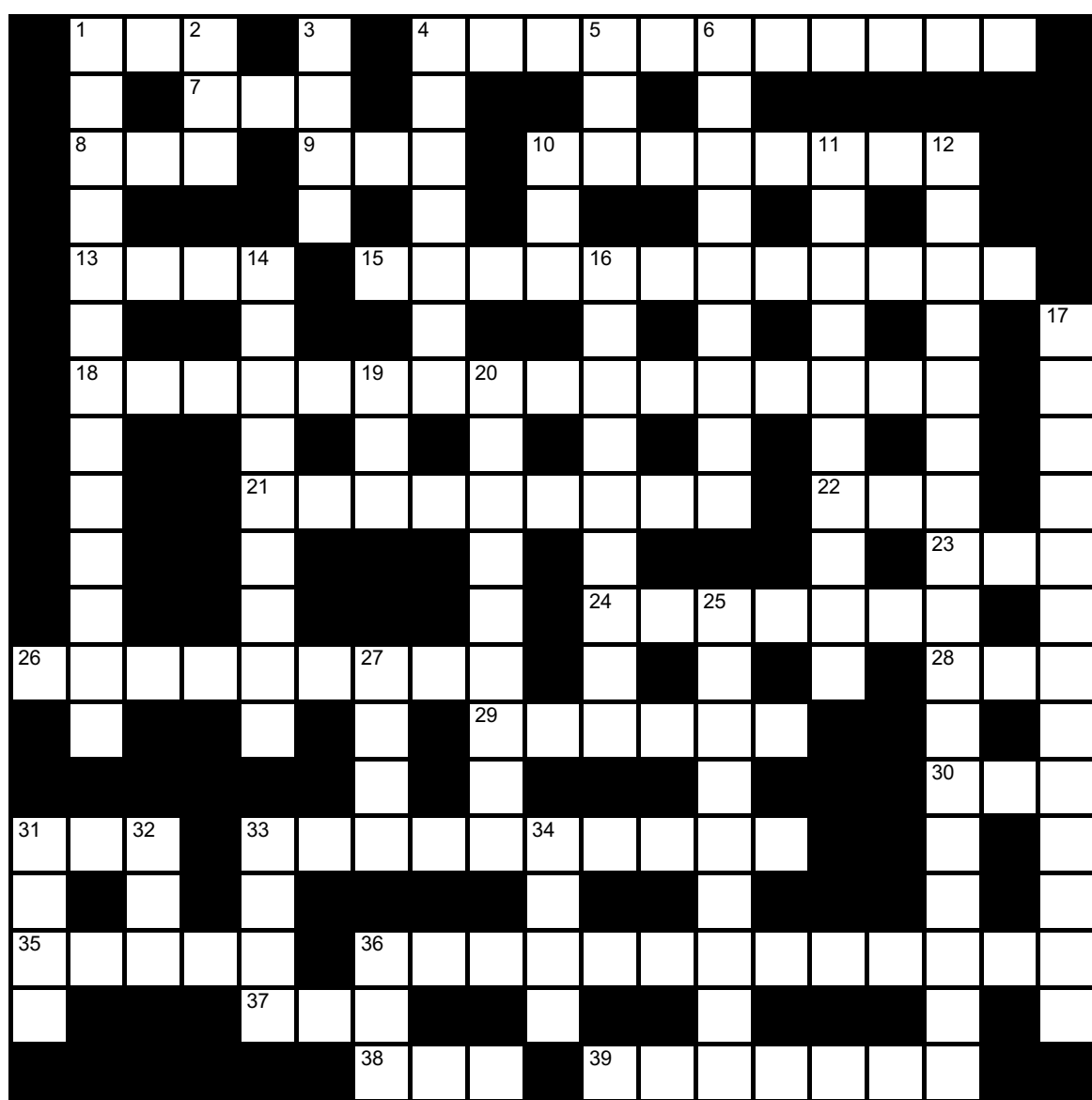
LETTERS POLICY

The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published.

Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style. tricityvoice@aol.com

Mind Twisters

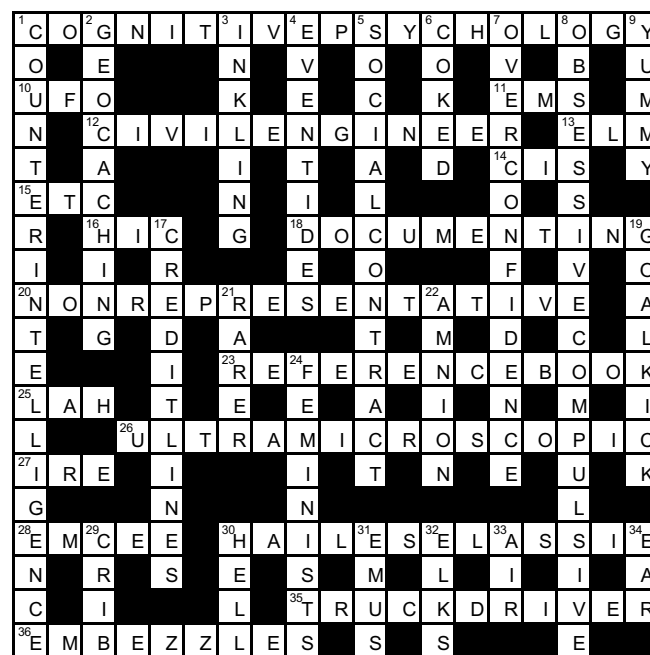
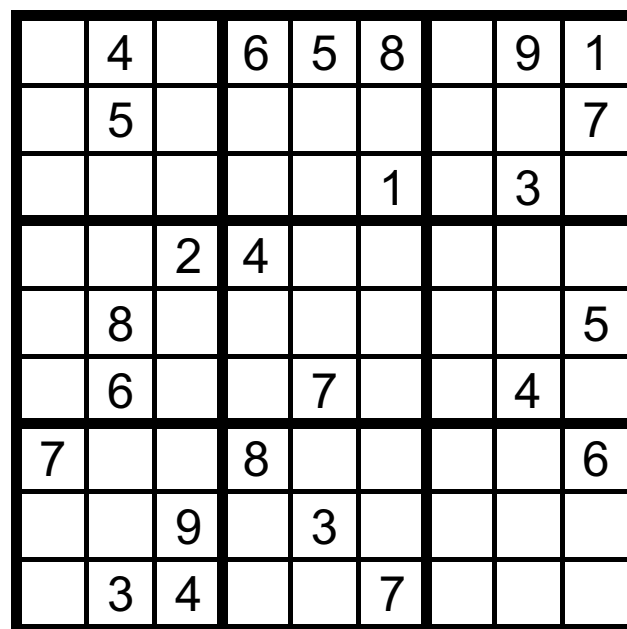
Crossword Puzzle B 246



