



Flutes and harps unite for a rare performance

Page 43



Hayward Street Party

Page 21



East Bay Regional Parks Insert in this issue

What's Happening

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June 7, 2016

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Experience a historic man and his movies at **Chaplin Days**

SUBMITTED BY **RENA KIEHN**

Art exhibits, special film screenings, contests and other Niles fun will be happening in honor of the one and only Charlie Chaplin at the annual "Charlie Chaplin Days." Come join the fun June 11 and 12! Meet Jason Allin, our Special Guest Charlie from Canada, and be on the lookout for others – young and

continued on page 11

Jason Allin returns as the event's Special Guest Charlie from Canada. Photo by Barbara Allin.



Ballet Folklórico Costa de Oro delivers the spirit and warmth of Mexico

SUBMITTED BY **BENNY VALLES**

The crowd pleasing Ballet Folklórico Costa de Oro, proudly presents "A Night in Mexico," a colorful and mesmerizing production of music, song, and dance from Mexico, and "Fiesta de los Niños."

A Night in Mexico opens June 11 and features 30 folklorico dancers in a south-of-the border fiesta with a vibrant finale performed in the true spirit of a true Mexican fiesta. Gorgeous backdrops worthy of a Broadway musical, colorful costumes and styled dancing add sparkle to what is already a vibrant tour through Mexico's rich cultural heritage.

continued on page 16



SUBMITTED BY **CHERYL GOLDEN**
PHOTOS BY **WILLIAM MANCEBO**

Fremont Police Department (FPD) invites the community to attend the "Fremont Police Safety Fair" on Saturday, June 11. The free event is open to the public and will be held outdoors in the large parking lot just west of the police campus between the police building and Fremont Main Library. The event will feature

safety booths, activities for kids, giveaways, crime prevention seminars, and child safety seat inspections, as well as give the public an opportunity to get an up close and personal look at police cars, motorcycles, fire trucks, and our new K9 tracking dog team.

Several partners including Fremont Fire Department, Bay Area Rapid Transit (BART) police, California Highway Patrol and Washington Hospital are participating.

continued on page 44

INDEX

Arts & Entertainment 23
Bookmobile Schedule 26
Business 8

Classified 33
Community Bulletin Board . . . 34
Contact Us 31
Editorial/Opinion 31
Home & Garden 15

It's a date 23
Kid Scoop 20
Mind Twisters 18
Obituary 40
Protective Services 37

Public Notices 38
Real Estate 17
Sports 28
Subscribe 33

Frequent Heartburn Can Indicate a Serious Condition

Seminar Explains New Treatment Options for GERD or 'Acid Reflux'



Most likely, you have experienced heartburn on occasion – perhaps after eating a heavy, spicy meal. That burning sensation in your chest can disrupt your sleep, but it's nothing to worry about. Or is it?

"Frequent heartburn may be a symptom of a more serious condition called gastroesophageal reflux disease (GERD), also known as acid reflux," says Dr. Mary Maish, chief of Thoracic and Foregut Surgery at Washington Hospital. "Some acid reflux is normal, and almost all people have it occasionally. Heartburn becomes a concern, however, when it is chronic and damages the esophagus. Anyone with frequent heartburn should see a physician to see if testing for GERD is indicated."

Acid reflux happens when the contents of the stomach back up into the esophagus – the "food pipe" that leads from the throat to the stomach. The acid flows back up into the esophagus be-

cause the valve (called a "sphincter") between the stomach and esophagus isn't working properly. This can cause symptoms of heartburn, regurgitation, cough, hoarseness and even asthma.

To promote greater awareness of GERD's potential complications and treatment options for GERD, Washington Hospital will conduct a free seminar featuring Dr. Maish on Tuesday, July 12, from 6:30 to 8:30 p.m. The seminar will be held in the Conrad E. Anderson, MD, Auditorium in the Washington West building at 2500 Mowry Avenue in Fremont.

Serious Complications of GERD

"If left untreated, GERD can lead to more serious complications such as scarring and strictures (narrowing) of the esophagus, which make it difficult to eat and swallow," says Dr. Maish.

Another serious GERD complication is Barrett's esophagus, which affects

Frequent heartburn may be a symptom of a more serious condition called GERD, often referred to as acid reflux. To learn more about GERD, attend the July 12 free seminar featuring Mary Maish, MD chief of Thoracic and Foregut Surgery at Washington Hospital. The July 12 seminar is from 6:30 to 8:30 p.m. in the Conrad E. Anderson, MD, Auditorium in Washington West (2500 Mowry Ave., Fremont). To register for the free seminar, call (800) 963-7070 or go to whhs.com/seminars.

approximately 3.3 million Americans, with a 2 percent risk per year of developing esophageal cancer.

"In Barrett's esophagus, the cells in the lining of the esophagus change to compensate for the acid," Dr. Maish explains. "These cells continue to change, becoming precancerous, and perhaps even cancerous. Esophageal cancer is not very common, however, with approximately only 16,000 cases diagnosed each year."

Dr. Maish notes that GERD can sometimes be caused by a condition called hiatal hernia.

"With a hiatal hernia, part of the stomach slips up into the chest, causing intermittent

heartburn symptoms," she says. "Minimally invasive surgery can be performed laparoscopically to correct a hiatal hernia by anchoring the stomach back down in the abdomen."

Nonsurgical Treatment Options

In many cases, physicians recommend treating uncomplicated GERD by making a few simple lifestyle changes, such as diet modification and weight loss, which Dr. Maish will discuss at the seminar.

"Lifestyle changes can be hard for some people to maintain over the long term," Dr. Maish concedes. "For example, many people try to change their diet

and lose weight, only to fail time and again. That can be very discouraging. So, in addition to making lifestyle changes, people may need medications to help control GERD. These medications include antacids, H2 blockers that block histamine receptors in the stomach, and proton pump inhibitors (PPIs), which block acid production in the stomach.

"PPI medications are the most effective drugs for treating persistent GERD," she adds. "Unfortunately, a collective group of studies indicate that there may be

continued on page 5

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
	6/7/16	6/8/16	6/9/16	6/10/16	6/11/16	6/12/16	6/13/16
12:00 PM	Raising Awareness About Stroke	Your Concerns InHealth: Sun Protection	Washington Women's Center: Sorry, Gotta Run!	Heel Problems and Treatment Options	Family Caregiver Series: Coping as a Caregiver	Hip Pain in the Young and Middle-Aged Adult	Diabetes Matters: Healthy or Hoax
12:30 PM			Minimally Invasive Surgery for Lower Back Disorders		Good Fats vs. Bad Fats		Kidney Transplants
1:00 PM	Get Your Child's Plate in Shape	Learn About Nutrition for a Healthy Life	Community Based Senior Supportive Services	Family Caregiver Series: Panel Discussion	Your Concerns InHealth: Decisions in End of Life Care	Voices InHealth: Healthy Pregnancy	New Treatment Options for Chronic Sinusitis
1:30 PM							
2:00 PM	How Healthy Are Your Lungs?	Washington Township Health Care District Board Meeting May 11, 2016	Prostate Cancer: What You Need to Know	Washington Township Health Care District Board Meeting May 11, 2016	Learn If You Are at Risk for Liver Disease	Family Caregiver Series: Caregiving From A Distance	Washington Township Health Care District Board Meeting May 11, 2016
2:30 PM							
3:00 PM	Strengthen Your Back! Learn to Improve Your Back Fitness	Voices InHealth: Washington's Community Cancer Program	Dietary Treatment to Treat Celiac Disease	Learn About the Signs & Symptoms of Sepsis	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Do You Suffer From Anxiety or Depression?	Prostate Cancer: What You Need to Know
3:30 PM							
4:00 PM	Peripheral Vascular Disease: Percutaneous (Under the Skin) Treatment	Heart Irregularities	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	What You Should Know About Carbs and Food Labels	Reach Your Goal: Quit Smoking	Family Caregiver Series: Fatigue and Depression	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment
4:30 PM							
5:00 PM	Learn More About Kidney Disease	Menopause: A Mind-Body Approach	Strengthen Your Back	From One Second to the Next	Washington Township Health Care District Board Meeting May 11, 2016	Washington Township Health Care District Board Meeting May 11, 2016	Sidelined by Back Pain? Get Back in the Game
5:30 PM							
6:00 PM	Arthritis: Do I Have One of 100 Types?	Washington Women's Center: Cancer Genetic Counseling	Superbugs: Are We Winning the Germ War?	Shingles	Diabetes Matters: Diabetes & Heart Disease	Voices InHealth: The Greatest Gift of AI	Alzheimer's Disease
6:30 PM							
7:00 PM	Snack Attack	Prostate Cancer: What You Need to Know	Washington Township Health Care District Board Meeting May 11, 2016	Prostate Cancer: What You Need to Know	Your Concerns InHealth: Senior Scam Prevention	Prostate Cancer: What You Need to Know	Latest Treatments for Cerebral Aneurysms
7:30 PM							
8:00 PM	Washington Township Health Care District Board Meeting May 11, 2016	Voices InHealth: The Legacy Strength Training System	Deep Venous Thrombosis	Preventative Healthcare Screening for Adults	Keys to Healthy Eyes	Don't Let Hip Pain Run You Down	Women's Health Conference: Food and Mood: How One Can Affect the Other
8:30 PM							
9:00 PM	Knee Pain & Replacement	Heart Healthy Eating After Surgery and Beyond	Family Caregiver Series: Tips for Navigating the Healthcare System	The Real Impact of Hearing Loss & the Latest Options for Treatment	Inside Washington Hospital: The Green Team	Relieving Back Pain: Know Your Options	Diabetes Matters: Understanding Labs to Improve Diabetes Management
9:30 PM							
10:00 PM	Minimally Invasive Options in Gynecology	Heart Healthy Eating After Surgery and Beyond	Diabetes Matters: Gastroparesis	Varicose Veins and Chronic Venous Disease	Family Caregiver Series: Nutrition for the Caregiver	Diabetes Matters: Strategies for Incorporating Physical Activity	Diabetes Matters: Strategies for Incorporating Physical Activity
10:30 PM							

Tools for a Healthier Life

Experts agree – Lifestyle choices about diet and exercise can help you prevent and control chronic disease



Today, the U.S. faces major challenges to the health and well-being of our population. For example:

- 78 million Americans are considered obese
- 117 million people – about half of all adults in the U.S. – have one or more preventable, chronic diseases
- 70 percent of adults who are overweight and 75 percent of those who are obese have at least one risk factor for cardiovascular disease or diabetes

This is the second in a series of articles on recent advances in U.S. efforts to take a more proactive, preventive approach to improving and protecting the health of our citizens. We'll also talk about what you can do to improve your own and your family's health, and how Washington Hospital works every day to protect the health of patients and the community.

"Summer's coming, and this is a great time to refocus yourself on living a healthier lifestyle, eating better and exercising more," said Anna Mazzei, registered dietitian and diabetes educator at Washington Hospital. "By taking a proactive approach to managing your weight to prevent or control disease, you'll also look and feel better."

Population health

Scientific research has demonstrated the close link between Americans' lifestyle and public health problems, such as obesity and chronic disease. Based on these findings, the U.S. government is taking a more proactive approach to improving the health of our population through landmark legislation and sweeping new policies.

Last year, the U.S. Office of Disease Prevention and Health Promotion released the latest Dietary Guidelines for 2015-2020. The updated recommendations place a greater emphasis on adopting healthier nutritional patterns. The goal is to prevent or slow the progress of chronic disease by making you more aware of how lifelong eating habits affect your overall health.

Some of the latest dietary guideline concepts were translated into new food labeling requirements announced by the U. S. Food and Drug Administration (FDA) this spring. In response to the obesity crisis, nutrition labels will put a stronger focus on calories, serving size and sugar content.

"These developments represent food policy on a grand scale," commented Mazzei.

Meantime, the Affordable Care Act is strengthening the focus on population health by requiring health plans to include preventive and wellness services as well as chronic disease management in their core package of Essential Health Benefits.

Preventive services in your community

"As part of our mission to serve the health care needs of the community, Washington Hospital Healthcare System helps people take a more proactive approach to managing their health and preventing disease," Mazzei explained. "We offer a wide range of free and low cost programs, classes, and services for the public."

Programs include community seminars, health screenings, support groups and more. Many of these services are described in a free bi-annual Health & Wellness

Washington Hospital Healthcare System offers a wide range of free and low cost programs to help the community manage their health and prevent disease. Look for the bi-annual Health & Wellness catalog or go to whhs.com for more information about programs and services to help you improve your health.

catalog published by the Healthcare System. The catalog is also available online at www.whhs.com.

To help people with diabetes or people at risk of getting the disease, the Washington Outpatient Diabetes Center has a dedicated team of certified diabetes educators, including Mazzei, who are trained to teach you the skills needed to control diabetes for a lifetime. Research shows education helps prevent, delay, or reverse complications of diabetes when people learn and apply self-management skills. The center also sponsors monthly diabetes education classes called Diabetes Matters. At these free seminars, expert speakers present science-based information to help increase your knowledge about diabetes.

In addition, the Washington Women's Center provides a host of wellness and support programs and educational classes for local women. These include yoga, meditation, touch therapy, and a series of health and wellness-related lectures.

What you can do

Although some things like family history are beyond your control, you have the power to

influence many of the factors that help prevent or control chronic disease and enable you to live a longer, healthier life. Here are some tips to get you started:

- Become a mindful eater. Recognize that you have the ability to control what you eat and how much exercise you get. These tools can improve your overall health and longevity.
- Read nutritional food labels. Find out about the latest changes in labeling requirements by going to www.fda.gov, the website of the U.S. FDA. Recommendations for daily intake are based on a 2,000 calorie diet. By going to www.choosemyplate.com you can determine your own recommended daily calorie intake, based on your height and weight.
- Educate yourself about ways to improve your health through nutrition, exercise and other strategies. Take advantage of local, evidence-based wellness and prevention programs, including those sponsored by Washington Hospital Healthcare System.

Learn more about eating healthy

A registered dietitian and certified diabetes educator, Anna Mazzei will be featured at these free upcoming events:

Healthy Home Grilling Cooking Demonstration

Wednesday, June 8, 1 p.m.
Conrad E. Anderson, MD, Auditorium

New Dietary Guidelines for Healthy Choices

(including information about the latest food labeling policies)
Wednesday, Sept. 21, 1 to 3 p.m.
Conrad E. Anderson, MD, Auditorium, Rooms A & B

Online resources

To find out more about the health status of Americans and recommendations for prevention and wellness, go to www.health.gov, the web site of the U.S. Office of Disease Prevention and Health Promotion. To learn more about the Dietary Guidelines for 2015-2020, go to www.choosemyplate.gov. For more information on the changes in nutritional food labeling, visit www.fda.gov. For information about wellness and prevention programs from Washington Hospital Healthcare System, go to www.whhs.com.

Ask the Doctor

This is an ongoing column in which community physicians answer your health-related questions. Questions should be emailed to Ask the Doctor at: askthedoctor@whhs.com

What should I do about an odd growth on my body/skin?

Odd growths get more common as we get older. Most skin growths including moles and warts are common and benign. Nonetheless, there are growths that can be cancerous and need to be treated. There is no one set rule to determine which growth is benign or cancerous. Different rules such as the ABCD (asymmetry, border uneven, color and diameter) rule can be used to help rule out melanoma for any pigmented lesions. These rules, however, are not perfect and any odd growth should be evaluated by a doctor.

Tam Nguyen, MD, FAAFP



Tam Nguyen, MD, is board certified by the American Board of Family Medicine and the American Board of Aesthetic Medicine, treating patients of all ages since 2008. He completed his Family Practice residency at San Jose-O'Connor Hospital in California and has served at San Joaquin General Hospital as part of their medical staff and clinical faculty and as the Family Medicine Chair. Dr. Nguyen currently practices Family Medicine

at the Washington Township Medical Foundation – Nakamura Clinic in Union City. For more information, go to www.mywtmf.com.

whhs.com

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Health & Wellness

Peripheral Vascular Disease Screening

Learn if you may be at risk for peripheral vascular disease. The screening consists of a Doppler study of the circulation in your legs. Physicians will be on hand to interpret your results. **To qualify, you must pre-register by calling (800) 963-7070.** No walk-ins, please.

Saturday, June 25, 2016
10 a.m. to 1 p.m.

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

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Free Community Seminars

PHYSICIANS

Ash Jain, MD
Cardiologist
Washington Hospital Medical Staff

John Thomas Mehigan, MD
Vascular Surgeon
Washington Township Medical Foundation

To register,
call (800) 963-7070.

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

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



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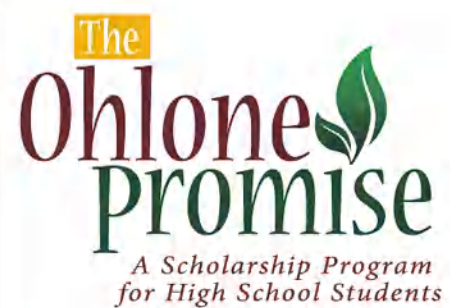
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continued from page 2

Frequent Heartburn Can Indicate a Serious Condition

Seminar Explains New Treatment Options for GERD or 'Acid Reflux'

some correlation between use of PPIs and increased risks of cardiovascular disease, kidney disease, dementia and osteopenia. If you are concerned about taking a PPI medication, consult your doctor about whether the benefits of the drug outweigh the risks."

Other Treatments for GERD

While lifestyle changes and medications may help alleviate the symptoms of GERD, they don't change the function of a loose sphincter between the esophagus and the stomach. Improving the function of this sphincter is important to fixing the symptoms and preventing complications of GERD. At the seminar, Dr. Maish will discuss various procedures for strengthening the esophageal sphincter.

The current standard surgical approach for strengthening the sphincter is called laparoscopic Nissen fundoplication. This minimally invasive laparoscopic surgery strengthens the lower esophageal sphincter by wrapping the upper curve of the stomach (known as the fundus) around the sphincter.

"Laparoscopic Nissen fundoplication offers good results for most people," says Dr. Maish. "It requires only a one- or two-day stay in the hospital."

A newer minimally invasive surgical procedure to correct faulty esophageal sphincter function involves inserting a beaded "magnetic bracelet" over the end

of the esophagus at the location of the sphincter. This device serves to strengthen the valve and prevent symptoms and complications of GERD.

"The magnetic bracelet, known as the LINX device, wraps around the base of the esophagus to prevent food, acid or bile from going from the stomach back up into the esophagus," Dr. Maish explains. "The bracelet is a one-way valve that is flexible enough to let food go down, but not back up."

Dr. Maish is currently one of the very few physicians in the Bay Area placing the LINX magnetic bracelet for GERD.

"The LINX device is extremely effective in treating GERD," she asserts. "Patients spend less than an hour in the operating room, and many of them are able to go home the same day. The recovery period is only a few days to a week. Most importantly, more than 90 percent of the time, patients who have a LINX device inserted are able to come off all their GERD medications."

To register for the seminar on July 12 or to learn more about other seminars offered by Washington Hospital, visit whhs.com and click on the heading for "Events" at the top of the page.

If you need help finding a physician, visit www.whhs.com or the Washington Township Medical Foundation website at www.mywtmf.com.

Playwrights' CageMatch

SUBMITTED BY
SUSAN E. EVANS;
BOB MILLER

Douglas Morrisson Theatre (DMT) is excited to announce our Fifth Annual Playwrights' CageMatch: Public Squares, Private Stories, on Monday June 13. Five playwrights will enter but only one will emerge victorious! Join us as playwrights far and wide square off.

The only requirements for aspiring contributors were that the scenes had to be 20 minutes or less, have no more than four characters, and be set in a town square in a small town anywhere in the universe. It's where Main Street meets First Street – perhaps there's a little park, or a statue of a forgotten general, probably a few pigeons. Time period is not restricted. We particularly looked for creative and elegant back-stories that incorporated a town square setting into the scene, but the tone, theme or genre was up

to the playwright — a parade, a lovers' tryst, or a protest, perhaps? Anything can happen in the town square.