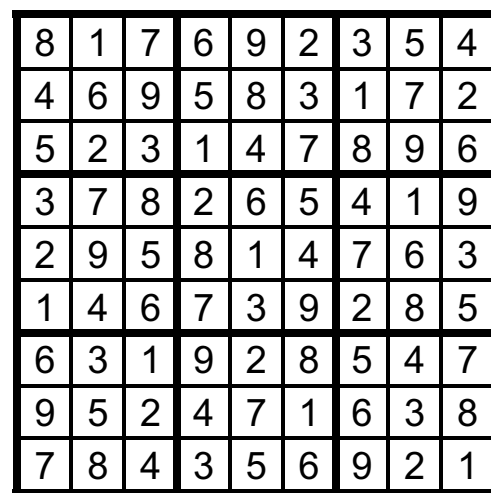
- | | | |
|------------------------------------------|----------------------------------------------|-------------------------------------------|
| Across | 33 400 px by 400 px, e.g. (10) | 16 Reality as opposed to appearance (9) |
| 1 #13 (3) | 35 Kicked off (5) | 17 Empathetic (13) |
| 4 Collaboration (11) | 36 Verbal interchange of ideas (13) | 19 "___ any drop to drink": Coleridge (3) |
| 7 Bleed (3) | 37 Assent (3) | 20 Far away from civilization (9) |
| 8 Oolong, for one (3) | 38 Pistol, slangily (3) | 25 Member of a group feels....? (9) |
| 9 Propel, in a way (3) | 39 What lawyers are good at (7) | 27 Bit (4) |
| 10 Having a special application (8) | | 31 Classified information? (4) |
| 13 Bow (4) | Down | 32 Persian, e.g. (3) |
| 15 Of the present time, modern (12) | 1 Not just mediocre (13) | 33 Contradict (4) |
| 18 Particular burdens of obligation (16) | 2 Victorian, for one (3) | 34 Additions (4) |
| 21 Not remembered (9) | 3 Door feature (4) | 36 "Wheels" (3) |
| 22 Order between "ready" and "fire" (3) | 4 Humans (7) | |
| 23 Balloon filler (3) | 5 Bug (3) | |
| 24 How a rabbit eats (7) | 6 A case to which a rule does not apply (9) | |
| 26 Striking, distinctive (9) | 10 Cal. col. (3) | |
| 28 Undertake, with "out" (3) | 11 Causing fear, dread, or apprehension (10) | |
| 29 High marks (6) | 12 Christmas decoration for trinkets (9,8) | |
| 30 Control (3) | 14 "If I'm lucky," (9) | |
| 31 Bump (3) | | |

Sudoku:

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



B 245



Tri-City Stargazer JANUARY 1 – JANUARY 7, 2013 BY VIVIAN CAROL

The year 2014 is the third of five years in which we have the upheaving series of seven Uranus/Pluto squares. The archetypal battle in the sky is among powers; social justice vs. sovereign rights of the individual. Pluto represents plutocrats, governments and any other major powers, (i.e. the economy and global weather). Uranus symbolizes the freedom to be, social justice and individual rights. Two more of the seven squares occur during 2014. One is in April and the other will be in December. The anxiety and tension, however, will last throughout the entire period (2010—2015), while explosive outcomes occur near the exact squares.

Governments will continue to develop strong arm tactics and reduce freedoms of people all over the world. A typical scenario will include a government that promises safety in return for people letting go of their freedoms. Of course, this has already begun in this country (2001) and we feel it even more intensely now. In recent years, we have watched multiple revolutions that totally exhaust the people of countries in which they occur. Given the political and economic struggles we experience in the United States, it is not too far-fetched to imagine that we, too, are also moving in the direction of revolution.

We are experiencing the transition into the Aquarian Age and this shift is a struggle indeed. In these days of "we" versus "them," it is all too easy to dissolve into dualistic thinking: We are the good ones, they the bad ones. What I believe is right, which means that what you believe is wrong. It is hard for us to find a higher vantage point that allows both of us to be "right", yet this perspective is a spiritual necessity to allow respect for all parties involved.

Dualistic thinking (black/white, either/or) is the model we all recognize and have been trained by our cultures to adopt. It evolved thousands of years ago when humans began to place value on their circumstances. We are uneducated in holistic thinking. Creating a New World is a mandate that will preserve the human species along with a few others.

We have dualized ourselves right down to literally splitting the atom which ultimately makes it possible to annihilate all living things. A concrete example of that is the profusion of Mark I nuclear reactors that dot the globe. They were

built cheaply, lacking adequate safety mechanisms. Foresight was exchanged for saving money. Now any one of them can malfunction and blow a plume of radiation massive enough to do away with millions. Then of course, there is the on-going threat of a country starting a third world war, just because they have the atomic bomb and can do it.

Problems of the world are not yet solved because we as a species are not mature enough to clean up the mess. We are looking for rescue. Instead we must each consciously stretch toward greater maturity. If enough of us do this, it will ultimately result in better use of our brains that can actually resolve our social issues.

Manipulation, avarice, and outright deceit will only yield more of the same problems. Make a personal effort to reach for the better or more mature method to handle any of your individual problems and you will make a contribution toward the evolution of humankind. You will also be so much happier. If we refuse to play the same old tapes, the mind will come up with better solutions. Our brains are naturally lazy and will keep reproducing the same scenarios unless we demand that it reinvent answers. We need to focus on pressing our minds to expand into fresh territory. We must choose to enter the new paradigm. It won't just spontaneously happen. We each have that option, to think holistically and inclusively, rather than divisively and greedily.

See next week's column for individual sun sign projections of 2014.

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OPINION

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WILLIAM MARSHAK

New Year wishes

competing claims and promises. Candidate pleas for money have already begun and a myriad of tax measures and propositions are waiting in the wings as politicians test voter attitudes. In previous election years, Tri-City Voice has explained ballot measures and allowed candidates to state their views. We will continue to do this in 2014. Ultimately, however, the voters will decide and hopefully, a large turnout will ensure that the will of the people is heard.

To prepare for candidate efforts, citizens now have an opportunity to read agendas and minutes, watch council/commission meetings (live or via internet) and begin making decisions based on their own assessments rather than slick campaign literature and endorsements. How do councilmembers participate? Do they appear to be prepared to make tough decisions based on their own research and analysis or are they simply requesting time in the spotlight for self-aggrandizement? Do we, as members of the electorate, take time to understand and weigh in on civic issues?

Meaningful citizen participation is a critical ingredient of democracy; council and commission meetings are open forums that allow public input; without rational discourse, the political process can descend into chicanery and worse. The results of neglect are often front page news and while people shake their heads and grumble about politicians, some of the blame is neglect by those governed; June and November are not the only moments of decision for voters. Continual monitoring of our elected representatives and staff is essential for transparent and honest government.

Let's all make a New Year resolution to attend at least one city council and commission meeting in our respective

communities and pay attention to not only the substance, but attitudes of those who are elected to represent us and others hired by the system to present information and help explain the complexities of government. Our New Year's resolution should be to reaffirm our commitment to a government for the People and by the People. Our founding fathers incorporated this into our country's Constitution and President Abraham Lincoln reiterated it in his Gettysburg Address:

... It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us — that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion — that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.

Abraham Lincoln
November 19, 1863

William Marshak
PUBLISHER

Any time can be an appropriate moment to pause, assess personal progress and reevaluate strategies to achieve our goals. The transition to a new calendar year (New Year), however, is a marker that, although variable in timing by cultural traditions, is special. The impending renewal of the Gregorian calendar on January 1st is hard for anyone to ignore. No matter when celebrated, New Year includes a universal compulsion to clear past struggles and hardships and turn toward what is hoped will be a brighter future. One of my favorite toasts to the New Year is an Irish phrase:

"May the saddest day of your future be no worse than the happiest day of your past."

Through all of the trials and tribulations of local attempts to manage our cities and communities, I retain a belief that the majority of our representatives are working toward common goals that will result in a safe, clean, confident and functional environment. They are not, however, infallible and need the guidance and active counsel of their electorate.

On the political front, this New Year will bring elections and a cacophony of

Nobody home: Utah town forgets to hold election

By PAUL FOY ASSOCIATED PRESS

SALT LAKE CITY (AP) — A tiny Utah town had to skip an election earlier this month because part-time officials forgot to advertise or prepare for it — and it wasn't the town's first election flub.

Wallsburg, population 275 in the Wasatch Mountains 40 miles from Salt Lake City, failed to schedule an election two years ago, and city officials had to be appointed then.

They were supposed to go up for election Nov. 5, but once again, Wallsburg forgot to get things going, according to Wasatch County officials. The Salt Lake

Tribune first reported on the missed election.

"They didn't advertise" to draw candidates out of the woodwork and "they just went on without doing anything," County Clerk Brent Titcomb said Wednesday. "Close to the election day, they called to ask what they should do."

The leaders of Wallsburg were told by state elections officials to keep serving until an election can be held in two years.

"We will remember them in 2015," Titcomb said. "They will definitely have an election in 2015."

Wallsburg's mayor and four city council members had no hidden

agenda in letting the election slide; they just forgot, he said.

Wallsburg is so small it doesn't have a website or paid staff, and nobody answered the phone at the town's empty office on Wednesday — which is used only for official meetings.

Titcomb said the town's mayor is Jay Hortin, who didn't return phone messages left Wednesday by The Associated Press.

The mayor was described by his father as an electrician who may have been unavailable because he was out working.

Of his son extending his mayoral duties, Frank Hortin said, "Somebody's got to do it."

Frank Hortin said he had no clue how town officials forgot to hold an election, adding, "We probably wouldn't have anybody around to get elected anyway."

The town empties out on weekdays because "there's no work around here," Frank Hortin said. "We have a couple of little shops, but people go out of town for work — I drove to Salt Lake for 20 years."

Wallsburg is a mile-high town in the Wasatch Mountains 4 miles from Deer Creek Reservoir. In winter, there's only one way to drive into the town — or out of it. It was incorporated in 1917, according to the Utah League of Cities and Towns.

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CNS-2572752#

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: Basra Trucking, 4637 Millbrook Ter, Fremont, CA 94538...

CNS-2572750#

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: Sunita Beauty Salon, 40976 Fremont Blvd., Fremont, CA 94538...

CNS-2571513#

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: KloudVoice.com, 4011 Clipper Court, Fremont, CA 94538...

This business is conducted by a Corporation The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A...

CNS-2570107#

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

The following person(s) has (have) abandoned the use of the fictitious business name: One Mom, 41240 Trenouth St., Unit 29, Fremont, CA 94538...

CNS-2569891#

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The following person(s) has (have) abandoned the use of the fictitious business name: RD Ruppert, 9304 Western Ave., Union City, CA 94587...

CNS-2568471#

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The following person(s) is (are) doing business as: Chef Chal, 47894 Warm Springs, Fremont, CA 94539...

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FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as: Justin Dutcher, 3542 East Ave., #A, Livermore, CA 94550...

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CNS-2564583#

GOVERNMENT

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Proposals to provide Civil Engineering Services for the At-Grade Public Crossing and Utility Crossing for the UPRR, Oakland Subdivision at Mile post 27.1 will be received at the City of Union, Public Works Department, 34009 Alvarado-Niles Road, Union City, California until Monday, January 27, 2014 at 5 p.m.

City of Union City
Date: December 17, 2013
12/24, 12/31/13

CNS-2569910#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF WINTON SINCLAIR TURNER CASE NO. RP13073255

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Winton Sinclair Turner A Petition for Probate has been filed by Soojung Ko Hobi in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Soojung Ko Hobi be appointed as personal representative to administer the estate of the decedent. The Petition requests authority to administer the estate under the Independent Administration of Estates Act.