This year DMT had entries from all over the U.S., from Canada and Australia. Artistic Director Susan E. Evans, with some help from her team, selected the top five submissions, and each one gets one rehearsal. The five scenes will be presented on June 13 at a live staged reading at the Douglas Morrisson Theatre, and the audience will decide the winner. Admission for the CageMatch is free, and tokens to vote will be sold for \$5.

Playwrights' CageMatch
Monday June 13
8 p.m.

Douglas Morrisson Theatre
22311 N. Third St, Hayward
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Museum to highlight history of Fremont's Central Park

SUBMITTED BY
 KELSEY CAMELLO

The Washington Township Museum of Local History in Fremont is set to continue with the celebration of the 60th anniversary of Fremont with a brand new display at the Central Park Visitors Center. This exhibit will highlight the history of Central Park, with historic photos and artifacts and key information. The display will be on view now through Labor Day (September 5).



Stivers Lagoon, later Central Park land, circa 1962



Aerial view of the Puerto Penasco Lagoon at Central Park, circa 1969

Stop by the Central Park Visitors Center to discover the history of the park from the Ohlone era to today. There may even be photos that have been rarely or never before seen by the public. Who was here before 1900? What year was the first parcel of land acquired? What did the park look like before the lake was filled in? Was there ever a swim lagoon? How many skate parks has the lake housed? The answers to these and many other questions can be

found by visiting the exhibit.

"The exhibit is a fantastic entry point for people interested in the history of the park," said Central Park Ranger Patrick O'Connell.

The display is expected to reach thousands of people over the course of the summer, as it is situated in a prime location, just across from the boat launch. Both daily walkers and the occasional park users can gain from the information presented in the ex-

Exhibit on History of Central Park
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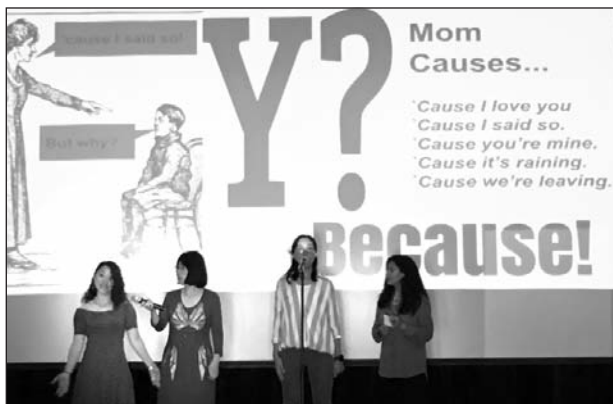
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ESL students embody the spirit of graduation



As a time of joy, exuberance and celebration, graduation ceremonies acknowledge the effort of students, teachers, administrators and support networks that culminate in matriculation from one level of instruction to another and/or practical applications. Many students move through grade levels that mark types and sophistication of instruction while others are seeking knowledge and information for more immediate and personal reasons.

A special group of students from every corner of the world gathered at Fremont Adult School on June 1st to cheer each other as they graduated from English as a Second Language (ESL) classes that are much more than classroom instruction. Under the guidance of teaching and administrative staff, students help each other assimilate into the rich, yet confusing mix of the United States of America, specifically the Greater Tri-City area.

Through persistence and pride in their adopted country, ESL students appear joyful and eager to unravel the cultural and linguistic mysteries of our communities. The graduation ceremony reflected this energy as congratulatory speeches were followed by unique performances of each class - songs (e.g. I've Been Working on the Railroad, This Land is Your Land, What a Wonderful World), Bollywood dancing, square dancing and skits including a fanciful introduction to the alphabet.

As the graduation ceremony ended, classmates, teachers and administrators bid farewell but for many just a temporary hiatus before the next session begins. Not only are friendships begun and strengthened during class sessions, but the result enhances the resilience and texture of our American heritage. Congratulations to all graduates in all schools. You are our future!



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Historical Patterson House seeks volunteers

SUBMITTED BY CITY OF FREMONT

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Santa Clara County Library kicks off Summer Reading Program

SUBMITTED BY LILI SMITH

Winning has never been easier for local residents who enroll in Santa Clara County Library District's (SCCLD) 2016 Summer Reading Challenge "Read for the Win." Kids and teens who are reading over the summer keep learning and score higher in reading and math when they return to school in the fall. Adults who read reap numerous rewards including: enhanced vocabulary, increased knowledge and reduction in stress, improved memory, as well as better focus and concentration skills.

As of June 1, all kids, teens and adults are invited to join the 2016 SCCLD Summer Reading Challenge by reading five books between now and July 31. Registration for the challenge can be made in person at a participating library or online at www.sccl.org/summer2016. Activities, programs and incentives are grouped in three categories:

- Pre-readers (ages 0-5) & Kids (ages 6-12)**
- Teens (ages 12-17)**
- Adults (ages 18 and up)**

Last summer (2015), over 14,385 kids and teens and 2,022 adults joined in the Summer Reading Chal-

lenge fun. This year, SCCLD will once again partner with Santa Clara County Parks and the Children's Discovery Museum. Participants will have a chance to talk with a Santa Clara County Park Ranger during one of the many scheduled Ranger visits at a SCCLD library and every person who enrolls in the Summer Reading program will receive a free pass to the Children's Discovery Museum.

From free events, reading incentives and special story times to magicians, acrobats, teen tech workshops and author visits, SCCLD's "Read for the Win," has enlightening activities scheduled for almost every day of summer. All teens and adults who enroll in the program receive a free tote bag; children (0-12) receive a book prize. Books, eBooks, eAudiobooks, Graphic Novels, and Audiobooks all count toward the five book total.

Complete instructions can be found at: www.sccl.org/summer2016. Read for the Win Summer Challenge activities are offered at all SCCLD libraries. For a complete SCCLD Summer Challenge listing, go to: <http://www.sccl.org/read-for-the-win-events2016>. The program is free and open to everyone.

South Bay Chinese Service Club holds Scholarship Banquet

SUBMITTED BY JOE WOO

On April 20, the South Bay Chinese Service Club (SBCSC) awarded \$18,500 in scholarships to graduating high school seniors of Chinese descent at the 47th annual SBCSC Scholarship Banquet held at the Union City Mayflower Restaurant.

SBCC President Randy Sabado greeted the graduates and praised them for their outstanding academic records and participation in community activities. Honored guests included: Alameda County Supervisor Scott Haggerty, Mayor of Union City Carol Dutra-Vernaci, Mayor of Fremont Bill Harrison, Vice-Mayor of Fremont Lily Mei, and Fremont City Councilmember Suzanne Chan.

Keynote speaker, Fiona Ma, Chairwoman of the State Board of Equalization, District 2 encouraged the graduating seniors to follow their passion and leverage in what they have learned from school. Ms. Ma presented Certificates of Recognition to all award recipients. Students also received Certificates of Special Recognition from Alameda County Supervisor Scott Haggerty; Mallory DeLauro, representing U.S. Congressman Eric Swalwell; Carolina Salaza, representing State Assemblymember Bill Quirk, and Meriam Reynosa, representing State Senator Bob Wieckowski. Although unable to attend the banquet, U.S. Congressman Mike Honda, State Assemblymember Kansan Chu also provided Certificates of Recognition.

The 19 scholarship winners averaged unweighted GPA is 3.8 and the average weighted GPA is 4.2. The Award recipients have taken a total of 229 AP classes and honor classes. Together they have amassed 4,639 community service hours. In this group, there are 2 National Merit Finalists, 5 AP Scholars, and 5 students with perfect unweighted 4.0 GPAs.

- \$2,000 Scholarship Recipients:
- Nina Chang, Irvington High School – Howard Tom Memorial Award for Top Honors
 - Allison Du, American High School – Bing J. Gee

Memorial Award for Citizenship

- Jared Lee, Dougherty Valley High School – Dick F. Szeto Memorial Award for Governance
- Alan Huang, James Logan High School – Robert Yun Yau Memorial Award for Performance Arts

\$1,000 Scholarship Recipients:

- Andrew Chen, Mission San Jose High School – Karl Ngan Memorial Award for Leadership
- Isaac Tong, James Logan High School – CBC Award for Community Service
- Emily Gosti, Mission San Jose High School – York Gin Memorial Award for Scholar Athlete
- Jenny Chiu, American High School – Fremont Bank Award for Environmental Science
- Sophia Cheng, American High School – Comcast Award for Communication

\$500 Best Essay Award:

- Sophia Cheng, American High School – Dutra Enterprises Award for Best Essay

\$500 Scholarship Recipients:

- Deborah Chen, Mission San Jose High School
- Iris Cheung, American High School
- Ji Guan, Irvington High School
- Sarah Jensen, American High School
- Kelsey Leon, Mission San Jose High School
- Felicia Lin, American High School
- Yuechen Liu, American High School
- Monica Wen, Washington High School
- Wan-Ting Wu, Irvington High School
- Levana Zhang, Irvington High School

Scholarship information is available on the Club's website: www.southbaychineseclub.org



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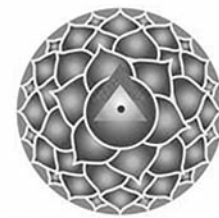
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10:30 - 11:45 Extra Gentle Yoga
12:15 - 1:30 Prenatal Yoga Expanded

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6:00 - 7:15 Yoga for Wellness
7:30 - 9:00 Prenatal Yoga Expanded

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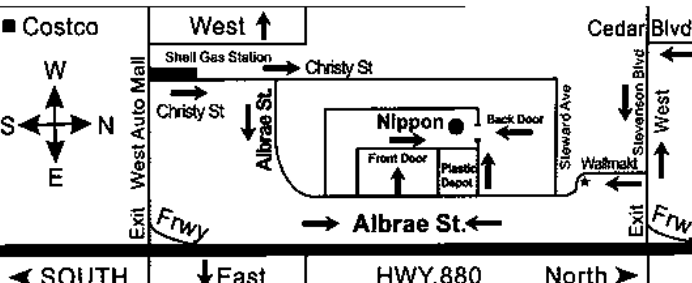
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BUSINESS

Startup Grind Fremont

SUBMITTED BY CITY OF FREMONT

Join us on Tuesday, June 21 for a conversation with Andrew Dickson. He is the founder and CEO of Acre Designs, a startup creating Zero-Energy smart homes with a unique approach to prefabrication.

Startup Grind Fremont holds monthly meetings for startups, entrepreneurs, and VCs (Venture Capitalists) to share experiences, learn from each other, and create a "culture of innovation."

Startup Grind Fremont Tuesday, Jun 21 6 p.m. - 8 p.m.

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Reg: https://www.startupgrind.com/fremont/ \$10 advance/ \$20 at door

Samsung challenges Fitbit with \$180 fitness tracker with GPS

BY ANICK JESDANUN AP TECHNOLOGY WRITER

NEW YORK (AP), Just in time for summer, Samsung is unveiling a new fitness tracker that aims to undercut gadgets from market leader Fitbit.

Beyond offering all-day step counting and automatic sleep tracking, the \$180 Gear Fit2 comes with GPS sensors for more accurate measuring of distance and pacing for runners and cyclists.

GPS is typically limited to higher-end devices, such as the Fitbit Surge and the Microsoft Band 2, both of which go for \$250. The Fit2 is also cheaper than the new \$200 Fitbit Blaze, which doesn't have GPS.

The main drawback: The Fit2 won't sync with iPhones, as Fitbits do. An Android phone - not necessarily Samsung's - is required for syncing music and workout data.

While Samsung is the world's fifth-largest maker of wearable devices, according to technology market research firm IDC, most of those are Gear smartwatches, where fitness is an afterthought.

By contrast, fitness is front and center with the Fit2. Yet it will also have some smartwatch capabilities, including the ability to reply to messages from the device. Rival trackers at most tend to show you messages; replies are typically limited to smartwatches such as Apple Watch and Samsung's Gear S2

Advance orders on the Fit2 will begin Friday in the U.S., with shipments a week later.

Later this year, Samsung will release its \$200 Gear IconX earbuds that, in addition to playing music, will track exercise and heart rate. They're designed as a stand-alone tracker, rather than a companion to the Fit2.

Under Armour's upcoming heart-rate-tracking headphones are expected to cost \$250. Samsung's IconX goes further with built-in sensors to measure distance and pacing, though with less accuracy than GPS devices. There's no screen, so you get audio readouts every mile or whatever interval you set.

With Thursday's announcements, Samsung is trying to tap growing interest in health and fitness as sales of smartphones slow down.

In the first three months of this year, Fitbit shipped 4.8 million devices, or 25 percent more than a year earlier. That accounts about a quarter of all wearable devices worldwide. Samsung, by contrast, shipped about 700,000, an increase of less than 5 percent, according to IDC. Samsung's devices require an Android phone, while Fitbits work with iPhones and Windows phones as well.

Samsung is taking a cue from Fitbit in creating leaderboards and challenges for family and friends to motivate each other. This has been one of Fitbit's strongest areas, and Fitbit has an advantage as the market leader: Someone you're trying to challenge - or taunt - will more likely have a Fitbit than another device.

Samsung's version works through its S Health phone app, meaning Android phone users will be able to participate without a dedicated tracker. But it could be tougher to motivate someone who hasn't made a commitment to fitness by buying a tracker.

Both the Fit2 and the IconX will let you leave your phone at home. You can download hundreds of songs for phone-free workouts, but you can't tap Spotify and other online services without the phone. The phone needs to run at least KitKat, the 2013 version of Android. For the IconX, music syncing might not work with non-Samsung phones. A PC would be needed in such cases.

These devices represent Samsung's second effort at fitness tracking, not counting all its smartwatches with fitness capabilities. The original Gear Fit in 2014 had a beautiful, curved screen, but lacked many power features. The Fit2 addresses that with GPS and a wider, customizable screen to fit in more data on your workout. But like most trackers, the Fit2 lacks many stopwatch controls found on sports-specific devices such as Garmin Forerunners for running.

California Assembly moves to tax marijuana growers

AP WIRE SERVICE

SACRAMENTO, Calif. (AP), California lawmakers are moving to levy taxes on medical marijuana growers after hammering out pot regulations last year.

The Assembly voted 60-12 to pass AB2243 Thursday.

The bill authorizes charges of \$9.25 per ounce of marijuana flowers, \$2.75 per ounce of pot leaves and \$1.25 per ounce of immature pot plants.

Legislative analysts estimate the taxes would raise \$77 million annually for local police and environmental cleanup.

Some marijuana activists oppose the taxes as unreasonably high, saying the flower tax alone would be 10 percent of marijuana's value.

Democratic Assemblyman Jim Wood of Healdsburg says his proposal was killed at the last minute during negotiations to regulate marijuana last year.

The Senate approved a 15 percent marijuana sales tax earlier this week. Local governments currently tax pot about 7.5 percent.

ReScape California expands statewide

SUBMITTED BY ANN-MARIE BENZ

The Bay-Friendly Landscaping and Gardening Coalition recently changed its name to ReScape California to reflect its expanded statewide scope and commitment. ReScape partners with local organizations, customizing best management practices for each region to establish sustainable landscaping practices in California.

ReScape California is an advocate and expert in the creation of sustainable landscapes for commercial, multi-family, and public spaces as well as single-family residences. Landscape professionals are often faced with unique challenges. ReScape is the source for supporting those challenges.

We address the following challenges:

- California's water supply is limited and under increasing pressure. Up to 30 percent of urban water use goes to landscaping.
-Landfill space is scarce and there are significant economic and environmental costs to transporting and landfilling plant debris. In Alameda County alone, 110,000 tons of plant debris goes to the landfill each year.
-Local creeks and the bay are impacted by inappropriate use of pesticides, affecting human health and wildlife populations.
-Traditional landscape construction and maintenance practices of mow, shear, and blow contribute to greenhouse gas emissions and air pollution.
-Biodiversity, ecosystem services, and aesthetic values of Bay Area natural resources are at risk.
ReScape California is a 501(c)3 nonprofit organization with the mission to promote sustainable approaches to the design, construction, and maintenance of urban landscapes and gardens. For more information, see www.ReScapeCA.org.

SIR, yes SIR!

BY DAVID R. NEWMAN
PHOTOS BY
JOHN SKARPELOS

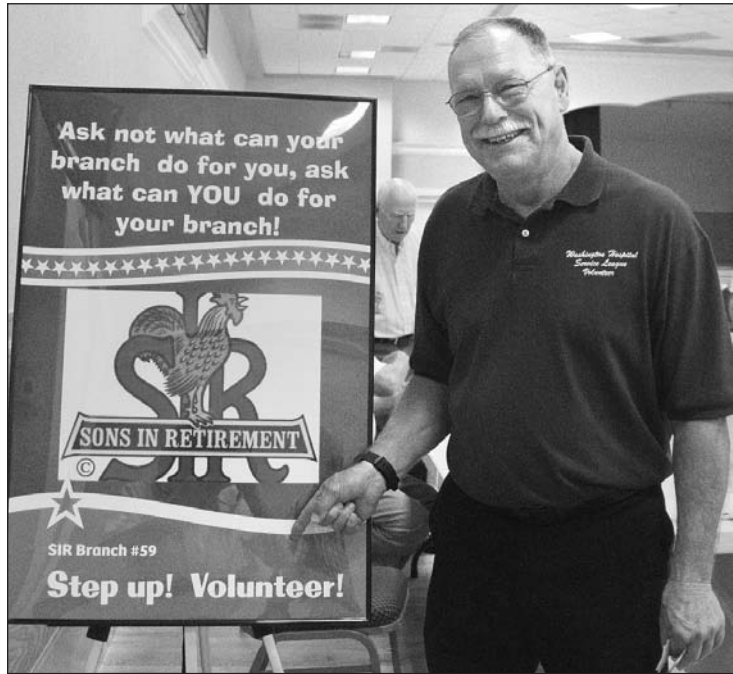
Retirement can be a challenging transition for many men, especially for those who have worked all of their lives. Their regular routine is suddenly gone. No more interfacing with coworkers on a daily basis. There can be a struggle to regain that confidence and self-esteem that comes with a job well done, that feeling of being productive and important.

One way to help navigate this new frontier is to join a group like Sons in Retirement (SIR). Founded in 1958 in San Mateo

Branch in April. The food is top rate, with entrees like chicken cordon bleu, wild salmon, and pineapple pork. And there is a social hour before lunch where members can talk and exchange war stories.

Ulam, who in his previous life was a commercial insurance broker, has enjoyed making new friends through SIR. "One of the fun aspects of our organization is that you get to talk to guys from all these different careers. We have a number of retired surgeons, retired lawyers, scientists, a lot of teachers, accountants, ex-military people, etc."

Apart from the regular monthly luncheons, SIR branches also host



"Big Sir" Jim Ulam (Branch #59)

by Damian Reynold, the idea behind SIR was simple – to host a luncheon once a month where retired men can gather and socialize. That's it. No initiation fees or political agenda, just a donation to cover food expenses. Originally there were no dues – that is now optional depending on the branch. Currently the organization is classified as a non-profit public-benefit corporation.

With over 15,000 members in 133 branches throughout Northern California, it is apparent that the SIR model is working. Membership is based on sponsorship. Friends of members are invited to join, and if they like it, they're in. Says Jim Ulam, President ("Big Sir") of the Newark/Fremont Branch, "The whole idea is for retired guys to stay busy and enjoy their retirement. A lot of the wives say, oh thank goodness for SIR. It gets them out of the house a couple days a month."

The main purpose of every branch is to hold a monthly luncheon, often with a guest speaker. Spencer Christian, weather forecaster for ABC-owned KGO-TV in San Francisco, was recently the guest of honor at the Newark/Fremont

a Sweetheart Luncheon in May and a Christmas Luncheon in December. The wives of members, many of whom are very involved and help with recruiting, are invited to these special events, which can also include music, dancing, and prizes.

Members can also participate in many different activities during the year, including bowling, golf, going to baseball games, wine tasting, and trying new restaurants. And a travel program allows members to travel together. The Newark/Fremont Branch recently hosted a "Tracks & Suds" Tour where members visited the Western Railway Museum in Solano County, followed by a stop at the Budweiser Brewery in Fairfield.