A hearing on the petition will be held in this court on 01-21-14 at 9:30 a.m in Dept. 201 located at 2120 Martin Luther King, Jr., Way, Berkeley, CA 94704.

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

CNS-2565054#

Continued from page 8

Fremont Police Log

Tuesday, December 24 Three of the vehicles stolen over the weekend from Fremont Toyota were located in Oakland by Oakland PD and Oakland CHP. None of the vehicles were stripped, burned or damaged.

Thursday, December 26

A reporting person called from the Countrywood Apartments on Thornton Ave. and reported that two males were breaking into his neighbor's apartment. Both suspects fled on foot and were not located. Suspect #1 was described as a black male, approximately 18 years old, dressed in a grey hoodie and was wearing a backpack.

At approximately 4:40 p.m., the clerk at Quick Stop (Mowry Ave/Farwell Dr) called to report she had just been robbed at gun point. The entire cash drawer of the register

At approximately 4:40 p.m., the clerk at Quick Stop (Mowry Ave/Farwell Dr) called to report she had just been robbed at gun point. The entire cash drawer of the register was taken. The suspect was described as a black male, 5'09", with a heavy build. Responding units flooded the area but the suspect was not located. Investigated by Officer Soper.

Conservation program raises funds for animals in the wild

SUBMITTED BY NICKY MORA

The Bay Area's Oakland Zoo is proud to announce that Quarters for Conservation, a program to promote wildlife conservation efforts, has raised more than one hundred thousand dollars. Three of the Zoo's conservation partners, ARCAS Animal Rescue in Guatemala, the Bornean Sun Bear Conservation Center, and the Bay Area Puma Project are the main beneficiaries of the proceeds, which were collected from each Zoo admission fee.

"Our many thanks to Oakland Zoo and the entire zoo community," said Colum Muccio, ARCAS Administrative Director. "The Quarters for Conservation program is an amazing example of how we can all connect across the globe to protect endangered wildlife."

"Oakland Zoo's Quarters for Conservation funding will provide vital support for the Bay Area Puma Project, a long term research and conservation project focusing on mountain lions, essential ecosystem members, at the wildland interface," said Zara McDonald President, Felidae Conservation Fund. "Healthy mountain lion populations are threatened by an increase in human activities and development in the San Francisco region and the support of the zoo will make a difference for our lions."

For the past twelve months, twenty-five cents of every Zoo guest admission has been collected and put into a Quarters for Conservation Fund, aimed at saving species in the wild; therefore, each visit a guest has made to the Zoo resulted in a twenty-five cent donation to conservation. Through a voting station, where visitors cast their votes for their favorite project, \$13,221 was raised for ARCAS animal rescue in Guatemala, \$16,272 was collected for the Bornean Sun Bear Conservation Center, and \$21,357 was gifted to the Bay Area Puma Project.

Quarters for Conservation began in 2011 and over the past two years the program has raised over \$200,000 for Zoo conservation partners and projects. Each year during the month of October, three new organizations are chosen to be the main beneficiaries of the

fund's proceeds. Oakland Zoo staff members and volunteers vote to determine which conservation programs to highlight and take great pride in helping save species in the wild. Guests of the Zoo are given a special voting token upon entering the Zoo. The token is then used for voting at the conservation station located in the Zoo's Flamingo Plaza. The votes determine how much funding will go to each project. During 2011-2012, Zoo visitors voted to help protect chimpanzees in Uganda, conserve African elephants in Kenya, and to help keep the California condor alive in the wild.

For 2013-2014, guests of Oakland Zoo are encouraged to Leap into Action for the Mountain Legged Frog (Mountain Yellow-Legged Frog Project), Reach High for Reticulate Giraffe (The Reticulated Giraffe Project), or Look Out for Lions (Uganda Carnivore Program).

Leap into Action for the Mountain Yellow Legged Frog. Once an abundant native of the Sierra Nevada Mountains, the mountain yellow-legged frog is now facing extinction due in part to the highly lethal chytrid fungus. However, thanks to the anti-fungal baths developed by San Francisco State University's Mountain Yellow-Legged Frog Project, there is hope for these frogs and amphibians around the world.

Look Out for Lions. "The King of the Jungle" is in trouble. African lion populations have declined from 200,000 in the 1980s to under 30,000 individuals today due to human development and the resulting human-wildlife conflict. Through research, education, and providing sustainable income opportunities for people in and around Uganda's Queen Elizabeth National Park, the Uganda Carnivore Program aims to create a habitat fit for a king.

Reach High for the Reticulated Giraffe. The tallest mammal in the world is in serious decline. Reticulated giraffes have had an 80 percent drop in numbers in the last decade due to poaching and habitat loss. The Reticulated Giraffe Project in Kenya aims to discover what giraffes eat, how their family groups function, and where they go when roaming the savannah. Through the power of information, help for this iconic figure of Africa is within reach.

For more information, visit: www.oaklandzoo.org.

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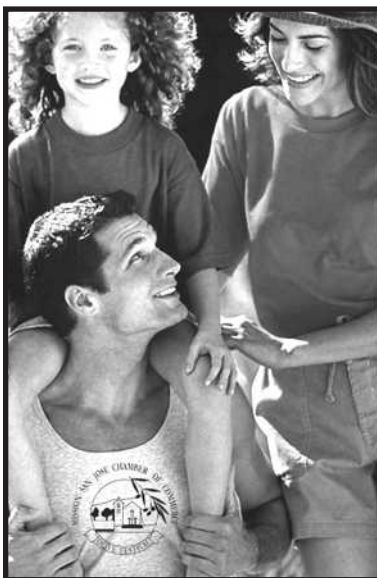
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SPORTS

James Logan game scores

Men's Basketball

Logan	25	8	18	10	-61
Fairfield	12	8	7	10	-37

SUBMITTED BY

CHRISTOPHER FORTENBERRY

December 23, 2013

Logan 61, Castlemont 37

Logan (3 - 4, 0 - 0 MVAL)

Harris 4, Keyro 12, Schaper 9, Ayson 4, Loza 10,
Godfrey 9, Fernandez 2 Fortenberry 1, Leno 10

Castlemont (0 - 6, 0 - 0 OAL)

Clark 9, Whitley 6, Cotton 10, Feao 2, Abdollah 5,
Christopher 3, Barro 2

3-pt goals: Keyro 2, Schaper 1, Loza 1, Clark 1
Foul Outs: Whitley
Technical Fouls: NONE

JV Logan (2 - 6, 0 - 0 MVAL)
Logan 51, Castlemont 50

Frosh Logan (2 - 7, 0 - 0 MVAL)

Groundbreaking of Athletics and Student Complex at Moreau

SUBMITTED BY LAUREL SKURKO

Bay for nurturing champions on and off the field and this will make us even more outstanding.

It's official! Save the date for the Campaign for Champion's groundbreaking to launch the construction of the new Athletics and Student Activities Complex. We are excited to break ground on this vital project to make sure that Moreau Catholic's facilities match our mission and goals for outstanding achievement. We are already one of the top schools in the East

Groundbreaking Ceremony

Saturday, Feb 8

9:30 a.m. - 11:00 a.m.

**Moreau Catholic High School
27170 Mission Blvd., Hayward
(510) 881-4300**

Hollywood struggles against new film meccas

BY RYAN NAKASHIMA AND NICK PERRY
ASSOCIATED PRESS

LOS ANGELES (AP) — In the old days, filmmakers flocked to Hollywood for its abundant sunshine, beautiful people and sandy beaches. But today a new filmmaking diaspora is spreading across the globe to places like Vancouver, London and Wellington, New Zealand.

Fueled by politicians doling out generous tax breaks, filmmaking talent is migrating to where the money is. The result is an incentives arms race that pits California against governments around the world and allows powerful studios — with hundreds of millions of dollars at their disposal — to cherry-pick the best deals.

The most recent iteration of the phenomenon came earlier this month when James Cameron announced plans to shoot and produce the next three "Avatar" sequels largely in New Zealand. What Cameron gets out of the deal is a 25 percent rebate on production costs, as long as his company spends at least \$413 million on the three films.

"There's no place in the world that we could make these sequels more cost effectively," says producer Jon Landau. It is neither the archipelago's volcanoes nor its glaciers that are attractive, because the "Avatar" movies will be shot indoors. Sure, Peter Jackson's award-winning special effects infrastructure is there, but the deciding factor was the money. "We looked at other places," says Landau. But in the end, "it was this rebate."

In exchange, the local economy will benefit hugely, Landau says, comparing the ripple effect to the boost that comes from new home construction. "We're doing lumber, we're catering for hundreds of people a day. We're housing people in hotels. We're going to a stationery store and tripling their business in a year."

The deal was "the best Christmas present we could have possibly hoped for," says Alex Lee, an Auckland, New Zealand-based entertainment lawyer. The news is especially welcome because the local screen industry is facing a potential drought: The Starz pay TV series "Spartacus" finished this year and Peter Jackson's "The Hobbit" trilogy is set to wrap next year. Thanks to the "Avatar" sequels, the 1,100 workers at Weta Digital Ltd., the groundbreaking digital effects house Jackson co-founded in 1993, can keep plugging away through 2018.

"It would have been a real shame if we had lost any of that talent and they had to move to follow the films," says Wellington Mayor Celia Wade-Brown.

Driving the trend are powerful global forces squeezing the entertainment industry. Falling DVD sales are putting pressure on movie-making budgets, while the demand for ever-more-amazing special effects grows. The spread of technology and skills around the world is creating a huge number of special effects suppliers — some using cheaper labor than can be found in Hollywood.

Government largesse has helped create mini-moguls in Vancouver, Montreal, London, New York and Wellington, all of which are aggressively one-upping each other to become the next new hotbed of activity. As the work spreads, branch offices of visual effects companies have opened up in new locations. Even though digital work is borderless, workers must live and be paid locally to generate the income taxes and spending that governments seek.

The tax incentives race is destined to accelerate next year. State incentives in California — home to "Star Wars" pioneer Industrial Light & Magic — are too small to accommodate big-budget movies.

Democratic Assembly member Raul Bocanegra is preparing a bill to expand their scope, but it could take months to get through committees, says his chief of staff, Ben Golombek.

And the U.S. federal incentive, an arguably difficult-to-use tax deduction of up to \$20 million per film or TV episode, is set to expire at the end of 2013.

"Once our federal incentive ends in two weeks, you're going to have a lot of people who are going to go elsewhere," says Hal "Corky" Kessler, a tax incentives lawyer with Chicago-based Deutsch, Levy & Engel.

Industry business leaders say they're simply following the money.

"This is no different than any other multinational business," says Sir William Sargent, co-founder and CEO of Framestore, a London-based special effects business that worked on likely Oscar-contender, "Gravity," and has offices in Montreal, New York and Los Angeles. "We're just going to where our customers are."

Even if the U.S. moves to counteract growing incentives overseas, the efforts won't prevent another jurisdiction from offering a bigger break.

Joseph Chianese, executive vice president at consulting company EP Financial Solutions, says the competition to offer attractive incentives is intense. More than 30 countries and 44 U.S. states now offer tax breaks to filmmakers.

The mix "changes daily, but it's not going away," Chianese says. "We have now trained a generation of filmmakers and TV makers that production doesn't have to happen here anymore."

Perry reported from Wellington, New Zealand.

Bear obeys bartender's command, leaves Juneau bar

AP WIRE SERVICE

JUNEAU, Alaska (AP) — If only all unwelcome bar guests were this obliging.

A black bear walked into the bar at the Alaskan Hotel in downtown Juneau on Monday night.

Bartender Ariel Svetlik-McCarthy says she freaked out and yelled, "No bear! Get out! No! You can't be in here!"

The bear complied, leaving the bar within seconds.

State biologist Ryan Scott says it's rare for black bears to go inside Juneau businesses, but they have wandered inside homes before.

He tells KTOO the staff did a great job, and it was good news the bear left.

State wildlife officials have killed two nuisance bears in Juneau this summer.