Each branch is run by executive committee and has their own culture and personality, determined by their membership. The number and type of activities offered by each branch can differ greatly. Some have newsletters, others have door prizes. It all depends. The number of members also varies by branch. Newark/Fremont has 156 members, while the Castro Valley Branch has 45.

Samsung Gear expands virtual-reality arsenal

BY MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP), Smartphone maker Samsung and virtual reality specialist Oculus are trying to dazzle consumers by adding more entertainment and educational options to their Gear headset in hopes of transforming the technological curiosity into a cultural phenomenon.

The new selections announced Wednesday include "Nomads," a three-dimensional video series examining wayfaring lifestyles in remote parts of the world. There's also an upcoming video game called "Tactera" that requires players to plot a battlefield strategy on a holographic tabletop, and another 360-degree video called "6X9" providing a grim look of what it's like to be stuck in a prison's solitary confinement cell.

They join a menu of more than 250 apps designed for the Gear VR since its consumer model was released nearly six months ago. That's a meager amount compared to the millions of apps available for the iPhone and devices running on the Android operating system.

Devices that build an arsenal of compelling apps usually are easier to sell to consumers. Pro-

grammers, though, put a lower priority on designing apps for devices until they have amassed a large audience.

That hasn't happened yet with the Gear, though Oculus says it is winning over fans faster than it anticipated when the headset hit the market just before last year's holiday shopping season. About 1 million people used the Gear VR last month for an average of 25 minutes per day, according to Oculus. About 80 percent of that time was spent watching video.

Samsung designed the Gear for its most recent smartphones with the help of Oculus, a little-known startup until online social networking leader Facebook bought it for \$2 billion two years ago to help introduce virtual reality to the masses.

"Oculus can help people experience anything, anywhere," boasted Max Cohen, the company's head of mobile. "We think this (technology) can actually change people's lives."

The concept of virtual reality, a technology that immerses people in an artificial world, has been around for years, but has never taken off.

Facebook CEO Mark Zuckerberg is convinced it is destined to become technology's next big

breakthrough, and other influential trendsetters Google and Apple are now scrambling to catch up in the still-nascent field. Google is widely expected to unveil a virtual-reality device next week at its annual developers conference in the next step beyond its rudimentary product called "Cardboard" that works with smartphones.

The Gear was a forerunner to a more advanced virtual-reality headset called the Rift that costs \$600 and requires a connection to a high-powered computer. The Rift began shipping nearly two months ago, although many buyers still haven't received the headset yet because of delays that Oculus has blamed on parts shortages.

In contrast, users of the Gear only need a set of headphones and one of these Samsung phones: the Galaxy S6, S6 Edge, S6 Edge Plus or Note 5. As part of its attempt to make it easier to find stuff to watch and play on the Gear, Oculus plans to release a new version of its app for the device next month.

The Gear VR is turning into an assembly line of apps for the Rift. More than 20 of the games originally designed for the Gear are also compatible with the Rift.



"Big Sir" Jim Ulam and Area Governor Rob Ingebretson talk to Spencer Christian at the Newark/Fremont Branch luncheon in April 2016.

Rob Ingebretson, Governor of Area 8, which includes Newark/Fremont, has been with SIR for more than 10 years. He cites recruiting and retaining members as the biggest challenge they face. With ages ranging from the 60s to the 90s, members aren't getting any younger.

With no formal marketing department, SIR branches rely heavily on word of mouth, which some-

times isn't enough. Says Ulam, "Nobody knows about us; we're the best kept secret in the tri-City area." He's hoping that changes and is taking steps to give SIR more exposure. This is the first year that they will have a float in the Fremont 4th of July Parade. And last year they entered classic cars at the Newark Days Celebration.

The Newark/Fremont Branch of Sons in Retirement meets on

the third Thursday of every month at the Newark Pavilion, 6430 Thornton Avenue. The Castro Valley Branch meets on the third Wednesday of every month at the Moose Lodge, 20835 Rutledge Road.

For more information, visit www.sirinc.org, or contact Jim Ulam at (510) 797-9357.

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

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

The Last Smile

SUBMITTED BY
JEEVAN ZUTSHI

Jeevan Zutshi comes from Kashmir, India and has been living in the San Francisco Bay area since 1972. A community leader, Zutshi founded "Indo-American Community Federation" in 1993 to give Indo-Americans an opportunity to assimilate into mainstream America and promote harmony within a diverse community.

After the passing of his son Amit in March 2008, Jeevan founded "Amit Zutshi Foundation," a non-profit organization to increase awareness about the unregulated health supplement industry in the U.S. Jeevan then authored a non-fiction publication, "The Last Smile—A Father's Love Story" which was released December 4, 2009. An independent movie, also called "The Last Smile," has been released by the Amit Zutshi Foundation.

Inspired by true events, this film chronicles the struggles of a bereaved father searching for answers to explain the untimely demise of his adult son. He gets help from a private detective to investigate the case and finds out that his son's death was caused by a reaction to an over-the-counter health supplement. He fights against the multi-billion dollar health supplement company responsible for it. The film examines a broken system of unregulated health supplements industry in the U.S., exposing greed and corruption.

The film was test screened at Cinegrand Theatre in Fremont in December, 2015; officially admitted to Cinequest Film Festival, San Jose, with a red carpet and world premiere- on March 11, 2016; and officially admitted to Palm Beach International festival on April 11, 2016. The film was also shown to policy makers on Capitol Hill, Washington, D.C. on April 13, 2016.

Shankey Srinivasan directed the film and it is his directorial debut with a feature film. Keith Stevenson portrays the father and Danny Arroyo is the lead actor.

There will be two screenings of the film at the Cinegrand Theater in Fremont on Wednesday, June 15 and Sunday, June 19. The movie is in English and runs 87 minutes.

Please reserve seats by calling Jeevan Zutshi at (510) 589-3702 or visit www.eventbrite.com and type in The Last Smile to order tickets (\$12). Don't delay as there are a limited number of seats and the event will be sold out quickly.

The Last Smile
Wednesday, Jun 15
8 p.m.
Sunday, Jun 19
12:30 p.m.
Cinegrand Theater
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Fremont
(510) 589-3702
www.eventbrite.com
(The Last Smile)
\$12

East-West Connector update

SUBMITTED BY SUPERVISOR
RICHARD VALLE

A town hall meeting was held on February 11, 2016, in collaboration with the Alameda County Transportation Commission (Alameda CTC) regarding the East-West Connector Project. The project will construct an improved east-west connection between I-880 and Route 238 (Mission Boulevard) and is a combination of new roadways, improvements to existing roadways, and improvements to intersections along Decoto Road, Fremont Boulevard, Paseo Padre Parkway, Alvarado-Niles Road and Route 238.

The project will provide access to constructed and planned work in Fremont and Union City, as well as provide an opportunity for economic revitalization, improve access to the transit facilities and business in the area, and improve transit operations within the area by reducing congestion along existing and future transit routes.

Responses to questions that arose from public comment are available at www.acgov.org/board/district2/news/documents/Alameda-County_East_West_Conn_Project_20160211_PublicQuestions_Comments.pdf.

Local youth joins judo camp in Tokyo

SUBMITTED BY TYSON
SHAKESPEARE

Amelia Shakespeare, a 12-year-old Fremont resident, will travel to Tokyo, Japan in July for an international judo camp. The intensive 21-day camp, hosted by Matsumae Judo Juku and Tokai University, immerse students in judo training and instruction, Japanese culture, and judo history. Amelia will have the opportunity to meet and train with some of the best judokas in the world, as well as attend several elite-level judo tournaments.

In 2009, at the age of 5, Amelia was diagnosed with Spina Bifida Occulta, a birth defect in which a developing baby's spinal cord fails to develop properly. Over a period of a couple of years

she endured three major surgeries, with the last one lasting over 9 hours. The surgeries at Children's Hospital in Madera have enabled Amelia to live a relatively normal life.

In March 2012 Amelia started training jiu-jitsu under Dave Camarillo at Guerrilla Jiu-Jitsu in Pleasanton. She excelled and was soon competing regularly. Dave then started a youth judo program in 2014, and Amelia was among the first to join and began competing in judo last year. She competed in judo more than 20 times in 2015, including competitions at the National and International Junior Olympic Championships in Dallas, TX. This year, Amelia is also looking to expand her knowledge by training in Japan as a newly promoted orange belt.





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Applicants should send their resume and a sample of writing to: tricityvoice@aol.com

Academic Stress



SUBMITTED BY FUSS

We are thankful to Ms. Lee, Principal of Leitch (K-3) Elementary School in Fremont, for inviting the nonprofit organization FUSS (Fremont Unified Student Store) to speak about Academic Stress to the parents at her school. The Irvington High School students who work with FUSS effectively addressed the parents' concerns by sharing their ex-

periences and observations about stress.

Hopefully, more parents and community members will be interested and willing to engage in such conversations so that the learning environment can be made more enjoyable, inspirational and meaningful for our students.

To contact FUSS, email: fuss4schools@gmail.com

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SUBMITTED BY DOMINICAN SISTERS OF MISSION SAN JOSE

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S. Lynn Marie Gillanders
S. Soledad Hernández
S. Carmel Marie Silva

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Hna. Susana Araiza Sanchez
S. Gloria Marie Jones
S. Mary Menegatti

S. Mariá Reina Perea
S. Jeanette De Young

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S. Kathleen McAvoy
S. Kathleen Marie Raya
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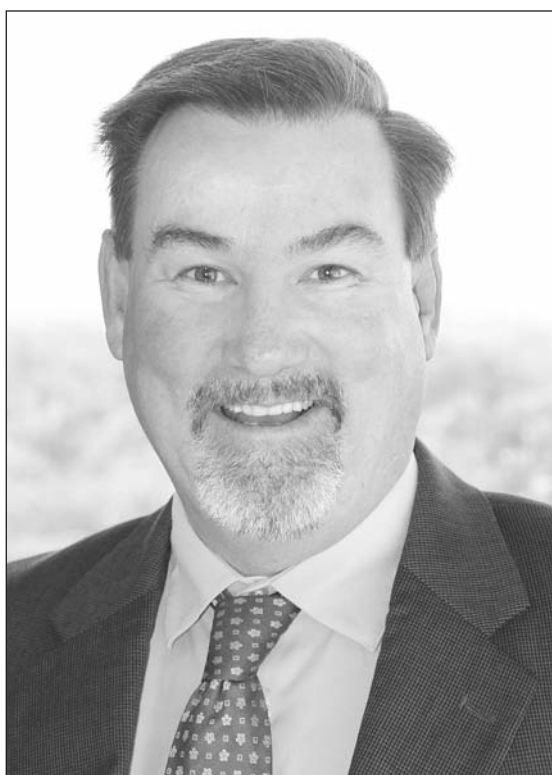
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Garry Herceg appointed to Deputy County Executive

SUBMITTED BY LAUREL ANDERSON



County of Santa Clara County Executive Jeffrey V. Smith, M.D., J.D., has announced the appointment of Garry Herceg to the position of Deputy County Executive effective June 6. Herceg has served as the Director of the County's Office of Pretrial Services since 2010.

"Garry's knowledge, vision and strong commitment to public service are tremendous assets that will enrich the Office of the County Executive leadership team and the organization," Smith said.

Herceg has over 20 years of experience in local government. During the last six years as Director of Pretrial Services, he provided oversight to 50 personnel and managed a \$6 million budget. From 1996 to 2010, he worked in adult and juvenile probation services in Santa Cruz and Monterey Counties. During that time, he spent three years as the Assistant Division Director of Juvenile Hall for the Santa Cruz County Probation Department, where he managed the daily operations of juvenile hall and home supervision, including the electronic monitoring programs.

"I am very excited to move up into the County Executive level and work with departments on improving and enhancing services to our community," Herceg said. Herceg holds a Bachelor's Degree in Administration of Justice from San Jose State University.

Working Hands

SUBMITTED BY
LAURA CORREA-HERNANDEZ

Hayward Area Recreation and Park District's PhotoCentral Gallery presents "Working Hands," a photo exhibit featuring Farm and Recycling Workers by David Bacon and Longshoremen at the Oakland Waterfront by Frank Silva. Silva's photographs of longshoremen and Bacon's images of farm workers and recycling workers reveal what is often unseen - the necessary labor it takes to put food on the table, deliver us the material goods we need, and clean up after we're done.

These photographs capture the visual drama of the workplace and plunge us into the human drama of those who labor there. The exhibition continues through August 6 and there will be

Artist Walks on July 2 and August 6. Visit PhotoCentral at www.photocentral.org where you will find information on classes, workshops and other events. For more information, contact PhotoCentral at (510) 881-6721 and info@photocentral.org.



Working Hands Exhibit Through Saturday, Aug 6
Mondays: 5 p.m. – 10 p.m.
Tuesdays & Thursdays: 10 a.m. – 1 p.m.
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Fremont Christian School teacher earns Air Force Chaplain Award

SUBMITTED BY EMILY BEAN

Matthew Ellis is a Junior High Bible teacher at Fremont Christian School. He recently received the 2015 Individual Award for Excellence as an Air Force Reserve Command Chaplain. Ellis' official title within the Air Force is Chaplain Major Ellis, serving at the 349th Air Mobility Wing at Travis Air Force Base. The primary missions of this base are to provide strategic airlift and air refueling missions around the globe. For Ellis, being an Air Force Reserve Chaplain is his part-time job, while his full-time job is teaching at Fremont Christian School. He dedicates almost 40 days per year to being a reservist, as well as being on call for any emergencies. The Individual Award for Excellence is an annual award that is given to up to two Air Force Reserve chaplains each year.

The Individual Award for Excellence is performance-based. In order to be considered for this award, leadership must nominate the individual. Once an individual is nominated, then his/her recent service is evaluated. Part of the requirements are as follows: Outstanding individual reserve participation, significant contributions to achieve excellence in chapel programs to include worship and religious education, and providing outstanding support to airmen and their families in the reintegration process. According to Ellis, specific training is not necessary to earn this award, but dedicating the time to train is essential, as training supports performance. Ellis attributes his award to God's provision and blessings in his life, worked out through Ellis' training and service as chaplain.

Congratulations, Mr. Ellis! Your school is so proud of you and your accomplishments.



Matthew Ellis is pictured at left

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Home & Garden

All hands on deck

By DAVID R. NEWMAN
PHOTOS COURTESY OF TREX

As any real estate agent will tell you, one of the best ways to add value to a house is to build a deck. This outdoor improvement will not only boost your home's curb appeal, but will also increase usable space and create a pleasant transition between interior and exterior living areas. And what better way to move the party outside and enjoy our beautiful Bay Area weather?

Decks come in all shapes and sizes. The first step in a project like this is to think about what you will use the space for. Will it be your serene oasis, a bonus play area for the kids, or an entertaining space for the adults? Knowing this will inform your design decisions when it comes to adding features like steps, railings, lights, benches, gazebos, trellises, pergolas, etc.

Of course, setting a budget is very important, and can help you with your design decisions by keeping your imagination in check. It can also help you with perhaps the biggest decision when it comes to decks: which material to use?

In the Bay Area, the three most popular choices for decking are redwood, hardwoods, and composite lumber. Here are the pros and cons of each:

Redwood

Nothing is more gorgeous than this natural wood. Redwood comes in over 30 different grades, which is a way to denote its appearance and durability (resistance to insects and decay). In general, the higher the grade, the more durable and beautiful (no knots). Wood from the center of the tree, or heartwood, is more durable, with a reddish brown color. Wood from the outer growth layers (sapwood) is more cream colored and less durable. For decking, most people choose one of the middle grades. Redwood needs to be sealed every three years, is flammable (but less so than most other woods), and can produce splinters. Average Cost: ranges from \$5 to \$35 per square foot, depending on grade. For middle grades, \$8 per square foot.

Hardwoods

Ipe (pronounced "E-pay"), Cambara, and Batu are just a few examples of a tropical, teak-like

wood that is heavier and more durable than local woods. They are more expensive and harder to come by. Hardwoods have a life expectancy of 40 years or more and need minimal maintenance. Be wary, as some companies may not use eco-friendly harvesting techniques. Average Cost: \$22 per square foot.

Composites

Composite lumber is made from wood fiber and recycled plastic. While 10 years ago there were only a few choices, today there are over 50 manufacturers. Composites come in a wide variety of colors and textures to choose from, and many simulate the look of wood. Hardly any maintenance is required. Plus, no splinters! Composites can also have a cleaner look than natural wood because many of them use



hidden fasteners, albeit at a higher cost, as opposed to exposed nails or screws. Some of the more popular manufacturers include Trex, TimberTech, and Fiberon. Average Cost: \$7 to \$12 per square foot.

For those on a limited budget, pressure treated (PT) wood can be an attractive option, with an average cost of \$2 per square foot. However, the chemicals used to treat the wood can be harmful if contacted by humans and pets, so applying a penetrating oil-based



sealer every one to two years is highly recommended. If this wood burns, it releases toxic gases into the air. Because of this, PT wood is most commonly used for the framing beneath decks, especially in the Bay Area.

Mike Steele, of Deckmasters Bay Area in Fremont, has been building decks for over 20 years. When deciding on material, he advises his clients to think about how long they plan on staying in their home. "Typically, the cost of flooring in the midrange of com-



ing, they might not want to drop as much money on the price of the flooring."

When building a deck, homeowners should also consider features like railings and lighting. Peter Koehler, of Santay Landscaping in Hayward, advises his clients to install railings on any deck over 18 inches. And he warns that composite railing systems can be expensive. "There are a lot of different railing options available, many railing styles, but make sure to consider your custom options too. A lot of times I can build custom railings using a metal insert and using a composite top rail and they look beautiful."

Lighting can also dramatically improve your deck. Says Koehler, "Decks come to life with lighting." He adds, "If you're adding lighting, the design of your railing is an important component, because most of the time the lighting is mounted to the railing, or the post."

Building a deck often requires a permit, so be sure to check with your city or county for their requirements (some composites do not meet fire or building codes). Also, Steele stresses the importance of properly installed concrete footings. And be sure a deck is covered by your homeowner's policy before you commit to anything. Most deck builders charge an average rate of around \$35 per square foot, with a project length around one to three weeks.

For more information, contact Deckmasters Bay Area at (510) 656-3325 or visit <http://www.deckmasterssf.com>, or Santay Landscaping at (510) 461-0424 or visit <http://www.santay.biz>.

posites is about 30 percent more than the cost of redwood. With redwood, you'll need to pay someone to seal it every two to three years to protect your investment. But with composite material, the maintenance is just cleaning it off occasionally. So after three to five years that initial price is offset. If a person has a rental or is thinking about mov-

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continued from page 1

Ballet Folklorico Costa de Oro delivers the spirit and warmth of Mexico



the Bay Area and teaches dance to the students of San Leandro High School. Come experience the warmth of Mexico, a diverse culture rich in tradition. For more information, call (510) 397-1980 or visit www.bfcostadeoro.com. To purchase tickets, visit www.brownpapertickets.com.


A Night in Mexico
 Saturday & Sunday, Jun 11 & 12
 Saturday, Jun 11: 7 p.m.
 Sunday, Jun 12: 2 p.m.

Fiesta de Los Niños
 Friday - Sunday, June 10 - 12
 Friday, Jun 10: 7 p.m.
 Saturday, Jun 11: 2 p.m.
 Sunday, Jun 12: 5 p.m.


San Leandro Performing Arts Center
 2250 Bancroft Ave, San Leandro
 (510) 397-1980
www.bfcostadeoro.com
www.brownpapertickets.com
 Single show tickets: \$15 advanced, \$20 door; \$30 weekend pass (both shows)

Fiesta de Los Niños features Ballet Folklorico Costa de Oro's Infantil and Juvenil dance companies. The first performance will be held June 10 with special guests the San Leandro High School Ballet Folklorico Costa de Oro, participating on Friday evening only. Based in the San Francisco Bay Area, the Ballet Folklorico Costa de Oro, known for its creative choreography and comprehensive performance repertoire, is considered a rising star in the Northern California folklorico scene and others areas of the USA. Costa de Oro is directed by founder and producer Steven KoneffKlatt. He has been presenting Ballet Folklorico productions for 10 years around

Reflection Beads.



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Hayward Firefighter of the Year award



SUBMITTED BY MICHAEL L. EMERSON

On Thursday, June 2, at AMVETS (American Veterans) Hayward Post 911's monthly meeting, we honored and awarded Hayward Firefighter and Marine Corps veteran Nicolas William Stevens with our Firefighter of the Year Award. We also awarded a local citizen Claus Flachenecker for flying a USA flag every day in front of his home. Plus, we also had the swearing in ceremony by Past AMVETS Department of California Commander Greg Raffa of most of our new Post officers for 2016-2017. For more information, visit: www.AMVETS911.com

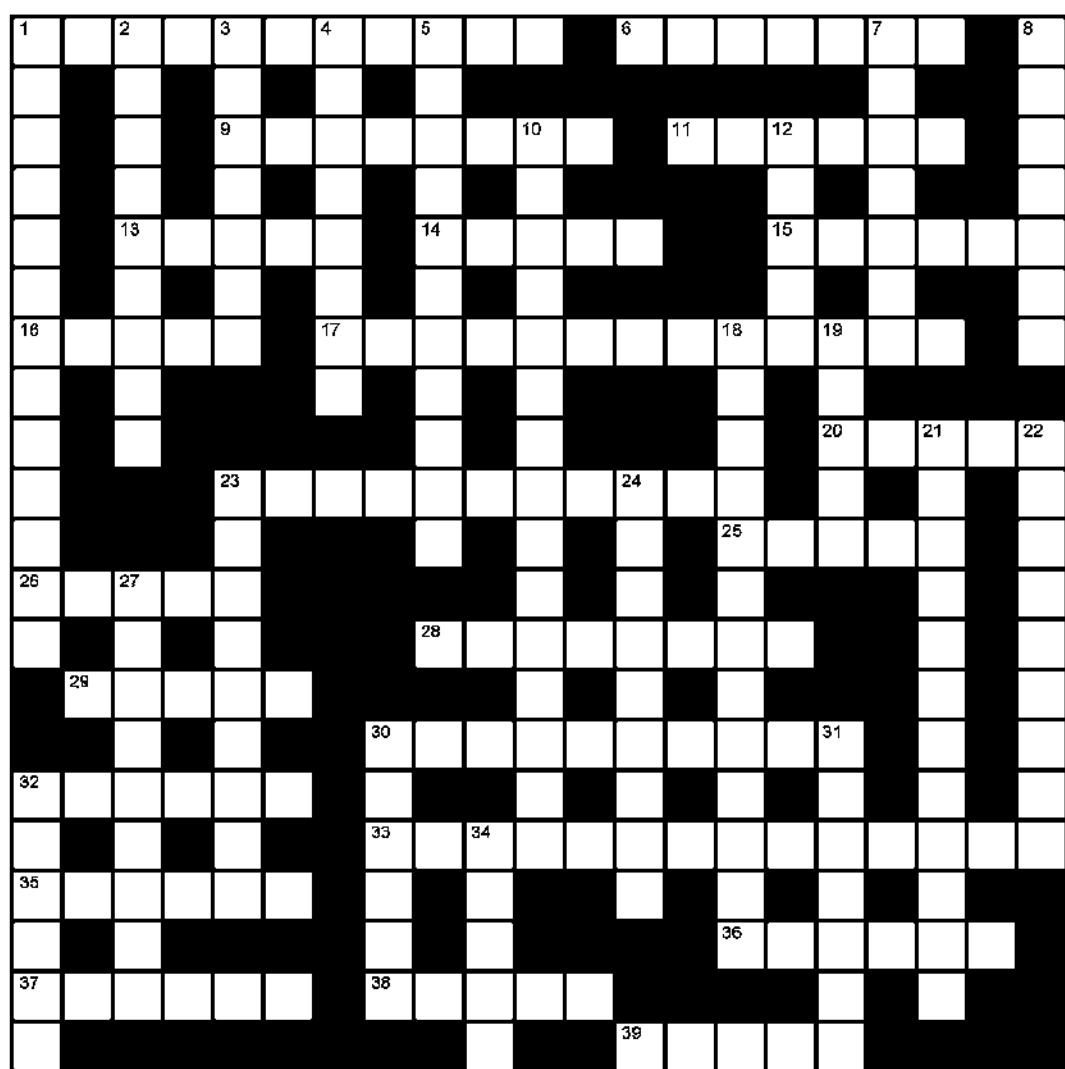


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Mind Twisters

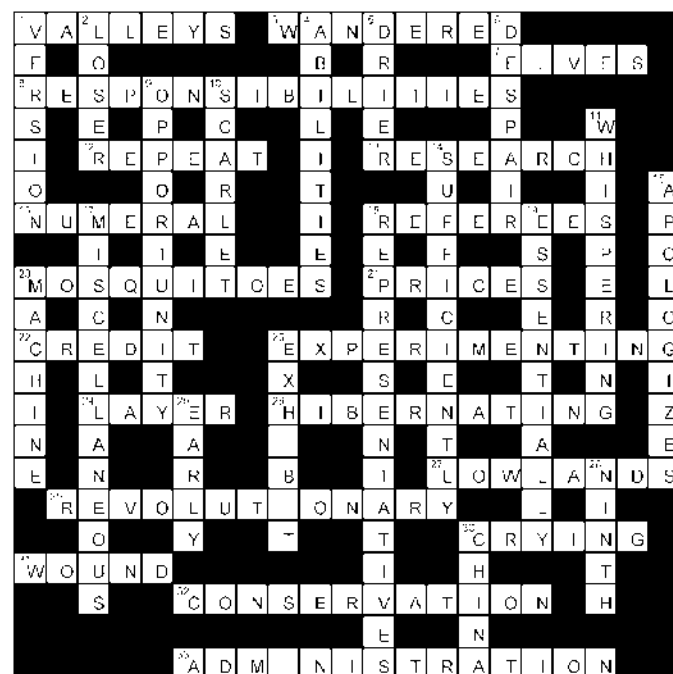
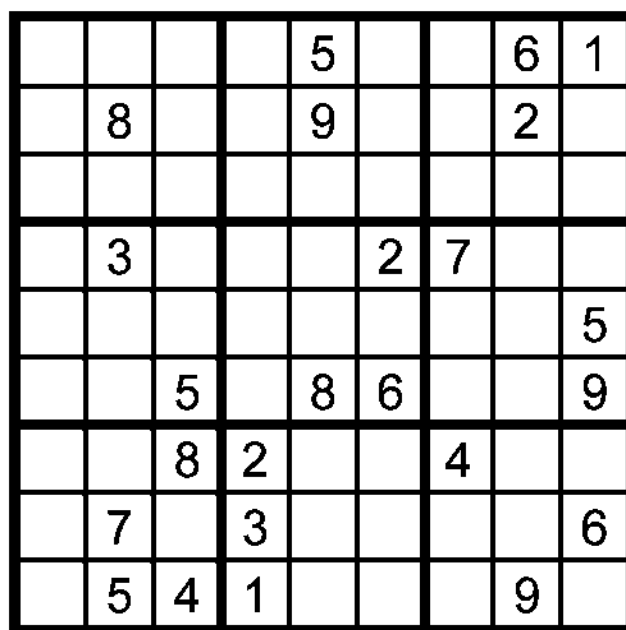
Crossword Puzzle B 3701



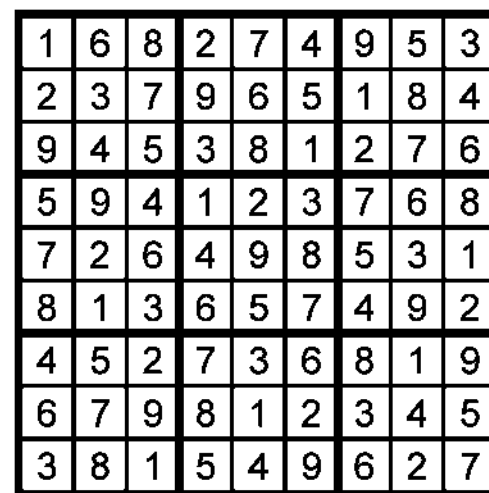
- | | | |
|--------------------------------|------------------------------|-----------------------------|
| Across | 30 mid-week (10) | 8 outside (7) |
| 1 graphic (11) | 32 Place for rings (6) | 10 awards (15) |
| 6 memories (7) | 33 category (14) | 12 Après-ski drink (5) |
| 9 annual event (8) | 35 Deserved (6) | 18 for your _____ (13) |
| 11 cookbook (6) | 36 give a name (6) | 19 Bequeath (5) |
| 13 It's a snap (5) | 37 scored (a goal) (6) | 21 specifications (12) |
| 14 supports (5) | 38 said matter-of-factly (5) | 22 north, south (9) |
| 15 crazy (6) | 39 Stacked (5) | 23 smaller than normal (9) |
| 16 Movie shots (5) | | 24 possessing something (9) |
| 17 done unconsciously (13) | Down | 27 shed light on (9) |
| 20 Extra (5) | 1 rally (13) | 30 morally wrong (6) |
| 23 tremendous (11) | 2 sheep's skin (9) | 31 shut forcefully (7) |
| 25 Agenda entries (5) | 3 for gift wrapping (7) | 32 disinfects (6) |
| 26 news satire, The ____ (5) | 4 private (8) | 34 Bypass (5) |
| 28 hit with a hammer (8) | 5 occupants (11) | |
| 29 take without permission (5) | 7 predictable (7) | |

Sudoku:

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



B 372



Tri-City Stargazer JUNE 8 - JUNE 14, 2016

For All Signs: The Saturn-Neptune square affects us on a personal level. It isn't just about the world at large (see previous article). There are those who have lied to themselves about reality who will find their denial tactics must come to an abrupt end. Something will be standing in the mirror that represents a cracked illusion. You can no longer tell yourself that things will be all right, that this can't happen to you. Almost everyone is in denial about something. In the Western world, this is one of

our favorite self-defense tactics. However, we are probably not lost forever. The solution is evident within the problem. It is recognizable because it involves effort, work, and ongoing attention. Those are Saturn's requirements to extricate ourselves from the mire of difficulty. So we must suck it up and do what is necessary to eliminate this problem. See below for clues to how this aspect relates to you. Read the paragraphs for both your sun sign and ascendant.

Aries the Ram (March 21-April 20): The rules of law, justice and all bodies of authority have been demanding more than their fair share of you. What you feel may be exaggerated, but it is clear that something is wrong. It is possible that you may be the victim of false rumors or gossip. Now is the time for truth. Past responsibilities come home to roost. Those you have managed well will reward, or vice versa.

Taurus the Bull (April 21-May 20): Problems have been revealed via any of the following areas: resources that you share with others (partner's income, investments, IRS), issues concerning your estate and/or your inheritance, debtors that won't pay, or debts that you owe. Meanwhile some of those whom you have called friends seem to evaporate. Your clarity of vision about who is a friend is growing.

Gemini the Twins (May 21-June 20): There are issues in your partnership that require attention. Perhaps your partner has experienced a loss in his/her family and this requires you to take on more responsibility than is the norm. You must be the strong one now. This kind of issue can generate questions about your level of commitment. If the rela-

tionship is good, it will survive and become stronger.

Cancer the Crab (June 21-July 21): Your faith will be tested in any number of situations over the next few months. Saturn is demanding that you have all your details, files and requirements in order. It could be called the reality police. Your physical strength may be undermined by a long-term condition that heretofore has not shown its face. It will require effort, work and attention to control and repair it.

Leo the Lion (July 22-August 22): Realities have been exposed in your romance, creative life, and relationships to children. It is possible that you are reaching the limits of your ability to manage things alone. You are actually losing valuable resources, though the trail may not be clear. Partner may not be able to contribute his/her share. This could be simply inflation, or wherever you keep your savings is being charged unfairly. Check your account(s) for deceptive practices.

Virgo the Virgin (August 23-September 22): Demands from family on your time and energy has been eroding your primary relationship. Or perhaps it has been slowly degrading over time and now you are forced to recog-

nize the problem. If you want to resolve this issue, more work, effort, and ongoing attention has promise of correcting the issue.

Libra the Scales (September 23-October 22): The circle of your environment has become smaller, perhaps because your physical body can no longer keep up the pace. Give attention to exercise, better sleep, or eliminate addictive patterns that may be draining your energy. Use discernment about whether you are taking over problems that don't belong to you. Don't give away your energy on other people's issues.

Scorpio the Scorpion (October 23-November 21): You have needed to keep your financial belt pretty tight for well over a year. It is possible you fantasized that help from an unknown source would rescue you. That likely has not materialized. You are realizing the illusion of what we call security. You need a paycheck of your own.

Sagittarius the Archer (November 22-December 21): Any relationship that could be identified as codependent has shown itself in full clarity now. You may be the one who has rescued ad nauseum and now you no longer have the emotional en-

ergy to continue. Your sense of future direction may feel fuzzy and without structure. Yet you must give it some kind of form in order to proceed. Take only small steps for now.

Capricorn the Goat (December 22-January 19): You know in your heart that you have come almost to the end of a career cycle. You need to break free and get some rest before you tackle the next big project. But it's scary out there and of course, you need to earn a living. Give special attention to your vision and also your hearing. Don't allow symptoms to continue without a thorough check.

Aquarius the Water Bearer (January 20-February 18): Financial resources may be drained. Don't go into debt by not giving attention to your checking ac-

count. If you see this developing, stop and make a solid plan for how you are going to pay for what is needed. You may be taking on someone else's financial problem. Be aware of the cost to you and also to the relationship for doing this.

Pisces the Fish (February 19-March 20): The mask you wear out in the world has been fading. You have sustained a blow to your ego or maybe your body. Perhaps you have defined yourself by your occupation or status in the world, and the sand is being sucked out from under you. Don't waste time in paralysis. Saturn's requirement is that you construct and commit to your direction. If the old one doesn't work anymore, you need to create something new.

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



www.horoscopesbyvivian.com

Pat Kite's Garden

Snails Sliming

TRI-CITY GARDEN CLUB MEETINGS:

Friends of Heirloom Flowers

Work Parties - Every Tuesday - at Shinn Park, 10 a.m. - 12 p.m.
1251 Peralta near Mowry, Fremont (510) 656-7702
Bring gloves and tools. - Social Hour afterward
Every Thursday, 10 a.m. - 12 p.m.
Niles Rose Garden - 36501 Niles Boulevard, Fremont
Bring gloves and tools.
[Across Driveway from Mission Adobe Nursery]
Contact Joyce Ruiz: 659-9396
Meetings are held quarterly. Call for details

Fremont Senior Center Garden Club

First Friday of each month, 1-2 p.m.
Tanya Mendoza, Program Coordinator 510-790-6602

Fremont Garden Club

The Fremont Garden Club meets the third Wednesday of each month, February - October, in members' homes & gardens, 6:30 p.m. - 8:30 p.m. Locations are posted on the Fremont Garden Clubs' web site at www.fremontgardenclub.org or email: fremontgardenclub@hotmail.com



PAT KITE

L. Patricia [Pat] Kite's several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons, Ladybug Facts and Folklore and Silkworms*. They may be found at Amazon.com and Alibris.com.

BY PAT KITE

Mary says I should write about garden snails. Mary is very good to her snails. I am not. I step on mine and enjoy the crunch. Mary picks hers up and ensconces them in a plastic bag. She throws this courteously into the trash. She also doesn't use bait, protecting cats and dogs.

For this column, I am trying to find something nice to say about snails. Their silver trails are very pretty in the morning, quite artistic. Each snail has a different shell pattern like our fingerprints. And for readers who enjoy reading about movie star lifestyle, snails can be truly romantic. (I am not making this up).

First, since they usually choose not to travel too far, snail mates are in their work group. Each snail has

a sex gland in its head. This gives off an attractant. When a male/female (they are two in one) elects a mate, they begin circling each other. This courting procedure can take six hours or more. First they touch feet. Then private parts are touched with each snail's tentacles. As excitement looms, one snail gives off a harpoon-style "love" dart. The other snail soon responds. This dart is often referred to as "Cupid's arrow." In brief, it has something to do with increasing chances of snail paternity. On occasion, this Cupid's dart sometimes doesn't go to the correct pore, so the opposing snail digests the dart instead of adding it to the fertilization process.

This is getting a bit deep for a family column, so let's move on to what happens when you throw your garden snails over the fence. Perhaps into the yard where a

neighbor shares her cats with you? Have you gotten rid of that snail? A British scientist did a scientific study. Over a six-month period, Dr. Dunstan marked 1,385 snails with a white dot. These snails were thrown over a 6-ft. high fence into an area 15 ft. away from the scientist's beloved plants. Apparently 416 made the return trip. Dr. Dunstan marked the returnees again, sending over the fence, etc. The champion snail returned 17 times. Apparently snails have a homing instinct. Apparently Mary also just wanted to know how to get rid of them.

Eggshells around plants help. Also, caffeinated coffee grounds and cinnamon deter. Crushed garlic cloves in water are reputedly effective, and sprayed garlic oil is supposed to be a quite good deterrent and snail killer. If you try this, let me know. Crunch.

New Haven Teacher Appreciation Award

SUBMITTED BY CHONG ORTHODONTICS

For the 2nd straight year, Chong Orthodontics sponsored a New Haven Teacher Appreciation Award. After receiving nominations from the entire school district, we are happy to announce that this year's winner is Mrs. Linda Chew, 2nd grade teacher at Delaine Eastin Elementary School. Besides a plaque and framed copy of her nomination, we were honored to present Mrs. Chew with a check for \$1,000 at their year-end assembly. Chong Orthodontics appreciates all of our teachers and what they do for children and for our community.



County Executive appoints Acting Director of Pretrial Services

SUBMITTED BY LAUREL ANDERSON

County of Santa Clara County Executive Jeffrey V. Smith, M.D., J.D., has appointed Michaelene Reagan as Acting Director of Pretrial Services effective June 6, following director Garry Hecceg's appointment to Deputy County Executive. Reagan has been the manager of the Pretrial Services Supervision Unit since 2013.



"Michaelene brings extensive experience from Pretrial Services' Jail, Court and Supervision Units to her interim position as Acting Director," Smith said. "I am confident she will maintain the high level of service the office provides to the County and our residents."

Reagan has worked with Pretrial Services for more than 20 years, bringing management experience with the Supervision Unit and the Drug Testing Unit to her new role. She currently manages the Supervision Unit which monitors defendants who are released on Supervised Own Recognizance (O.R.) Program release with conditions. "I am excited to move into a new leadership role and be an integral part of the pretrial justice reform happening in the County," Reagan said. Reagan graduated from San Jose State University with a Bachelor of Arts degree in Sociology, and a minor in Administration of Justice, with a concentration in Criminology.

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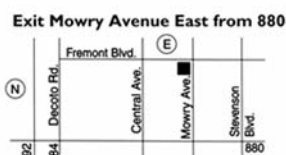
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Testimonial 1

Raymond and his staff are a walking encyclopedia when it comes to taxes. They are diligent and result-oriented. They come through every time. Eugene K. San Francisco, CA

Testimonial 2

Everyone at Raymond Young CPA is approachable and easy to talk to. They are always available to answer questions and give explanations that are understandable. Fatima A. Arnold, CA

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Free 1/2 hour consultation

You may save \$1,000 to \$10,000



Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop Together: Popped Music

Ask a pal for words to complete this silly story. Then read it aloud.

I went to a concert featuring my favorite band, The Screaming _____ . They _____ PLURAL NOUN arrived in a giant hot air _____ NOUN and landed on the stage.

They played my two favorite songs; *My Greatest* _____ NOUN and *You're My* _____ ADJECTIVE _____ NOUN, *Baby*. The crowd began to _____ VERB to the music.

At the end of the concert, they released thousands of balloons filled with _____ PLURAL NOUN. That was sure surprising!