Information from: KTOO-FM,
<http://www.ktoo.org>

COMMUNITY BULLETIN BOARD

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Payment is for one posting only. Any change will be considered a new posting and incur a new fee.

The "NO" List:

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

Writers Open Mic Share your creativity with an audience!

7-9 p.m. fourth Mondays
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Tony Pino (510) 857-6722
www.cwc-fremontareawriters.org

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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 Or call Tracy (510) 793-6472 American Cribbage Congress www.cribbage.org

Rotary Club of Niles
We meet Thursdays at 12:15 p.m.
Washington Hospital West
2500 Mowry Ave.
Conrad Anderson
Auditorium, Fremont
www.nilesrotary.org
(510) 739-1000

Daughters of the American Revolution Ohlone Chapter
Visit our meetings. We have activities promoting historic preservation, education & patriotism 1st Sat of each mo. Sept - May - 10 am-12 p
Centerville Presbyterian Church
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Fremont Area Writers
Want to write?
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Rm. 223 at DeVry University,
6600 Dumbarton Circle, Fremont
Call Carol at (510) 565-0619
www.cwc-fremontareawriters.org

Rotary Club of Fremont
We meet Wednesday at 12:15 p.m.
at Spin-a-Yarn Restuarant
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www.kiwanisfremont.org
Contact Elise Balgley at (510) 693-4524

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Afro-American Cultural & Historical Society, Inc.
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Call: 510-793-8181 for location
Email: contact@aachisi.com
See web for Speical Events
www.aachis.com
We welcome all new members
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The League of Women Voters invites you to visit our website at www.lwvfnuc.org
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Meet 4th Friday of Month
Fremont Senior Center
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Call Ellen 510-656-7973

Hayward Demos Democratic Club
Monthly meetings-learn about current issues from experts, speak with officials.
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Newark Senior Center
7401 Enterprise Drive., Newark
last Monday of each month at 10:00 am. All seniors (50+) are welcome to attend
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http://aarp-newark-california-webs.com/

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Unity of Fremont
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Fremont
510-797-5234
www.unityoffremont.org
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www.bethtorah-fremont.org

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www.MessiahHayward.org

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City of Fremont
Family Resource Center
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URL

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50th Year Class Reunion Washington High School Class of 64' & Friends
September 26 & 27, 2014
Spin A Yarn Steakhouse,Fremont
Contact Joan Martin Graham
billjoan3@pacbell.net

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https://webadvisor.ohlone.edu

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"Places of Worship" is published on the first Tuesday of every month. Faith-based organizations that have agreed to distribute Tri-City Voice to their congregations are included. A complete list of all greater Tri-City faith-based organizations can be found at: www.tricityvoice.com under "Community Resources."

PLACES OF WORSHIP

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www.camilpitas.org

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510-589-9677

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First Baptist Church of Newark

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(510) 797-7689

New Hope Baptist Church

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Palma Ceia Baptist Church

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Park Victoria Baptist Church

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www.parkvictoria.org

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www.pathwaycommunity.info

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22582 South Garden Ave.,
Hayward
510-783-4066
shilohbc@sbcglobal.net

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111 E. Warren Ave., Fremont
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510-790-2294

So. Alameda County Buddhist Church

32975 Alvarado Niles Rd.,
Union City
510-471-2581 www.sacbc.org

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37891 Second St., Fremont
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www.corpuschristifremont.org

Holy Spirit Catholic Church

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www.holyspiritfremont.org

Old Mission San Jose Church

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510-657-1797

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41933 Blacow Rd., Fremont
510-657-4043
www.guadalupe-parish.org

Our Lady of the Rosary Church

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510-471-2609
www.olrchurch.org

St. Elizabeth Catholic Church

750 Sequoia Dr., Milpitas
408-262-8100

St. James the Apostle

34700 Fremont Blvd.
(w. of Decoto Rd.), Fremont
510-792-1962
www.sjapostle.net

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279 S. Main St., Milpitas
408-262-2546
www.sjbparish.org

CHRISTIAN

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(650)575-3345
<http://www.abundantgcc.org/>

Calvary Bible Church of Milpitas

1757 Houret Ct., Milpitas
408-262-4900
www.calvarybiblechurch.us

Calvary Chapel Fremont

42986 Osgood Rd., Fremont
510-656-8979
www.calvaryfremont.org

Cedar Blvd. Neighborhood Church

38325 Cedar Blvd., Newark
510-791-8555 www.cbnc.net

Christ's Chosen Vessel Ministries International

(Meets at Spring Valley Bible Church Building, 220 S. Main St. Milpitas
(650) 834-3776

Christ Community Church of Milpitas

1000 S. Park Victoria Dr.,
Milpitas
408-262-8000
www.cccmilpitas.org

Christian Worship Center

241 So. Main St., Milpitas
408-263-0406
<http://www.cwvsj.org>

Church of Christ

977 Grant Ave., San Lorenzo
510-276-4693
www.church-of-christ.org/slzca

Church of Christ of Fremont

4300 Hanson Ave., Fremont
510-797-3695
www.fremontchurchofchrist.org

Church of Christ – Hayward

22307 Montgomery St.,
Hayward
510-582-9830
www.haywardchurchofchrist.org

Family Bible Fellowship

37620 Filbert St., Newark
510-505-1735
www.fbfministries.org

Fremont Asian Christian Church

Meets Centerville Community Center
3355 Country Drive, Fremont
510-795-2828
www.fremontasianchristianchurch.org

Fremont Community Church

39700 Mission Blvd., Fremont
510-657-0123 www.gofcc.org

Fremont Journey of Faith Church

39009 Cindy St., Fremont
510-793-2100
www.jof-fremont.com

Good Shepherd South Asian Ministry

MultiCultural Worship
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510-552-4476
gssam@sbcglobal.net

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Multi-Ethnic
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510-936-1423
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Hayward First Church of the Nazarene

26221 Gading Rd., Hayward
510-732-0777

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www.inroadschurch.com
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510-427-0491

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www.libertyvision.org
Mount Olive Ministries
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408-262-0506
www.mt-olive.org