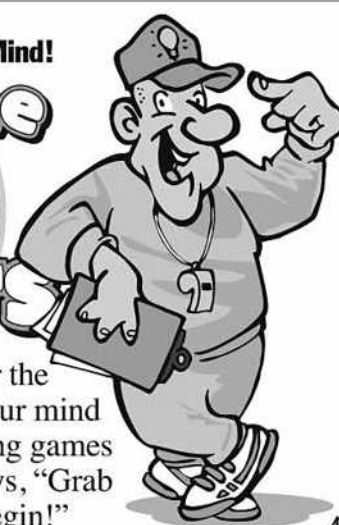
I bought a t-shirt with a picture of a _____ ADJECTIVE _____ NOUN on it and the band's latest CD: Songs for a _____ ADJECTIVE _____ NOUN. We listened to it in our _____ NOUN all the way home. My dad said that sort of music just isn't his cup of _____ NOUN.

Standards Link: Reading Comprehension: Use context clues to understand the meaning of words.

The Kid Scoop Workout for Your Mind!

Summertime Brain Builders

Will YOUR brain go soft over the summer?!? Not if you keep your mind active with these mind-boggling games and puzzles! Coach Cortex says, "Grab a pencil and let the workout begin!"



Change Wet Into Dry

Change the word WET into the word DRY in just five steps. Change only one letter at a time. Need help? Look at how Coach Cortex changed a DOG into a CAT.

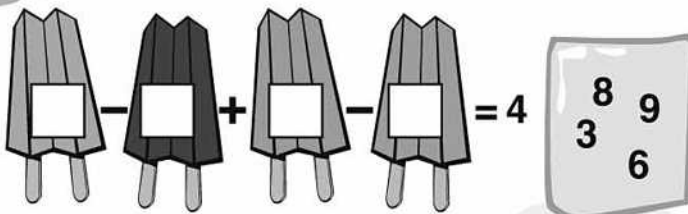


Standards Link: Language Arts: Change target sounds to change words; understand that as the letters of a word change, so do the sounds.

W	E	T
D	R	Y

Cold Facts

Look at each math problem and the digits in each ice block. Place a digit in each empty box so that the problem equals the answer. Use each digit in each ice block only once.

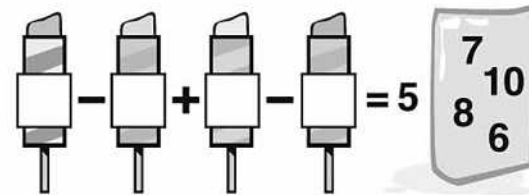
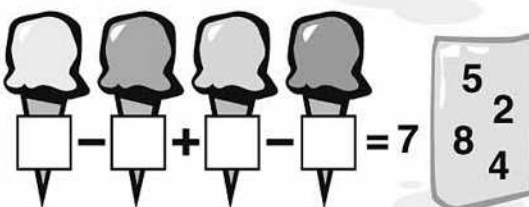
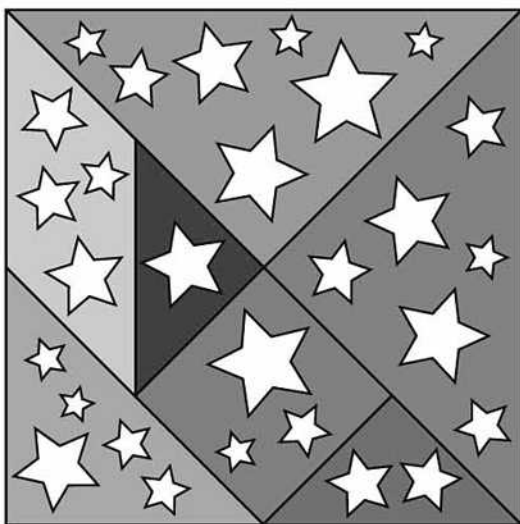


Tangram Triathlon

A tangram is an ancient Chinese puzzle that has been giving brains a real workout for centuries.

Cut out the tangram pieces. Can you make each of the following shapes?

- A square with 3 stars.
- A square with 13 stars.
- A triangle with 3 stars.
- A triangle with 13 stars.
- A rectangle with 6 stars.
- A rectangle with 7 stars.



Standards Link: Number Sense: Know addition facts and corresponding subtraction facts and use the inverse relationship to solve problems.

Bonus Brain Bender!

How many different trapezoids can you make using the tangram?

Standards Link: Math: Geometry: Identify the attributes of common figures in the plane; put shapes together and take them apart to form other shapes.

Swimming Pool Puzzler

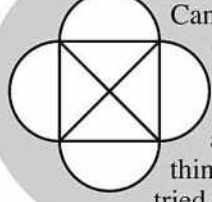
How many differences can you find between these two pictures?



Standards Link: Scientific Investigation: Find similarities and differences in common objects.

The Impossible Puzzle?

Can you draw this shape in one continuous motion without lifting your pencil and without retracing over any of the lines? We don't think it's possible—and we've tried and tried and tried!



Extra! Extra! Dot-to-Dot

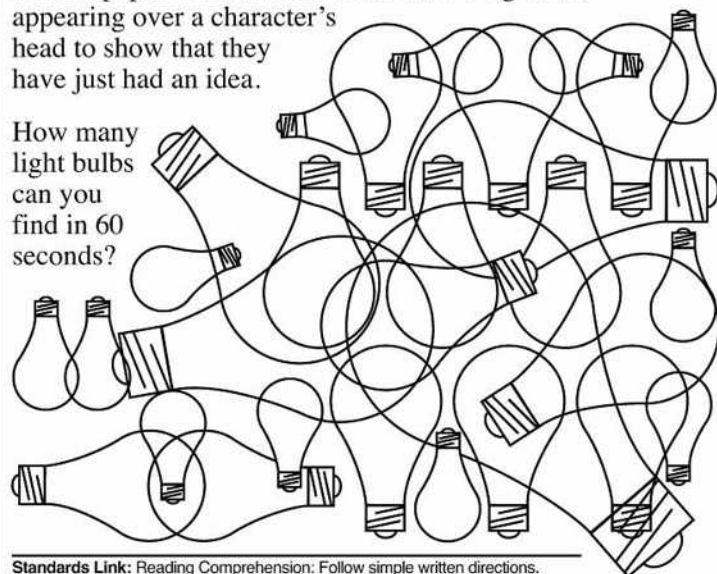
Look at the front page of today's newspaper. Find and circle each letter of the alphabet. Can you find all 26? Connect the letters with lines and color your design.

Standards Link: Language Arts: Word Analysis: Students know and recognize the letters of the alphabet; Reading Comprehension: Follow simple multiple-step directions.

What's the Big Idea?

In newspaper comics, cartoonists draw a lightbulb appearing over a character's head to show that they have just had an idea.

How many light bulbs can you find in 60 seconds?



Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

- TRAPEZOIDS
- COACH
- TANGRAM
- BRAIN
- DOG
- DIGIT
- ICE
- TRIANGLE
- BONUS
- STARS
- CORTEX
- WET
- TRIED
- HELP
- DRY
- CAT

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

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

What a Character!™ Happiness is ...



... having fun with simple things.

Kid Scoop VOCABULARY BUILDERS

This week's word: **ADJECTIVE**

The word **adjective** means a word that describes a noun or pronoun. (For example: a **scary** story or a **big** tree.)

Using good **adjectives** makes your writing more interesting.

Try to use the word **adjective** in a sentence today when speaking with your friends or family members.

FROM THE Kid Scoop LESSON LIBRARY

Geometry Hunt

Find examples of each of these geometric shapes in your newspaper.

- pentagon
- circle
- square
- trapezoid
- triangle
- rectangle
- octagon

Standards Link: Math: Geometry: Identify basic geometric shapes.

How do you make a golf ball float?



ANSWER: Take two scoops of ice cream, add root beer, then drop in a golf ball.

Write On! Brain Builders

List three to five ways you can exercise your brain this summer.

Hayward Street Party



SUBMITTED BY THE
HAYWARD CHAMBER OF
COMMERCE
PHOTO BY CASSANDRA
BROADWIN

The 2016 downtown Hayward Street Party season opens its 16th year with bands, the first of three summer car shows, street entertainers, food, and family fun. The event kicks off the series of traditional Thursday night street parties including celebrations July 21 and August 18.

On June 16 the Bank of the West Stage will feature the West Coast Blues Society Caravan of All Stars, celebrating the upcoming Hayward/Russell City Blues Festival. Other bands that day will include the Zydeco Flames on the Buffalo Bills Stage and the Royal Deuces on the Bistro Patio Stage. DJ Robert Louis will entertain at the chamber of commerce Main Street Stage.

Additional fun will be provided by street entertainers, face-painters and rides for kids. Adults will enjoy more than 100 hot rods and classics at the car show on Main

Street, and great brews will be served in a beer/soda garden.

"It says a lot about Hayward that our participants look at the street parties as a family reunion," said Kim Huggett, president of the Hayward Chamber of Commerce. "These are events that not only are family friendly, but the coolness factor is there, too."

The street party series is made possible through a partnership of the Downtown Business Improvement Area, the City of Hayward and the Hayward Chamber of Commerce. Corporate sponsors include Buffalo Bills Brewery, PG&E, Kaiser Permanente, Wells Fargo Bank, and Calpine's Russell City Energy Center.

The chamber office is still accepting reservations from vendors. For information, call (510) 537-2424 or check the website at www.hayward.org.

Hayward Street Party
Thursday, Jun 16
5:30 p.m. – 8:30 p.m.
B St (from Foothill Blvd to Watkins St), Hayward
(510) 537-2424
www.hayward.org
Free entry and parking

Nonprofit helps children become Super Stars

SUBMITTED BY
JENNY ARCAINA

Super Stars Literacy is dedicated to helping K-2nd grade students read proficiently before entering the third grade. Students who struggle reading by the third grade are at risk of future academic failure. Super Stars Literacy is helping close the educational gap by providing extended learning programs, key daily activities, in-school intervention, and family engagement activities.

The nonprofit serves several elementary schools around Alameda County, including Oakland, Newark and Hayward. Artavia Berry, executive director for Super Stars Literacy, noted "We're equipping them not just for success in the first, second or third grade; we're equipping them for life."

You, too, can help break the



educational barrier by becoming a volunteer for Super Stars Literacy. Community members who are sophomores in high school or older are invited to take part in their volunteering opportunities. Classroom tutors serve as volunteers who help out at least once a week and work directly with K-2nd graders throughout the school year. Check out other volunteer opportunities by visiting www.superstarsliteracy.org or contacting (510) 777-0870.

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June 18 & 19, 2016 (Sat & Sun) 10am -7pm
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1333 Decoto Rd. cross street Alvarado Blvd.
(In front of Union City Bart Station) **FREE ADMISSION**

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FOR RESERVATIONS AND DETAILS CONTACT:
TINA LAMBERT at the Hayward Chamber of Commerce
E-MAIL: tina@hayward.org TELEPHONE: (510) 247-2042

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written by AARON SORKIN

MAY 13TH - June 11TH

May 13 - June 11
8 pm Thursdays, Fridays and Saturdays
12:15 pm Sunday, May 22
(Continental Brunch followed by show at 1pm)
3 pm Sunday, May 29, June 5

\$27 General Admission*
\$22 Srs/Students/TBA
\$20 Thursdays - May 19, June 2, 9
\$15 Bargain Saturday, May 14
\$10 Bargain Thursday, May 26 (no reservations - first come, first seat!)

*All tickets \$27 on Brunch Sunday and Opening Night.
Price of admission includes refreshments, Opening Night Gala And Sunday Continental Brunch.

Reservations: 510-683-9218

Tickets are available on our website www.broadwaywest.org
Produced by special arrangement with Samuel French, Inc.
Design and printing by Huntford Printing and Graphics - www.huntford.com

David M'ore to perform



SUBMITTED BY DOUG DEUTSCH

Prolific guitarist, David M'ore, now on tour supporting his new album "Passion Soul & Fire," is coming to Mojo Lounge in Fremont on Saturday, June 11.

M'ore has blazed a path of quickly-growing recognition that's landed the Marin County based musician on the cover of the San Francisco Chronicle, among others. M'ore's high-octane blues rock shines on his new album, "Passion, Soul, & Fire." Come to Mojo Lounge and enjoy a great rockin' evening!

David M'ore, Guitarist
Saturday, June 11
9 p.m.

Mojo Lounge
3714 Peralta Blvd, Fremont
(510) 739-1028
<http://themojolounge.net/>
www.davidmore.net
No cover

Hayward honors young artists and writers

SUBMITTED BY JENNIFER YEE

Hayward City Council recognized the winners of the 2016 City of Hayward Earth Day Poster and Writing Contest during a special ceremony at the City Council meeting on Tuesday, May 17, 2016. The contest provides Hayward students with an opportunity to describe through words and convey through pictures their ideas about water conservation, energy efficiency, recycling, composting, and related environmental topics. Five hundred and twenty four entries were received from students representing 25 Hayward schools. The posters, poems and essays were judged by members of the Hayward Arts Council; winning entries were selected based on originality, clarity and creative expression of the theme. The following students were recognized during the ceremony:

Kindergarten to 2nd-grade

Posters:

- 1st: Markuz Gabriel Pablo, Palma Ceia Elementary
- 2nd: Fabian Quiñones, Burbank Elementary
- 3rd: Joseph Aquino, St. Bede Catholic School

Poems/Essays:

- 1st: Peni Lelea, Burbank Elementary
- 2nd: Valeria Guillen, Burbank Elementary
- 3rd: Katelyn Guelos, Southgate Elementary

3rd- to 5th-grade

Posters:

- 1st: Isabella Panganiban, St. Bede Catholic School
- 2nd: Shareeza Dean, St. Bede Catholic School
- 3rd: Sienna Hernandez, Lorin Eden Elementary

Poems/Essays:

- 1st: Heidi Chen, Lea's Christian School
- 2nd: Juan Carlos Yboa, Park Elementary
- 3rd: Joshua Seiji, Lea's Christian School

6th- to 8th-grade

Posters:

- 1st: Sai Obispo, Treeview Elementary
- 2nd: Linda Ortega, Anthony W. Ochoa

Middle School
3rd: Cynthia Gómez, César Chávez Middle School

Poems/Essays:

- 1st: Emmanuel Delacruz, César Chávez Middle School
- 2nd: Camilla San Juan, Martin Luther King Jr. Middle School
- 3rd: Maykel Romero, Burbank Elementary

9th- to 12th-grade posters:

- 1st: Jassimran Sra, Mt. Eden High
- 2nd: Kody Nguyen, Mt. Eden High
- 3rd: Monisah Mehtabuddin, Mt. Eden High

Poems/Essays:

- 1st: Guadalupe Romero, Leadership Public Schools
- 2nd: Bettina Marie Gerez, Leadership Public Schools
- 3rd: Osawekhoe Ehiorobo, Mt. Eden High

Students who submitted winning entries received a certificate of achievement from Mayor Barbara Halliday and a gift card. All winners were also eligible for one of two bonus prize drawings, in which students Quiñones and Romero were recipients. Teachers of the student winners also received gift cards. To view images of all the winning entries, please visit www.hayward-ca.gov/your-environment/get-involved/awards-contests.



By Markuz Gabriel Pablo, 1st place winner (kindergarten to 2nd grade)

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5pm, Sat, June 11

Aki Kumar

The Golden Gate Blues Society

2nd Sunday Blues Jam

3pm, Sun, June 12

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I need a Forever Home

 Bella is a super cuddly 8 year old gal with lots of personality and love to share. Her favorite thing in the world is being near people and she'll happily meow for attention, jump on your lap, and lean into pets. A single word to describe Bella would be "affectionate". She has lots of character with her one crumpled ear and her striking gray coloring. More info: Hayward Animal Shelter. (510) 293-7200.

 Bella is a super cuddly 8 year old gal with lots of personality and love to share. Her favorite thing in the world is being near people and she'll happily meow for attention, jump on your lap, and lean into pets. A single word to describe Bella would be "affectionate". She has lots of character with her one crumpled ear and her striking gray coloring. More info: Hayward Animal Shelter. (510) 293-7200.
ENRICH YOUR LIFE - BECOME A VOLUNTEER!
Hayward Animal Shelter
 www.facebook.com/haywardanimalshelter
 510-293-7200
 16 Barnes Court (Near Soto & Jackson) Hayward
 Tuesday - Saturday 1pm - 5pm

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

It's A Date
CONTINUING EVENTS

Fridays, May 6 thru Oct 28
Fremont Street Eats

4:30 p.m. - 9:00 p.m.
 Food trucks, beer, wine and entertainment

Downtown Fremont
 Capitol Ave. & Fremont Blvd., Fremont
 https://www.facebook.com/FremontStreetEats/

Saturday, May 7 - Sunday, Jun 19

The Model A Era Exhibit \$
 10 a.m. - 4 p.m.

Cars and fashions from the 1920s and 1930s

Hayward Area Historical Society Museum
 22380 Foothill Blvd., Hayward
 (501) 581-0223
 www.haywardareahistory.org

Thursday, May 13 - Sunday, Jun 11

A Few Good Men \$

Thurs - Sat: 8 p.m.
 Sun: 1 p.m.

Dramatic portrayal of two Marines on trial for murder

Broadway West Theatre Company
 400-B Bay St., Fremont
 (510) 683-9218
 www.broadwaywest.org

Thursday, May 13 - Sunday, Jun 18

Decked Out Rolling On
 12 noon - 5 p.m.

Skateboard art and photography

Olive Hyde Art Gallery
 123 Washington Blvd., Fremont
 (510) 791-4357
 www.olivehydeartguild.org

Saturday, May 14 - Tuesday, Jun 14

Chinese Kids' Art Exhibit

10 a.m. - 12 noon

Drawings from young Chinese artists

Opening reception Saturday, May 14 10a.m. - 12 noon
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1421
 http://us-chinaculture.com

Monday, Jun 20 - Friday, Aug 4

Ohlone for Kids \$R

8 a.m.

Summer enrichment program for teens

Registration has begun
 Ohlone College
 43600 Mission Blvd, Fremont
 (510) 742-2304
 www.ohloneforkids.com

Thursday, May 19 thru Sunday, Jun 12

Book of Days \$

Thurs - Sat: 8 p.m.
 Sat & Sun: 2 p.m.

Dramatic small town murder mystery

Douglas Morrison Theatre
 22311 N Third St., Hayward
 (510) 881-6777
 www.dmtonline.org

Thursday, May 19 thru Saturday, Jun 24

Community Visions

10 a.m. - 4 p.m.

Works by Chabot College students, staff and alumni

Foothill Gallery
 22394 Foothill Blvd., Hayward
 (510) 538-2787
 www.haywardartscouncil.org

Fridays, May 20 thru Jun 17

Ballroom Dance Classes \$

Beginners: 7:00 p.m. - 8:00 p.m.
 Intermediate & Advanced: 8:15 p.m. - 9:15 p.m.

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 (510) 797-9594

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FRIDAY, JUNE 10

Touch of Class

SATURDAY, JUNE 4

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Farmers' Markets

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

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

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

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

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

HAYWARD:

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

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

SAN LEANDRO:

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

MILPITAS:

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

NEWARK:

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

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

UNION CITY:

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

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



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Father's Day Brunch
Sunday, June 19 from 9:00am to 1pm
Fremont Elks Lodge, 38991 Farwell Drive, Fremont
ENJOY ALL OF YOUR BRUNCH FAVORITES
Carving Station with Prime Rib, Ham & Pork Loin
Eggs Benedict, Omelets, Scrambled Eggs,
Belgian Waffles, Potatoes O'Brien, Potatoes au Gratin
Linguica, Bacon, Biscuits & Gravy, Fruit, Salad,
Homemade Desserts, Coffee, Tea & Orange Juice
Adults: \$19.00, Children 7 through 12: \$9.00, 6 & under: Free
Reservations: 510-797-2121 ext. 2

Tuesday, May 24 - Saturday, Jul 30
The Creeks and Rivers of Silicon Valley
Mon - Wed: 1 p.m. - 9 p.m.
Thurs - Sat: 10 a.m. - 6 p.m.
Sun: 12 noon - 6 p.m.
60 paintings of Santa Clara Valley Creeks
Artist reception Tuesday, May 24 - 6:30 p.m. - 8:30 p.m.
Milpitas Library
160 North Main St., Milpitas
(408) 262-1171
www.scll.org

Thursdays, May 26 - Jun 30
Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Thursdays, May 26 - Jun 30
Senior Softball \$
8:30 a.m. - 10:30 a.m.
Drop in games for experienced players ages 60+
Nominal fee
Centerville Community Center
3375 Country Dr., Fremont
(510) 673-4977
gerry.curry@comcast.net

Friday, May 27 - Friday, Jul 29
Eyes of Perception
9 a.m. - 5 p.m.
Works by Taira, Aguirre and Shawver
John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Mondays, May 30 - Jun 27
Bunco
10 a.m.
Dice game
No experience necessary
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

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Tuesdays, May 31 - Jun 28
Bridge 1
9:30 a.m. - 10:30 a.m.
Introduction to set up, bid play and score keeping
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, May 31 - Jun 28
Bridge 2
10:30 a.m. - 11:30 a.m.
Mastering game strategy
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Mondays, Jun 6 thru Jul 5
Community Emergency Response Team Program - R
6:00 p.m. - 9:30 p.m.
Emergency assistance procedures for Hayward residents
Must attend all classes
Hayward City Hall
777 B St., Hayward
(510) 583-4948
Hayward.CERT@hayward-ca.gov

Tuesdays, Jun 7 thru Jul 5
Student Friends Orientation
4:30 p.m. - 5:30 p.m.
Assist children with summer reading for service credit
Hayward Weekes Library
27300 Patrick Ave., Hayward
(510) 293-5065
rob.spitzel@hayward-ca.gov
www.libraryinsight.com

Sunday, Jun 12

Lovely Ladies Croquet \$
1 p.m. - 3 p.m.
Watch a Victoria era game
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Jun 12

Scrumptious Sourdough \$
10:30 a.m. - 12 noon
Taste the oldest form of leavened bread
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Jun 12

Berry Picking Basket \$R
10 a.m. - 12 noon
Create a basket from tule
Ages 18+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org/register

Sunday, Jun 12

Ohlone Village Site Tour
2:00 p.m. - 4:30 p.m.
Tour shade structure, pit house and sweat house
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Jun 12

Hay Harvesting \$
1 p.m. - 3 p.m.
Load and haul freshly mowed hay
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Monday, Jun 13

Lawyer in the Library - R
6:00 p.m. - 7:45 p.m.
Consultation to provide legal guidance
15 minute session with appointment
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677

MUSEUM OF HISTORY CULTURE
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History for Half Pints - Family Program
Saturday, June 18, 10am-1pm

Spend some quality time with dad this Father's Day weekend! Check out *The Model A Era* exhibit, design and race your own cars, and create cards to let dad know just how much you appreciate him.
FREE with Museum Admission.

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Monday, Jun 13

Playwright's Cagematch: Public Squares, Private Stories
8 p.m.
Playwrights vie for top honor
Douglas Morrison Theatre
2311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Monday, Jun 13

Student Friends Orientation
6 p.m. - 7 p.m.
Assist children with summer reading
Hayward Main Library
835 C St., Hayward
(510) 881-7946
annie.snell@hayward-ca.gov

Tuesday, Jun 14

Teen Activity Group: TAG
5 p.m. - 6 p.m.
Assist in planning teen library events
Hayward Main Library
835 C St., Hayward
(510) 881-7980
annie.snell@hayward-ca.gov
http://tinyurl.com/mtag-may16

Tuesday, Jun 14

Documentary Screening: The Champions
6:15 p.m.
Dogs rescued from illegal fighting ring
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 881-7927
www.facebook.com/haywardanimshelter

Tuesday, Jun 14

Art Demonstration
7 p.m.
Mural painting
San Leandro Public Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.aclibrary.org

Friday, Jun 17

Frank Sisk Golf Tournament and Dinner \$R
11:30 a.m.
Benefits LOV's free summer program for Tri-City youth
Poppy Ridge Golf Course
4280 Greenville Rd., Livermore
(510) 793-5683
www.lov.org

ART FLEA MARKET
June 11 & 12, 2016
11:00 am to 4:00 pm

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

Sale items include: Art & Craft Materials and Supplies, Paintings, Prints, Mats, Frames, Paints, Brushes, Easels, Paper, Instruction Books, and more.....

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ZYDECO SHOOTOUT FESTIVAL
Saturday, June 11, 2016

ANDRE THIERRY VS. STEP RIDEAU AND THE ZYDECO OUTLAWS
with Motordude as the opening act

Swiss Park Bar & Grill
5911 Mowry Avenue, Newark, California

11 am to 7 pm • \$5 parking on site
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Tickets \$25 • Children 12 and under free
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SUMMER EMPLOYMENT OPPORTUNITIES FOR YOUTH

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

Rising Sun Energy Center, a nonprofit organization, provides no-cost energy and water assessments and mini-retrofits to low- to moderate-income households through its California Youth Energy Services (CYES) program. The CYES program is designed to provide young people ages 15-22 with hands-on job training and a paid employment experience in the green industry. Rising Sun is currently accepting applications for the position of Energy Specialist. Energy Specialists will receive extensive training; no prior experience with energy or water conservation work is necessary. You can apply at <http://rising-sunenergy.org/programs/california-youth-energy-services/job-opportunities>.

Do you love working with children? Do you want to join a fun and growing company? American Swim Academy is looking for energetic people with positive attitudes to join our team. We are hiring part-time swim instructors and customer service representatives. For more information, visit www.americanswimacademy.com.

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, June 7
10:00 - 11:15 Daycare Center Visit - UNION CITY
1:45 - 2:30 Fremont Hills Senior Living, 35490 Mission Blvd., FREMONT
3:50 - 4:20 Mission Gateway Apts., 33155 Mission Blvd., 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, June 8
2:00 - 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
4:15 - 4:50 Lone Tree Creek Park, Starlit Way & Turquoise St., FREMONT
6:00 - 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, June 9
9:30 - 10:15 Daycare Center Visit, UNION CITY
10:30 - 10:50 Daycare Center Visit, UNION CITY
2:00 - 2:30 Daycare Center Visit, SAN LORENZO
2:45 - 3:40 Bay School, 2001 Bockman Rd., SAN LORENZO

Milpitas Bookmobile stops
Renew books by phone (800) 471-0991
For more information (408) 293-2326 x3060

Relay for Life Fremont
1st Annual Charity Car Show

All proceeds go to the **Relay for Life of Fremont** The American Cancer Society

All makes and models of cars and motorcycles. Old and new welcome

SATURDAY, JUNE 25, 2016 ** 10AM - ??
CALIFORNIA SCHOOL FOR THE DEAF, 39350 GALLAUDET DR, FREMONT 94538

Pre-Register by June 15, 2016 ** \$25 Charity Donation

For information contact Lynda Rae (510) 397-6647 * Email: lyndarae@outlook.com
Send your remittance to: Lynda Rae, 25125 Santa Clara St #E148 Hayward, CA 94544
Make checks payable to American Cancer Society
The first 50 to register will receive a t-shirt

PARKING OPENS AT 8:30AM FOR PAID PARTICIPANTS

NAME _____ PHONE # _____
ADDRESS _____ CITY _____ ZIP _____
EMAIL ADDRESS: (please print) _____
SPECIFY: CAR ___ TRUCK ___ MOTORCYCLE ___ OTHER _____ LICENSE PLATE # _____
YEAR _____ MAKE _____ MODEL _____

I hereby understand that I am responsible for my automobile/motorcycle and its contents and agree to hold harmless and release Relay for Life and California School for the Deaf and all sponsors, their officers, directors, agents, representatives and employees of any one else connected with this event of liability, injury, losses or damages, and or any and all liabilities of any nature resulting from my participation in this event.

Signature _____ Date _____

Calling all artists for Olive Hyde Holiday Show

SUBMITTED BY LUCINDA BENDER
PHOTOS BY: JUREK ZARZYCKI



The Olive Hyde Art Guild (OHAG) cordially invites artists from the Bay Area and beyond to participate in their 34th Holiday Show and Sale, held the first weekend of December.

This well attended event boasts standing room only during the grand opening night Gala, held Friday, December 2. One can feast their eyes on a variety of beautiful art and holiday items displayed and

feast on hors d'oeuvres, sweets and beverages in charming surroundings.

Please visit www.olivehydeartguild.org for more information and complete the online application. Or, contact Roberta Moody at Robertam1629@gmail.com. The application deadline is August 15. Samples of new artist's work will be screened by appointment on September 10 at the Gallery, 123 Washington Blvd., Fremont.

Niles Cruise Nights

SUBMITTED BY JERMAINE SHAFFER

"Niles Cruise Nights" is back on the second Saturday of each month from June to September. This is a free, family event that has been going on since 2013 and has grown in popularity over the years. This year's event will be held Saturday, June 11 in the parking lot next to the Niles train station in downtown Niles. Vendors will be onsite as visitors cruise along downtown Niles. Listen to old-style music and participate in a raffle for a chance to win a custom-built Oakland A's bike or San Francisco Giants' bike.

The event is a fundraiser to benefit a different organization each month. During April's event, \$520 was raised for Yesterday and Today Autism Founda-

tion in Fremont. The month of May was for American Legion Post 837, and the event raised \$700. Ashland Little League will be the beneficiary for the month of June. For more information, contact (510) 397-8872 or info@thebombshop.com.

Niles Cruise Nights
Saturday, Jun 11
5 p.m. – 10 p.m.
Downtown Niles
(across the street from Bronco Billy's)
37592 Niles Blvd, Fremont
(510) 397-8872
www.facebook.com/thebombshop
Free



Kiwanis Club of Fremont

SUBMITTED BY SHIRLEY SISK

The Kiwanis Club of Fremont has scheduled four interesting speakers for their June meetings. On Tuesday, June 7, a breakfast meeting at 7 a.m. will feature Daniel Wilson, Community Relations Coordinator for Alameda County Vector Control who will talk about the work of the agency with a special emphasis on bed bugs. On June 14 at a 6:30 dinner meeting, FR Jeff Finley will discuss Palliative Care and how it differs from Hospice Care. At the 7 a.m. breakfast meeting of June

21, Ed Fayan, Senior Associate Administrator for Washington Hospital will give a power presentation on the new construction at the hospital. The dinner meeting on June 28 at 6:30 p.m. will feature Sharon Slayton, Program/Development Director of The League of Volunteers who will talk about all the fun activities planned for this year's free Summer Recreation in the Parks for Tri-City children.

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

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

Kiwanis Club
Fremont – June Meetings
Tuesday, Jun 7 and Jun 21
7 a.m. /Breakfast meeting
Tuesday, Jun 14 and Jun 28
6:30 p.m. / Dinner meeting
Doubletree by Hilton
39900 Balentine, Newark
kiwanisfremont.org
Free to first time attendees

Passeio do Vinho, Downtown Hayward Wine Stroll

SUBMITTED BY CITY OF HAYWARD

Passeio do Vinho returns to Hayward on Saturday, June 25 for the 4th consecutive year. Tickets are now available online at: <http://www.hayward-ca.gov/discover/events/passeio-do-vinho>

Tickets are also available at Hayward City Hall (777, B street, Revenue Department).

On the day of the event, registration will begin at 1:30 p.m. and the event kicks off at 2:30 p.m. Participants will be able to swirl, sip, and stroll along an expanded route with nearly 20 tasting stops at participating Downtown Hayward businesses. Come and enjoy wine tasting, hors d'oeuvres, or non-alcoholic beverages from local eateries, a variety of live music performances, and artisan crafts and jewelry. Raffles and prizes will take place throughout the event.

You will receive maps of the event route to help you wend your way through downtown Hayward to

the energizing sounds of live pop, jazz, and R&B music. One ticket buys you stops at all wine and food venues!

A range of ticket options between \$35 and \$45 are available including special discounts for seniors. All Passeio do Vinho ticket holders will receive admission to the event, a commemorative wine glass, and a single entry ticket to the Web.com tours PGA Stonebrae Classic on July 19.

Passeio do Vinho, Downtown
Hayward Wine Stroll
Saturday, June 25

Register: 1:30 p.m. / Stroll: 2:30 p.m.
Start: Hayward City Hall, 777 B Street, Hayward
<http://www.hayward-ca.gov/winstroll201>
<http://www.hayward-ca.gov/discover/events/passeio-do-vinho>
\$35-\$45

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FUSD's Summer Food Program

SUBMITTED BY BRIAN KILLGORE

With summer right around the corner, it's time to think about keeping children healthy during their break from school. This year, Fremont Unified School District (FUSD) will provide free meals to children during the summer at the following location:

Cabrillo Elementary, 36700 San Pedro Dr., Fremont

Beginning Monday, June 20, and continuing through Thursday, July 21 (closed July 4), free lunches will be served Monday-Thursday, from 11:30 a.m. - 12:30 p.m., for all children ages 2-18. Enrollment at a FUSD school is not required and there are no income requirements for the program. For more information, call (510) 659-2587.

Each year, the U.S. Department of Agriculture partners with local organizations like FUSD, to provide free meals to children when school is out for the summer. For more information, visit <http://www.fns.usda.gov>

Free assistance at Newark Library

SUBMITTED BY BARBARA TELFORD-ISHIDA

In "Lawyer in the Library" held second Mondays at Newark Library, an experienced attorney offers a free 15-minute appointment to help define your problem, get you started with a solution, and make a referral when needed. The purpose of the consultation is to determine whether or not you have a legal problem and to provide guidance on how you might be able to solve it. An attorney/client relationship is not formed, but your discussion will be confidential.

Registration is required and may only be done in person or by phone. To make an appointment, call (510) 284-0677 after 12 p.m. on the day of the event. Email btelford-ishida@aclibrary.org for any questions.

Lawyer in the Library
Mondays: Jun 13, Jul 11 & Aug 8
6 p.m. – 7:45 p.m.
Newark Library
6300 Civic Terrace Ave, Newark
(510) 284-0677
btelford-ishida@aclibrary.org
www.aclibrary.org
Free (by appointment)

Dance the night away with pride

SUBMITTED BY LAURA CORREA-HERNANDEZ

Seniors 50 years and older are invited to a "Gay Pride Dance" on Friday, June 17 at Hayward Area Senior Center. The event features Castro Valley Pride DJ Billy Bradford, as well as dancing, photo booth, hors d'oeuvres and unique mocktail (non-alcoholic) bar. Tickets are limited so buy them early at [niors. Tickets cost \\$20 in advance and \\$25 at the door. For more information, call \(510\) 881-6766.](http://haywardrec.org/se-</p>
</div>
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Gay Pride Dance
Friday, Jun 17
7 p.m. – 10 p.m.
Hayward Area Senior Center
22323 N 3rd St, Hayward
(510) 881-6766
Haywardrec.org/seniors
Tickets: \$20 advance;
\$25 door price
Code: 39306

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- *Field Trips
- *Playgroups

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- Must pay in full, no refunds - restrictions apply - call for details
- *Recreational & Competitive Gymnastics, Boys & Girls !
- *FLIGHT NIGHT 2X A MONTH! ("Parents' Night Out")

Www.TopFlightFremont.net Call for more Details

510.796.FLIP (3547)

Lady Cougars gain championship berth

Softball

SUBMITTED AND PHOTOS BY
 MIKE HEIGHTCHEW

A great all-around performance by the Newark Memorial Lady Cougars on May 31st propelled them into the North Coast Section Division 2 Championship game. Facing a powerful opponent, Montgomery of Santa Rosa, Cougar offense and defense did their job, finishing with a 7-1 victory.



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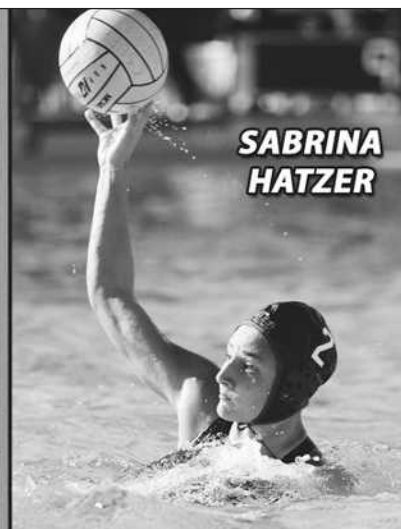
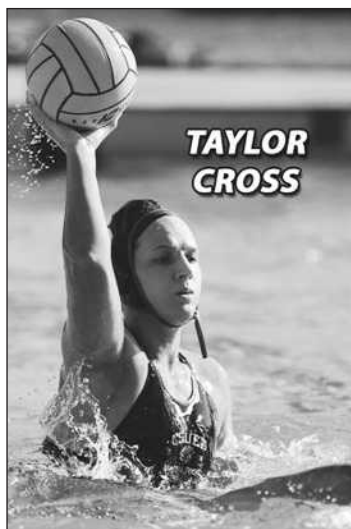
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510-792-9000
6943 Thornton Ave., Newark

Water Polo: CSUEB's Cross, Hatzer Named ACWPC All-Americans



SUBMITTED BY STEVE CONNOLLY

The Cal State East Bay women's water polo team has placed two student-athletes on the 2016 Association of Collegiate Water Polo Coaches (ACWPC) Division II All-America teams. Taylor Cross was selected to the First Team, while fellow senior Sabrina Hatzer nabs Second Team honors.

This marks the fifth straight year the Pioneers have boasted multiple ACWPC Division II All-Americans under head coach Lisa Cooper.

It's the second consecutive First Team honor for Cross, who was named Co-Player of the Year last season as a junior. This year, she was dominant on both ends of the pool in helping lead CSUEB to a 16-11 record and the team's third straight Western Water Polo Association (WWPA) championship

game. The Fresno native led the Pioneers with 54 drawn ejections, ranked second on the team with 49 goals, and ranked third with 42 steals. She finished her career as the sixth-leading scorer in program history with 137 career goals.

Hatzer had a monster season for East Bay, leading the squad with 51 goals and 91 total points. She was second on the team in steals and assists, and ranked near the top of the WWPA leaderboards in all four categories. She was a two-time WWPA Player of the Week honoree, and a First Team All-WWPA and First Team All-Tournament selection. Hatzer set a program record this season with eight goals in a single game vs. Sonoma State, and she scored four goals in the team's dramatic overtime win over the Seawolves in the WWPA semifinal game.

Lady Cougars shine but come up short in championship game



Softball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

A great season came to an end for the Newark Memorial Lady Cougars on June 4th as they faced a tough Alhambra team. The Cougars proved they belonged at the top of the bracket as they fought hard, facing some of the best pitching in the North Coast Section, the battle was close as the Lady Cougars tied the lead and threatened to break through, but the final score 12-6 favored Alhambra. Although ending their season with a loss, the Lady Cougars leave the season as champions!



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CITY OF Fremont
 Human Services Department



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Cribbage Club completes another official season of play

SUBMITTED BY
MARTY FROOMIN,
CLUB DIRECTOR

Combining luck and skill, cribbage is a two-player card game invented in the 17th century and still played today by young and old alike. Members of Christopher's Crusaders, formally known as the American Cribbage Congress (ACC) Grass Roots Cribbage Club #43 in Fremont, one of 185 clubs in North America sanctioned by the ACC, compete every Wednesday evening in a nine-game round-robin tournament.

The Grass Roots (GR) official season consists of 36 weeks of play between September 1 and May 31 each year. This season marks the 30th season since GR 43 was chartered in 1987. Tournament players are a nice mix of male and female, young and old, with skill levels that include novice, intermediate and advanced.

Ben Holder, of Fremont, had a strong season to repeat as Club Champion. He led most of the season to become the 2015-2016 Club Champion finishing the season with 270 GR points (86 points more than he had last season). In second place, was Wayne Morris from Fremont with 157 GR points. Reginald Lennie, of Newark, secured third place with 141 GR points.

Congratulations go to Bob Zahn, of Castro Valley, for earning his Bronze Award (1,000 GR points lifetime). Roy Kaufmann (Hayward), Bob Zahn (Castro Valley), and Stan Billingsley (Hayward) each had a Grand Slam this season, winning all nine games of the tournament. The most points that can be earned in a single hand is 29. Just as rare is the 28 Hand. Ben Holder (Fremont) got a 29 hand this season, while James Sweet (Hayward), Bob Zahn (Castro Valley), and Denny Agers (Hayward) all drew to a 28 hand this last season. Of



Club Champion Ben Holder shows off a rare 29 point hand

special note, the week before the season started, Sharon Kemp (Fremont) got a 29 Hand.