New Life Community Church

39370 Civic Center Dr. #119
Fremont
510-432-9250
www.newlifeeastbay.org

New Life Christian Fellowship

22360 Redwood Road
Castro Valley,
510-582-2261
www.newlifebayarea.org

New Life Church

4130 Technology Pl., Fremont
510-657-9191
Newlifechurchofsf.org

Solid Rock Church of God In Christ

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www.solidrockcogic.org

CHRISTIAN (ESPAÑOL)

Arbol de Vida

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510-790-2140

Iglesia Apostolica de Union City

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510-489-0687
www.ucapostolic.org

Iglesia Bautista Mission Peak

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510-656-5311
www.missionpeakbaptist.org

Iglesia Biblica El Faro

280 Mowry Ave., Fremont
Estudio Bíblico
510-585-1701 lbfchurch.org

Ministerios Cosecha "Fuente de Vida"

4360 Central Ave., Fremont
(510) 573-1800
mcofremont@yahoo.com

Mision Hispana Esperanza Viva

4673 Thornton Ave. Suite P,
Fremont
510-754-5618
www.esperanzaviva.org

CHRISTIAN FILIPINO

Christian Fellowship International Church

(Meets in the Park Victoria Baptist Church bldg.)
875 S. Park Victoria Dr., Milpitas
408-386-2215
<http://cficmilpitas.multiply.com/>

Light By The Mountain Church

606 H St., Union City
510-378-0159

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Graceful Christian Community Church

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Latinos still face electoral hurdles in California

BY ELLIOT SPAGAT
ASSOCIATED PRESS

ESCONDIDO, Calif. (AP)—Aging apartment buildings and small, closely-spaced houses make up what is known as the city's "doughnut hole" because they are surrounded by new, upscale subdivisions.

The doughnut hole is why Escondido's population of 148,000 is nearly half Latino. As Mexican immigrants began settling there in large numbers in the 1970s, strip malls replaced avocado and orange groves and whites fled to larger homes on the city's outskirts. The area has two giant Mexican supermarkets amid malls and churches whose signs mix English and Spanish. Some quiet residential streets lack sidewalks and street lights.

As Latinos surpass whites as California's largest racial or ethnic group early next year, more are getting elected to public office, including the mayors of Los Angeles and Sacramento, members of Congress, lieutenant governors and leaders of the state Legislature. Not so in Escondido — Spanish for "Hidden Valley" — which is among smattering of cities with large Latino populations that have eluded their grasp.

The north San Diego suburb elected its first Hispanic to its City Council in its 125-year history in 2008, not counting a one-term member in the 1990s, Elmer Cameron, who didn't acknowledge his Latino roots when he ran. Councilwoman Olga Diaz, the daughter of Mexican immigrants who learned English as a second language, is running for mayor next year in the first elections with district, instead of at-large, voting

to the City Council.

Escondido adopted district voting after getting sued under the California Voting Rights Act for its poor record of electing Latinos. Other cities — Modesto, Anaheim, Compton, Palmdale, Whittier — have faced similar challenges. Escondido's doughnut hole, also called "the urban core," makes up District 1, whose citizen voting-age population is slightly more than 50 percent Latino and is seen as more likely to elect one of their own.

Arturo Vargas, executive director of the National Association of Latino Elected and Appointed Officials, rattles off a list of California cities that have elected Latinos to local office and notes that Hispanics occupy 27 of 120 seats in the state Legislature, up from seven in 1984.

Yet Latinos are disproportionately ineligible to vote because they are either too young or are not U.S. citizens, Vargas said. Cities with large and growing Latino populations often have another majority group that is uncomfortable with changing demographics, he said.

Latinos make up 33 percent of the state's adult population but only 17 percent of likely voters, according to the Public Policy Institute of California. They tend to be young, less educated and less affluent. Whites, in contrast, comprise 44 percent of the adult population but 62 percent of likely voters.

Jose Fragozo, who moved to the San Diego area from the Mexican border city of Mexicali when he was 12, credits the Escondido Union School District's change to district voting for winning a seat on the school board in

2012 after two losses. He raised only \$3,000 and knocked on every door in his district.

"I could finally afford to send a mailer and go door-to-door," said Fragozo, 48, echoing a common argument for supporters of district elections.

Diaz, 37, first ran for the City Council in 2006, outraged by an ordinance that required landlords to check the immigration status of their tenants. She stepped to the microphone during a heated City Council meeting to tell leaders they were "nuts" and "either incompetent or malicious." A federal judge later blocked the ordinance before it took effect.

Diaz, a Democrat in a heavily Republican city, lost but won two years later, aided by higher name recognition, enthusiasm for Barack Obama's presidential run and a visible presence as owner of two coffee shops.

"They knew me well enough to know that I'm not a scary person," said Diaz, who is married to a white Escondido police lieutenant but kept her maiden name.

Diaz, who was easily re-elected last year, is often on the losing end of 4-1 votes and has failed to muster a second vote needed for colleagues to even consider her proposals, such as sprucing up a concrete wash in the city's predominantly Latino area and waiving home remodeling permit fees for veterans.

Latinos made up 48.9 percent of Escondido's population in 2012 but relations remain strained with city leaders. The city has impounded thousands of vehicles at checkpoints, many of them from people who don't qualify for a driver license because they are in the country illegally.

In 2010, the city forged an unusually close alliance with U.S. Immigration and Customs Enforcement, which has agents at police headquarters to check the immigration status of people questioned at checkpoints or elsewhere. In 2011, it began requiring city contractors to use an online federal database to verify that employees are eligible to work in the U.S.

Mayor Sam Abed, a Lebanese immigrant who is seeking a second term against Diaz, has embraced the city's crackdown illegal immigration. A 2010 campaign mailer showed a grainy photo of people storming across a freeway after the entering the country illegally, proclaiming he was the only candidate who could uphold the rule of law.

"It's about quality of life, it's about prosperity, it's about public safety for everybody," said Abed, 62, a retired manager at IBM.

Abed says Escondido hasn't elected more Latinos because those that have run are too liberal for the city, where Republicans hold a 14-point edge over Democrats in voter registration.

Julio Diaz, who works at an Escondido nursery, can't vote because he is in the country illegally. He settled in Escondido 10 years ago to join his parents, who were deported after being stopped at a city checkpoint in 2010.