While some members moved away, the club welcomed new members Charlie Amsden and James Sweet this season. Many players arrive up to 90 minutes early to have dinner, catch up with friends, discussing movies, books, gardening, Sudoku and maybe even play a warm-up game or two. Visitors from the Grass Roots Cribbage Club #337 in Livermore, Stan and Vicki Billingsley of Hayward, also participate on a regular basis.

For those who don't feel they know enough to play the game on Wednesday nights, there is a "Minor League" on Tuesday evenings at the Round Table where those attending can build their confidence and learn more about the game in an easy going atmosphere. Members Reginald Lennie and Theo Mattingly show players how to play the odds, predict their opponent's cards and play the hand. There is no need to join the ACC to play on Tuesday nights. The emphasis is for you to learn the game, get up to speed and then join the club on Wednesday nights.

Special thanks to Theo Mattingly and Reginald Lennie for

their dedication on mentoring the Tuesday night group. Thank you also to Theo Mattingly, Loren Lookabill, Mike Hannon and Marty Froomin for rotating the weekly Tournament Director duties. Thank you to the rest of the club (Patricia Ryan, Farokh Ziari, Tracy Yott, Jim Crawford, Craig Rothbach, and Winnie Froomin) for coming and playing.

The club plays year round and welcomes new members at any time. ACC Grass Roots Club #43 welcomes all players of all skill levels to join us. Tuesday evenings are open to everyone who already enjoys the game or would like to learn how to play, while Wednesdays are for intermediate to advanced players who are capable of playing a game in 15 - 20 minutes. For more information, email ACCGR43@gmail.com or simply show up any Tuesday before 6:15 p.m. at Round Table Pizza (Centerville), 37480 Fremont Blvd., Fremont.

**Fremont Cribbage Club
Tuesdays (beginners) &
Wednesdays (skilled levels)
6 p.m.**

**Round Table Pizza
37480 Fremont Blvd, Fremont
Email: ACCGR43@gmail.com**

Park It

BY NED MACKAY

Turrets of sand will line the strand on Saturday, June 11, during the annual **Sand Castle and Sculpture Contest** at Crown Beach in Alameda. Always lots of fun, especially for the kids, the free event starts with registration at 9 a.m. at the bathhouse near the park entrance at Otis and Shoreline drives.

Registrants are assigned a plot of sand on which to erect either a sculpture or a castle. Your entry must consist of sand only, with the exception of wood, rocks, shells, etc. found on the beach the day of the contest and used as decorations only. No glass or live animals, please.

Competition is by age - there are categories for youngsters, adults, and families. Judging starts at noon. Awards in the form of ribbons and trophies are presented at 1 p.m. but winners mostly just get bragging rights. There's no prize money involved.

The contest is sponsored by the East Bay Regional Park District, Alameda Recreation and Parks Department, and Bay View Women's Club. It's almost as enjoyable just to watch the show and be impressed by the contestants' creativity. For more information, call (510) 544-3187.

The Brazilian Room at Tilden Regional Park near Berkeley celebrates its 75th anniversary this year. If you or your family ever celebrated a special event there, the photographs could be included in a 75th-anniversary display. Check out your family

scrapbook, attach scanned photos to email, and send to info@ebparks.org. Write "attn Public Affairs" in the subject line.

For the record, the Brazil Building resulted from the 1939 World's Fair held on Treasure Island. After the fair closed, the Brazilian government donated the interior of its pavilion to the park district. The pavilion included burnished hardwood floors, plate glass mirrors and wood-paneled walls. Works Progress Administration craftsmen built the stone exterior, and the building opened to the public in 1941.

While we're at Tilden, there's a full weekend of interesting free programs on the agenda, all meeting at the **Environmental Education Center and Little Farm**. Advice from an Animal is a program series from 11 to 11:30 a.m. every Saturday at the center. Meet an animal, learn about it, and color a collectible poster to take home. Your animal adviser on June 11 is a spider.

E.O. Wilson, who is a scientist, naturalist and author, will celebrate his 86th birthday with an hour of nature stories and lore from 1 to 2 p.m. on Saturday, June 11.

Naturalist James Wilson will lead a family **nature safari** starting at the center from 2:30 to 4 p.m. on Saturday, June 11. The group will seek out animals under logs, on branches, and in ponds.

Then from 10 a.m. to noon and again from 1 to 2 p.m. on Sunday, June 12, naturalist **Anthony Fisher will lead a variety of traditional games played by California Indians**. Animals

need food and rest, too. You can help Anthony and Tilden's farmer feed the animals from 3:30 to 4 p.m. on Sunday, June 12. The program repeats on June 19. The center and Little Farm are at the north end of Tilden's Central Park Drive. For information, call (510) 544-2233.

James Wilson also will host a California grassland picnic from 10:30 a.m. to 1 p.m. on Saturday, June 11 at Pt. Pinole Regional Shoreline in Richmond. The group will explore the diversity of grassland life right underfoot, with a light snack provided. For information, call (510) 544-2233.

The early **evening beauty of East Contra Costa** will be on display during a sunset walk from 7:15 to 9:15 p.m. Saturday, June 11 at Black Diamond Mines Regional Preserve in Antioch.

Naturalist Kevin Dixon will lead the group, which will pause to admire views of the Central Valley and to see the **sun set behind Mt. Diablo**. The hike is for ages 10 and older. Be prepared for steep and slippery terrain. Meet Kevin at the uppermost parking lot on Somersville Road, 3.5 miles south of Highway 4. For information, call (888) 327-2757, ext. 2750.

An evening in the park with a campfire and s'mores is on the menu from 6:30 to 8 p.m. Sunday, June 12 at Big Break Regional Shoreline in Oakley. Bring a picnic dinner and join the park's interpretive staff for an evening of activities highlighting Big Break's many attractions. Big Break is located at 69 Big Break Rd. off Main Street in Oakley. For information, call (888) 327-2757, ext. 3050.

Developing the next generation of Water resources stewards

BY DIRECTOR
RICHARD P. SANTOS,
SANTA CLARA VALLEY
WATER DISTRICT

Sitara Simons is a high school junior studying environmental studies with a zeal for water issues. After completing a week-long 64-mile hike near Los Altos two years in a row and seeing depleted water levels in local creeks during 2014, she developed a keen interest in water resources management.

Through the Santa Clara Valley Water District's Youth Stewardship Commission (YSC), she learned that areas of Santa Clara County had sunk 13 feet in the last century due to groundwater overuse. Now she is much more conscious about the misuse of water on a daily basis. "Even when it's raining, I know it's important to save water because our groundwater levels aren't restored yet," she said.

The water district provides an opportunity for high school students to get a behind-the-scenes look at what it takes to provide nearly 2 million people clean, safe water. Since 2009, YSC has cultivated student leaders interested in learning about environmental stewardship of creeks, bays, and watersheds, water district facilities and operations, as well as water industry careers.

In May, the water district was proud to graduate the fifth class of the YSC. Thirty high school students from across the county participated in the five-month program. Students attended evening commission meetings with district speakers and completed tasks related to a specific topic each month. Commissioners also had the choice of additional electives such as attending and reporting on a water district board meeting, touring the Silicon Valley Advanced Water Purification Center, participating in a creek clean-up or leading informational activities at their schools. Students also had the opportunity to participate in the district's Job Shadow Day, with many of them visiting water district facilities as well as creeks.

"It really opened my eyes to environmental policy and resources management," said Sitara. Unsure of what career path she will pursue, she became aware of opportunities in government and public administration.

The YSC attracts students that are motivated about caring for the environment and seeking to develop leadership skills; many of them also serve on city youth commissions or are involved in

and have founded school clubs. Several students from this year's class were so impassioned by the topics covered during commission meetings, they wrote articles for their school paper.

At the final YSC evening meeting and completion ceremony, students asked water district leadership firsthand questions about water management challenges in Santa Clara County and meeting the needs of the diverse communities within the county. Every one of the student commissioners was interested in participating in volunteer opportunities with the water district beyond the YSC, like additional facility tours and creek clean-up events.

Sitara would like to adopt a creek with her sister, who's in middle school, to do their part in keeping local creeks clean and healthy. She's also hoping her sister will become a commissioner in a few years.

The water district is also an active member of Baywork, a coalition of water agencies dedicated to ensuring a reliable workforce in the water and wastewater industries. Baywork offers training, programs and development activities for current employees, as well as learning opportunities and career fairs for high school students. Last April, the water district participated in a Baywork career fair attended by almost 500 high school students in the South Bay.

The water district understands the importance of passing on to our youth a well-preserved and healthy environment. Future generations will be faced with the increasing challenges of climate change and ongoing drought cycles in our dry state. Our responsibility is not only to leave them a better planet, but to empower them as stewards of our precious resources for generations to come.

Follow us on Facebook and Twitter for information on the next application period toward the end of the year. To learn more about the Youth Stewardship Commission, visit our website: <http://valleywater.org/Programs/YouthCommission.aspx>

**Use water wisely,
Richard P. Santos**

As always, I am available for questions or comments as your District 3 representative for the northern areas of Sunnyvale and Santa Clara; Alviso; Milpitas; and the north San Jose and Berryessa communities. Feel free to contact me at (408) 234-7707.

World's Largest Swimming Lesson™ to take place

SUBMITTED BY: JENNIFER LEE OLIVEIRA

On Friday, June 24, tens of thousands of kids and adults at aquatics facilities around the globe will unite for the 7th year in a row to make noise that swimming lessons save lives. A global event, The World's Largest Swimming Lesson™ (WLSL), will take place over the course of 24 hours at an estimated 500 locations in more than 20 countries. American Swim Academy in Fremont is an official Host Location for the 2016 WLSL. The lesson is free and will take place from 2:45 p.m. to 3:15 p.m. on June 24. Space is limited to the first 35 people who register.

**World's Largest Swim Lesson™
Friday, Jun 24
2:45 p.m. - 3:15 p.m.
American Swim Academy
4150 Technology Pl, Fremont
Register: AmericanSwimAcademy.com
WLSL.org
Free but limited to first 35 registrants**

OPINION

TRI-CITY VOICE
BEYOND FREMONT, HAYWARD, MILPITAS, NEWARK, SAN JOSE AND SUNOL CITY
"Accurate, Fair & Honest"



WILLIAM MARSHAK

Our civic spectrum

officer, sustained when a motorist fled from a traffic stop.

This series of events reminds us that even though our communities strive for harmony and peaceful coexistence, we have our differences. Although there is an element of our society that has little or no interest in a safe and calm environment, the vast majority find common purposes and work to understand and peacefully resolve contentious issues. Local governments work toward common goals and, although not a perfect system, manages to carry out day-to-day operations in a relatively efficient manner. This process depends on input from informed citizens who care about their environment. Just as the civility spectrum spans many attitudes, so does that of social responsibility.

I attended graduation ceremonies of the Fremont Adult School, paradoxically on the same day as the shooting incident in the Irvington District. It was obvious that both represented two ends of a spectrum. The graduation was filled with joy, exuberance and pride in achievement; the camaraderie that evolves when these students were faced with the challenge of new customs, a new country and integration with foreign backgrounds. To witness the positive energy was moving. Later in the day, as the police action unfolded, it was apparent that our protective services were faced with a severe and visible represen-

tation of what they face daily; the other end of that spectrum.

Protective services work toward maintaining common security and safety but they do not represent the entire process. Our civic infrastructure includes actions by citizens to participate in decisions by elected representatives and local staff. Just as police, fire and other personnel work to maintain a safe environment for all, actions by government are also important to a sense of security. It is imperative that just as those who celebrated their achievements in graduation ceremonies, we bring that same spirit to our communities by participating in local government. Information, including video broadcasts are available on the internet for those unable to attend meetings. The message is clear... get involved and add your weight to the positive side of the civic spectrum.

William Marshak
 PUBLISHER

Last week's events reminded me of the opening lines of the Charles Dickens classic novel, *A Tale of Two Cities*: "It was the best of times, it was the worst of times."

Although Dickens was describing a time and place much different from the year 2016, citizens of the Greater Tri-City area have experienced the hills and valleys of civic life that could easily fit the narrative. As many of us celebrated the transition of family and friends in graduation ceremonies, a much different scenario played out in the Irvington District of Fremont. Two police officers were brutally attacked and injured by someone who resides on the opposite end of the civility spectrum. This incident is, unfortunately, not isolated in time or location as a police report from Hayward noted a thankfully minor injury to a Union City motorcycle

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Thank you for being here

ARTICLE AND PHOTOS SUBMITTED BY NORCAL GIRL SCOUT TROOP 30929

Can you guess what happened on May 22?.. the first Gomes Kite Festival! We were able to increase volunteer efforts in the Gomes community by hosting the festival. Everyone showed spirit by flying colorful kites high in the sky. There were many carnival games such as toilet hoops and noodle bulls eye and information booths for Girl Scouts, Cub Scouts, softball, and cricket. There were also many delicious cuisines such as Indian and Chinese. Yet there were still improvements to be made. Many people didn't know about the Gomes Kite Festival because of the lack of banners. People at the event had so much fun flying kites, they wished for more wind so they could fly their kite higher and longer. People also wanted more carnival games. It was nice to see many families come together.

Gomes Kite Festival was run by the Parent-Teacher Association of

Gomes Elementary School, Fremont. The NORCAL Girl Scout Troop 30929 helped set up booths, carnival games, banners, as well as cleaning and distributing supplies for the day. Troop 30929 includes 12 girls from the fourth grade at Gomes Elementary. With the start of the carnival at 10 a.m., they turned into scribes armed with notepads in hand and a set of questions about the Festival; off

they went interviewing moms, dads, grandparents, and other children. After that it was time for the girls themselves to enjoy the festival. They played games, and flew kites with their family and friends.

Members of the Troop wish to thank the organizers and community partners: Girl Scouts, Cub Scouts, Boy Scouts, Mission San Jose Little League, and Cricket League, for making

the event a success.

The Gomes Kite Festival was good, but it will be even better next year! Thank you, from Girl Scout Troop 30929: Aliya Ahmad, Sofiya Altalib, Aditi Borra, Svara Deshmukh, Raksha Katta, Rhea Korubilli, Shivani Kyadhari, Anushka Madhvani, Megha Rajanikanth, Annika Singh, Avika Singh, and Saranya Singh.



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LETTER TO THE EDITOR

Litter cleanup needed

While there are a number of positives about residing in Fremont, one aspect that is bothersome is all the litter cast about by those who, deliberately or through carelessness, view our streets and sidewalks as trash bins. Not sure what can really be done to correct this individual behavior.

It would be great though if our city leaders can have Caltrans regularly clean up trash around the on- and off-ramps along 880.

For example, the approaches to the 880 off-ramps to Stevenson Blvd, Mowry Ave., and Thornton Ave. scream out, "Welcome to Fremont - Trash city." This eyesore is blight and an unwelcoming sign for those entering Fremont from 880. Can our leaders have Caltrans address this issue?

Dan Tracy
Fremont

LETTER TO THE EDITOR

FUSD needs help

Previous funding measures that allowed Fremont Unified to keep school libraries open but is due to expire in December. Facility needs are depleting our resources and making it difficult to continue to offer the programs that have made Fremont Unified one of the most desirable school districts in this area. YES on Measure I will offer a steady funding source for math, science, reading and writing programs that help Fremont students be prepared for jobs in the 21 century and for higher education.

Measure I is fiscally accountable. A citizen's oversight committee and annual independent audits are included. The Fremont Chamber of Commerce, Citizens for Better Community and the Fremont Education Foundation all support Yes on Measure I. We hope that you will, too.

Vote YES on I June 7th.

Ann Crosbie
FUSD Trustee and Co-Chair,
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- **For Employment Questions, call HR at 510-659-2556**
- **For Questions on Training or Qualifications, call Transportation at 510-659-1450**

The Fremont Unified School District Governing Board prohibits unlawful discrimination against and/or harassment of district employees and job applicants on the basis of actual or perceived race, color, national origin, ancestry, religious creed, age, marital status, pregnancy, physical or mental disability, medical condition, veteran status, gender or sexual orientation at any district site and/or activity. The Board also prohibits retaliation against any district employee or job applicant who complains, testifies or in any way participates in the district's complaint procedures instituted pursuant to this policy.

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Park District and Union Pacific agree to trail improvements

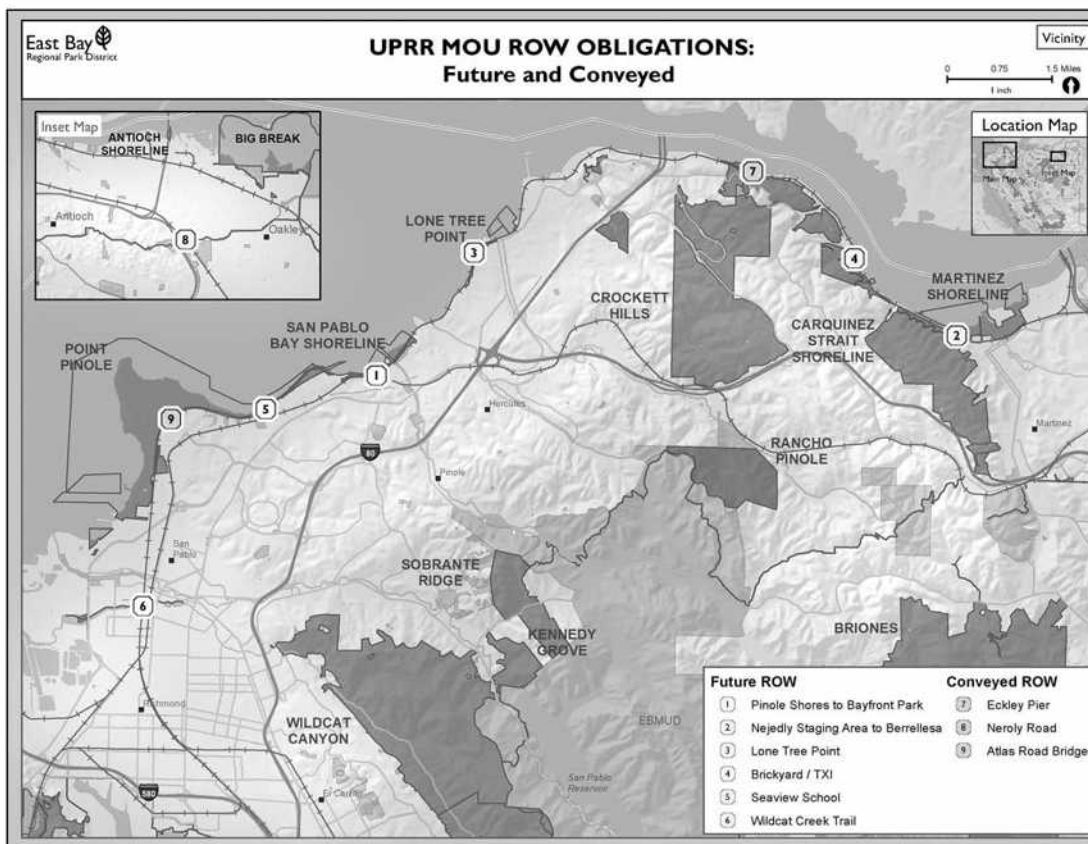
SUBMITTED BY CAROLYN JONES

Six key segments of the San Francisco Bay Trail and Wildcat Creek Trail in Contra Costa County will be completed and made accessible to the public thanks to an agreement between the East Bay Regional Park District (EBRPD) and Union Pacific Railroad.

The agreement, approved unanimously by the Park District board on May 3, will provide for the development of several bicycle and pedestrian bridges, improved at-grade crossings and permanent trail easements at six locations along the San Pablo Bay and Carquinez Strait shorelines.