Diaz, 33, has tried to convince three friends who can vote to elect a City Council that would end checkpoints and other policies he considers harmful to immigrants. Their response disappoints him.

"What good will it do?" they tell him. "Nothing."

After brother's death, man goes on tipping spree

BY KATHRYN BRENZEL
NJ.COM

HOBOKEN, N.J. (AP)—After Aaron Collins died suddenly, his family began carrying out his final wishes. In his will, Collins made a simple, yet outlandish request: Go out for dinner, and leave a generous tip — we're talking \$500 for pizza.

What started as a one-time gesture has turned into a cross-country mission. After the first dinner, donations started pouring in to the family. His older brother Seth Collins, of Livingston, Ky., has dished out more than \$41,000 in tips to waiters and waitresses across the country as part of a non-profit he started, Aaron's Last Wish.

"Aaron always had a soft spot for people in the service industry, even when he was 12," Seth Collins told NJ.com (<http://bit.ly/1cW81cy>). "If Mom and Dad didn't leave what he thought was a generous tip, he'd leave a few more dollars."

To honor his brother, Collins aims to leave a hefty tip for a stranger in every state and has been traveling alone for the last six months to carry out the task. He has five states to go, he said. Recently, he gave a waitress at Onieals Restaurant in Hoboken a \$500 tip, the first given in New Jersey, he said.

The waitress, Francesca Brewer, said that when Collins came in on Dec. 18, she'd been stressed over the holidays and the fact that business was slow throughout the day. She said that Seth Collins had been a kind customer but that she only expected a customary tip. Then she received a pleasant surprise.

"It was awesome. Totally unexpected," she said. "I'm happy that this guy chose such a great

restaurant to walk into."

Brewer has waited at Onieals for the last five years and is currently pursuing her bachelor's degree in English from State University of New York Empire State College. The story of Aaron Collins particularly resonated with her, she said, because she also lost a sibling. Her twin sister Liddy died five years ago. She said it was comforting and inspiring to see someone in her position turning loss into something positive.

"Some people just want to curl up in a ball when something like this happens," she said. "It's really inspiring."

Aaron Collins died in July 2012 of unknown causes. He was 30. Aaron Collins always sympathized with people in the service industry, Seth Collins said, but an incident at a restaurant three years before his death largely inspired the request made in his will.

At the time, a new waitress was struggling with her job, dropping drinks and forgetting orders. She told Aaron Collins that she didn't think she'd be able to keep the job. Collins left a \$50 tip and a message on the receipt, "Don't give up." The message and tip helped change the waitress' attitude, Seth Collins said.

"I think (Aaron) saw what \$50 could do for a person," he said.

Now, Seth Collins experiences this on a larger scale. He said that the tips tend to set in motion a "pay-it-forward" mentality among the recipients. Collins' good deed inspires them to perform random acts of kindness.

"It's been incredibly rewarding," he said. "I love getting to inspire people to be generous."

Information from: NJ.com, <http://www.nj.com>

Hayward receives \$25,000 grant

SUBMITTED BY FRANK HOLLAND

After receiving a record-number of applications, Cities of Service announced that it has awarded \$25,000 to Hayward to implement a service initiative designed to address student academic performance. Hayward is one of 23 U.S. cities to win a Cities of Service Impact Volunteering Fund grant, which supports mayors who are implementing "impact volunteering" strategies that tackle pressing local challenges.

"Improving student performance in Hayward is critical to our city's overall prosperity, which makes it a shared responsibility for all of us," said Mayor Michael Sweeney. "This grant will help us build on the success of our homework support center program by activating our extraordinary network of local college students. The funding is important, but what it represents is even more valuable: the strengthening collaboration between our local higher education system and our public schools."

Hayward's \$25,000 grant will go toward expanding the city's successful homework support center program in partnership with Hayward Unified School District, California State University East Bay (CSUEB) and the local community college, Chabot College. Operated by the City of Hayward Public Library, the program builds upon work that has been funded through the US Department of Education Hayward Promise Neighborhood grant and will leverage significant resources from the grant and other funds.

Established in 2009, the Homework Support Centers have proven effective at improving student performance on standardized tests. Homework Centers operate at both of Hayward's public libraries and five Hayward Unified School District schools. The City and HUSD are working in partnership to expand this successful program model to additional schools, with the goal of eventually reaching every school in the district.

The After-School Homework Support Initiative will create educational scholarships for an additional 23 Chabot and CSUEB college students, who will volunteer as tutors at the Winton and Cesar Chavez Middle Schools. The Initiative encourages students from college STEM (Science, Technology, Engineering and Math) programs and other majors to become involved so that more difficult homework subject matter can be covered. These volunteer tutors will help 200 middle school students improve their language arts and math scores by as much as 10 percent. College students will work with middle school students in small groups (3:1 or 1:1 if needed) on all of their homework needs.

The Cities of Service model focuses on impact volunteering — volunteer strategies that target community needs, use best practices, and set clear, measurable outcomes to gauge progress. Dozens of cities across the nation have adopted the model since its introduction in 2009.

To find out more about Cities of Service, visit www.citiesof-service.org.

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Submitted by AAUW

Fremont branch of the American Association of University Women (AAUW) presents a screening of the documentary MISS REPRESENTATION on January 15, 2014. This film is about the mainstream media's often disparaging portrayal of women resulting in their under representation in positions of power. The documentary Miss Representation, by Jennifer Siebel Newsom, premiered at the 2011 Sundance Film Festival, and aired on OWN: Oprah Winfrey Network.

AAUW advances equity for women and girls through advocacy, education, philanthropy and research.

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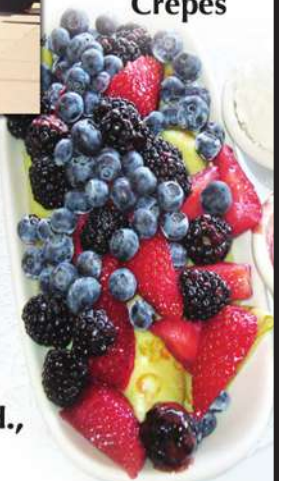


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