The new improvements are:

- Pinole Shores to Bayfront Park in Pinole Easement to close a Bay Trail gap
 - Bridge over tracks to ensure safe crossing
 - Martinez Shoreline/Nejedly Staging Area in Martinez Easement to close a Bay Trail gap
 - Lone Tree Point in Rodeo
 - Bridge over tracks to connect Lone Tree Point parkland to the Bay Trail
 - Carquinez Strait/TXI "Brickyard" in Port Costa
 - Safe track crossing to connect Carquinez Strait Regional Shoreline to the Park District's TXI property
 - Wildcat Creek Trail in Richmond
 - Bridge over the tracks to complete segment of the trail
 - Seaview School in Pinole
 - Easement to close a Bay Trail gap along San Pablo Regional Shoreline
- Three improvements have already been completed:
- Bay Trail crossing at Eckley Pier in Crockett



- Delta-De Anza Trail crossing at Neroly Road in Oakley
- Bay Trail easement at Atlas Road in Richmond

The May 3 agreement is a result of an objection the Park District filed in 1996 regarding Union Pacific's merger with Southern Pacific. The Park District argued that the increased rail traffic due to the merger would hinder recreational access to the shoreline. As a condition of its approval of the merger, the U.S. Surface Transportation Board ordered Union Pacific to provide right-of-way and funding for trail connections. The Park District and railroad recently updated the agreement to reflect current trail priorities.

The Park District expects to complete the projects over several years, as trail connections are developed. Design is almost complete for the project at Pinole Shores with construction anticipated for spring 2017.

For more information, please contact Carolyn Jones, cjones@ebparks.org, (510) 544-2217.

Strengthening Santa Clara County's transportation backbone

SUBMITTED BY SANTA CLARA VALLEY TRANSPORTATION AUTHORITY

Often it is said we must explore the past to understand the present and to shape the future. In this four-part series, we will reflect on how Santa Clara County's transportation network evolved over the last 40 years through thoughtful planning, broad-based collaboration and solid investment. We hope this series will provide residents and the communities we serve with a deeper appreciation for where we have been, as well as a clearer vision for where we are headed. As Silicon Valley was busy connecting the world electronically, Santa Clara County Valley Transportation Authority (VTA) was building the transportation infrastructure necessary to keep employees, equipment, and products moving. VTA was expanding its transportation network, building a mass transit system crisscrossing the growing urbanized area.

By 1987, the County received over \$253 million from the federal government to fund the County's first light rail line. Construction officially commenced with the groundbreaking for the light rail maintenance facility, followed by construction



of the first segment of in-street track. The initial track, which spanned 1.5 miles, was essential for testing the light rail vehicles as they were delivered. Additional tracks were installed north of downtown San Jose in December 1987.

By June 1988, the two-mile stretch of tracks through revitalized downtown San Jose opened for service. The entire 21-mile light rail line opened on April 21, 1991. The County now had its first completed light rail line, connecting the suburban neighborhoods of south San Jose through downtown, and north to the industrial areas of Silicon Valley.

A significant change for County Transit occurred on January 1, 1995, when the organization was combined with the Congestion Management Agency (CMA), charged with the additional responsibility for planning and constructing highway, bike, and pedestrian infrastructure within the

County. Consolidating responsibility for these planning and development efforts allows for greater coordination, as well as maximizes the efficiency and performance of the entire transportation network.

The signing of a new joint powers agreement by the County of Santa Clara and the 15 cities in the County combined the Santa Clara County Transit District with the CMA. This action coincided with the effective date of new legislation, which reconstituted the Board of Directors, an event that has commonly been referred to as the "separation" of the Transit District from the County. Recognizing the change that occurred in 1995, the new name of "Santa Clara Valley Transportation Authority" was adopted in January 1996 and in December of that year, a new corporate identity was created for VTA.

The Highway Revenue Act of 1956 established the Highway Trust Fund to provide a dedicated source of revenues for transportation. The Highway Trust Fund is intended to be a "pay-as-you-go" system that uses receipts from excise taxes to fund federal surface transportation programs. In 1983, the Highway Trust Fund was divided into the Highway Account and the Mass Transit Account. Over the years, Congress has enacted multi-year legislation authorizing federal spending

for surface transportation programs from the Trust Fund.

Counties may place a sales tax measure for transportation purposes on the ballot for voter approval. With federal and state funding historically being insufficient to meet all of California's mobility needs, local sales tax revenues have provided more than 50 percent of new capital funding for the state's transportation infrastructure over the last several decades. Counties representing more than 85 percent of the state's population currently have in place local sales taxes for transportation purposes. Most of these taxes are temporary in nature and will expire if they are not renewed by the voters. Currently, Santa Clara County has three local transportation sales taxes in place - one is permanent and two are temporary.

For more information, visit www.vta.org/News-and-Media/Connect-with-VTA/Strengthening-the-Countys-Transportation-Backbone#.Vz-gl_krLcv. The next decade, and the next part of our informational series, was defined by a period where VTA really hit its stride in delivering transportation improvements. Up next, 1996 to 2005. All aboard!

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Obituary

Ann C. Lusk

December 10, 1939 – May 29, 2016

Resident of Hayward

Born on December 10th, 1939 in Boise, ID, and entered into rest on May 29th, 2016 in Fremont, CA at the age of 76. Survived by her children: Sheila Sandholdt and her husband Mark, Johnny Lusk, Chris Lusk and his wife Victoria, and Kristie Mandeville and her husband Peter; grandchildren: Michael, and Jennifer; and sisters: Alice Sockwell, and Carol Richeson.

Also survived by nieces and nephews. Preceded in death by a son Michael Lusk in 1989.

No services are being held for Ann. Inurnment at Irvington Memorial Cemetery in Fremont, CA. Donations may be made in memory of Ann to the Salvation Army.

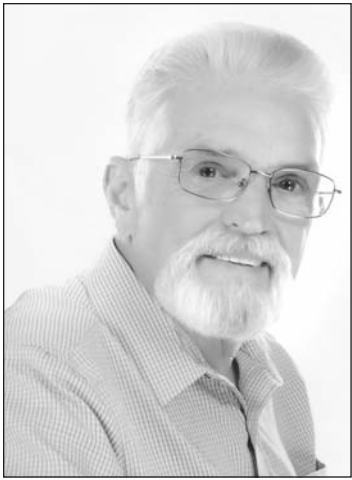
Fremont Chapel of the Roses
510-797-1900

Obituary

Richard James Booker

November 16, 1943 – June 3, 2016

Resident of Riverbank



Dewstone, sister Sheri Taman and brother Bob Booker, and many loving nieces, nephews and cousins.

In 1966, during the Vietnam War, Richard was deployed as part of the U.S. Army's 173rd Airborne Infantry Combat Unit, after which he worked as a union paint manufacturer for many years. He was well respected amongst his colleagues and developed lifelong friendships.

Richard loved music of almost any genre and he loved to sing, dance, and attend concerts. He also loved sports and was an avid fan of the Oakland A's, Oakland Raiders and Warriors. He enjoyed camping, fishing, walking the dogs and spending time with his family, whom he loved dearly. Richard's legacy will live on through his family's and friends' wonderful memories.

Visitation will be held on Thursday, June 9th, from 10:30-11am and a Chapel Service will begin at 11am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Burial will follow at Irvington Memorial Cemetery in Fremont, CA.

Fremont Memorial Chapel
510-793-8900

Richard James Booker passed away on Friday, June 3, 2016, from Mesothelioma Cancer. He was born in Oakland on November 16, 1943, and graduated from Oakland Technical High School. He was a longtime resident of Fremont before moving to Riverbank in 2002. Richard is preceded in death by his son, Darren Booker. He is survived by his wife of nearly 34 years, Cheryl Booker, and mother Betty Neal, age 94, children Denise Rodriguez and Julie Mae Porter, grandchildren Bobbi Dewstone, Sammy Rodriguez, Alaina and Alexia Porter, Sienna and Capri Gavino, Kaylie, Ashlie, Ricky and Baylie Klitzing, great-grandson Antonio

Mother and daughter killed in collision with Amtrak train

SUBMITTED BY LT. ROBERT MCMANUS,
SAN LEANDRO PD

On May 24, San Leandro Police officers responded to a tragic incident in which a mother and her young daughter lost their lives following a collision with an Amtrak train.

At 1:30 p.m., officers responded to reports of the collision at the railroad crossing on Washington Ave. near Chapman Rd. Responding officers found the Amtrak train stopped on the tracks, approximately one-quarter mile north of Chapman Rd., with a Toyota Rav-4 trapped underneath its front rail car. Officers found a mother and daughter inside, and attempted life-saving measures, but were unsuccessful.

Alameda County Fire and Paramedics Plus personnel responded and pronounced 30 year old Vanessa Henriquez and her 3-year old daughter, Saily, both of Oakland, deceased at the scene.

"We offer our condolences to the family and friends of those that lost their loved ones this afternoon," stated Lt. Robert McManus. "This is tragic. There are absolutely no other words to describe it."

San Leandro Police will serve as the lead investigators in this tragic event and will work closely with Amtrak authorities, as they determine how and why this collision occurred.

During the early stages of the investigation, police learned that the Toyota, driven by Vanessa Henriquez had been travelling south on Washington Ave. and was stopped in traffic between other vehicles and the railroad crossing arms when the collision occurred.

As police continue their investigation, they will be searching for witnesses and reviewing surveillance video from nearby businesses in hopes that they gather additional information that will assist them in answering the many questions that they still have.

Please contact the San Leandro Police Department's Criminal Investigation Division with any information regarding this case or any other case at (510) 577-3230. Information may also be submitted anonymously by:

- Phone: Anonymous Crime Tips at (510) 577-3278
- Text Message: Text "TipSLPolice" to 888777

What is the language deprivation that Nyle DiMarco is talking about?

SUBMITTED BY:

LAURA T. PETERSEN

Congratulations to Nyle DiMarco for shining so bright and winning Dancing with the Stars and America's Next Top Model. He is using his fame and time in the media spotlight to shed light on the overlooked issue of language deprivation that continues to plague Deaf children.

What is this language deprivation that he has mentioned in most of his interviews? Unlike Nyle, ninety percent of Deaf babies are born to parents who can hear and have never met a deaf person before giving birth to one. Since 2000, federal legislation requires newborn hearing screening in the hospital. This identifies infants as Deaf or Hard of Hearing while they are very young, with the goal of getting these children access to language as early as possible. The problem has been the definition of this early access and which language. The medical community sees cochlear implants or hearing aids hand in hand with listening and speech therapy as essential for access to language, whereas deaf educators with their history of seeing Deaf children develop from young children to adults, see all their students able to learn and navigate the world using American Sign Language (ASL) and written English, and for some spoken English.

Parents are told by the medical community, "Don't sign." For those parents who do choose to sign, some have been told by medical professionals that they will not implant their child with a cochlear implant if they continue to sign. We believe parents should not be limited to one avenue for providing language to their child. On the other hand, there are many families who are learning signs with their young (hearing) infants because it promotes earlier communication, reduces frustration and provides access to language. It seems ludicrous to limit language opportunities to Deaf babies while many parents are signing with their hearing babies. Hence, the passion from Nyle and the Deaf community against the establishment that has limited the potential of Deaf children for generations.

Rachel Coleman is a well-known parent of a Deaf child and creator of Emmy nominated videos Signing Times. The videos teach ASL to toddlers and their families. She created Signing Times because when her daughter was one year old, she was told by a public school principal in L.A. that she will probably only have a 4th grade reading level when she graduates high school. Rachel was horrified to learn what the Deaf

community has been frustrated with for years. Rachel was able to advocate for a Language Rich Environment with access to her daughter's native language, ASL. This should be the norm for all Deaf children.

Children are wired ready and eager to learn language. Most infants are exposed to language in their first minute of life. Ninety percent of Deaf children are not. It takes time to get a cochlear implant, often a year to find out whether the baby is a candidate. Even when young children get cochlear implants or hearing aids we do not know how much speech they are able to understand and access; they can't tell us. During this critical time for language development, Deaf children should not be limited.

When her daughter was a baby, Rachel Coleman was shocked to learn that the entire Deaf community knows that babies can sign at 6 months. "Why don't we know this?" stated Coleman during a recent presentation at the Early Hearing, Detection, and Intervention conference.

Unfortunately Nyle is experiencing a backlash for his promotion of ASL. Proponents of a listening and spoken language only approach are threatened by his fame and his glamorization of ASL. Lisa Goldstein, who describes herself as a freelance journalist who happens to be deaf, wrote "He wants to make ASL a requirement for deaf children, which infringes on parental choice". In her article, "Nyle DiMarco's Activism Is Dangerous For The Deaf Community," she calls Nyle, a Deaf Culture Extremist. "Someone who only uses ASL, like Nyle, can't interact with society without help from others." Lisa says, "I can speak the predominant language of this country rather than being dependent upon the few hearing people who know ASL." What about the many children who do not master spoken English despite dedicating hours and hours on speech therapy during school time instead of mastering written English or ASL? That is the language deprivation Nyle is trying to change. Lisa writes in another article "I cannot understand speech without seeing the speaker's face or reading captions. I miss audible information." Why would you settle for that?

Nyle has been clear that he is not against hearing aids or cochlear implants only that he is against denying Deaf children access to sign language. "It's fine if parents want to get their kids implants or hearing aids," says DiMarco, in a People magazine interview, who admits he has never seriously considered getting an aid or implant for himself.

"But research shows that being bilingual improves their chances of speaking. Depriving them of ASL is denying them language."

The conundrum is that most hearing parents are not experts in providing a language rich environment for their deaf child. It is natural that parents, who have no knowledge of what it means to be Deaf, want their child to talk. It's the only path they know to becoming a happy adult. Naturally they would defer to the medical professionals who say, "Don't sign; we will get your child a cochlear implant." The results are devastating. Students, who transfer into the California School for the Deaf in Fremont from public and private listening and spoken language schools, are an average of five grade levels behind.

The Alexander Graham Bell Association for the Deaf and Hard of Hearing's President, Meredith Sugar, pushes the organization's long-standing platform of listening and spoken language for deaf children. In a response to an article in the Washington Post about Nyle she said ASL use is declining. She stated "Ninety percent of these families are choosing listening and spoken language for their deaf child." This is exactly the crux of the problem that Nyle is trying to bring to light. Medical professionals not trained in language acquisition and organizations like hers have first contact with naive parents who think they are doing what is best for their child. These parents do not know the facts. A majority of children with cochlear implants, 70 percent were judged by their teachers to be below the median level of their class in academic achievement particularly in English and Math. (June 2011 International Journal of Otolaryngology Punch and Hide) It is a silent atrocity, which is causing language deprivation in a majority of these children.

That is why Nyle's time in the spotlight is so exciting for deaf education professionals. We finally have an opportunity to show the world how capable Deaf people can be when language is not a barrier. Parents need to know about the benefits of ASL. I am tired of parents visiting the California School for the Deaf and leaving in tears because they did not know we were a public school option for their child. They see our students full of confidence, introducing themselves and welcoming us to the school. They see them hanging out and laughing with their friends... just like any other child except in another language, ASL, which they were told not to learn.

"Be Better" for Improved Health

SUBMITTED BY ALI BAY

California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith says you don't have to be perfect to improve your health, but you can strive to be better. "Be Better" is the new recently unveiled CDPH "Champions for Change" campaign.

"Be Better is a reminder that even small steps can make a difference in improving your health," said Dr. Smith. "Take the stairs, snack on fruits and veggies, and quench your thirst with water instead of soda – these are simple ways that we can all be better to enjoy better health."

The "Be Better" campaign promotes new federal dietary guidelines that recommend Americans focus on making small shifts in what they eat and drink to prevent chronic health conditions like type 2 diabetes, hypertension and heart disease. Having a normal weight reduces your risk of developing type 2 diabetes by 70 percent.

The campaign will include English and Spanish ads on television and radio stations, billboards and Web banners. There will also be community-level promotions coordinated with local health departments. The ads will feature "Champions for Change" – real people who have committed to be better for themselves and their families by being more active, drinking water instead of sugary drinks, and eating more fruits and vegetables.

More information is available at: <http://championsforchange.cdph.ca.gov/Pages/default.aspx>

City of Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

Safer Streets, Safer People, Safer Vehicles

Introduction to the Vision Zero 2020 Action Plan

Vision Zero, adopted by the City Council in September 2015, is the City's traffic safety policy that strives to eliminate traffic fatalities and reduce severe injuries for all modes of transportation. Vision Zero considers the loss of life from traffic crashes to be unacceptable and preventable, and identifies safety as the highest priority for the design and operation of the transportation system. In March 2016, the Vision Zero 2020 Action Plan was approved by the City Council. The Plan presents a comprehensive set of actions to improve traffic safety over the next few years, with a goal to significantly reduce fatalities and severe injuries by 2020; it's organized around the themes of safer streets, people, and vehicles.

Safer Streets

The majority of the Vision Zero 2020 Action Plan involves engineering investments to improve the safety of Fremont streets, including efforts to provide safer street crossings for pedestrians, improve visibility and nighttime lighting, and manage vehicle travel speeds. Projects include retrofitting all Fremont pedestrian signals by 2017 with "countdown" indicators to inform pedestrians of available time to cross intersections, building better bikeways and narrowing vehicle lanes to 10 feet wide on high-speed arterial streets. Many

of these changes will be seen quickly as 20 Safer Streets projects will be implemented in 20 months starting in summer 2016.

Safer People

The Vision Zero actions related to safer people are focused on enhancing enforcement and education programs. Human errors and unsafe behaviors account for 90 percent of crashes. This includes speeding, running red lights and stops signs, drunk driving, distracted and inattentive driving, biking, and walking. The City's Public Works Department will work closely with the Fremont Police Department on sharing Vision Zero data analysis and working in partnership on traffic safety campaigns. In addition, they'll work collaboratively with Fremont Unified School District and other community organizations to enhance traffic safety education.

Safer Vehicles

Ultimately, the continued development of safer vehicles has the potential to virtually eliminate traffic crashes. Today, exciting new technologies are being developed that can help avoid traffic crashes through the use of sensors and automated vehicle controls for braking and steering. These advanced safety features include forward collision warning, active collision avoidance, pedestrian and bicycle detection, and lane departure warning. The City of Fremont will encourage programs to accelerate the deployment of crash avoidance technology in all new vehicles, which is perhaps the way to achieve Vision Zero everywhere. For more information and details about the Vision Zero 2020 Action Plan, visit www.Fremont.gov/VisionZero20 and follow the City and Fre-

mont Police Department on social media at www.Fremont.gov/SocialMedia.

Fremont Police Safety Fair

The Fremont Police Department invites you to attend a Safety Fair on Saturday, June 11. The free event is open to the public and will be held outdoors in the large parking lot just west of the police campus (between the police building and Fremont Main Library) between the hours of 10 a.m. to 3 p.m. The event will feature a variety of booths and displays including the following:

- Communications (Dispatch)
- Community Engagement - Neighborhood Watch and National Night Out
- Social media and staying connected with the Fremont Police Department
- Traffic Unit
- Vision Zero - Learn about Vision Zero 2020 and the 20 projects transportation engineers are working on to reduce injury collisions in Fremont.
- Red-light traffic enforcement - Learn about this successful program aimed at reducing traffic signal related collisions.
- Crime Lab/Property Unit
- CSI Unit
- K-9 Unit with trailing dogs K-9 Blaze and K-9 Tynne
- SWAT
- Recruitment and Personnel Unit
- Animal Services
- Fremont Fire - recruitment, first aid, and vehicle display
- Child Safety Seat Inspections (Inspections will be by appointment only between the hours of 10 a.m. to 1 p.m. and will take approximately 30 minutes per

safety seat. Register online at www.fpdcarseatcheck.eventbrite.com or call (510) 713-SEAT if you have questions.)

- Safety seminars
- Special Olympics
- BART Police
- California Highway Patrol (CHP)
- Washington Hospital
- 5 food trucks - Food Truck Mafia will donate a portion of their proceeds to Special Olympics Northern California.
- Kids crafts
- Bone Marrow Registry
- Joint Police and Fire Mobile Command Vehicle

The Fremont Police Department looks forward to hosting this first-time event and hopes our community will come out and join them. If you are on social media, please join the conversation by using #FPDSafetyFair. If you have questions, please contact the Fremont Police Department's Community Engagement Unit at (510) 790-6740 or fremontpolice@fremont.gov.

Apply to be a Commissioner or Advisory Board Member

Looking for a way to make a difference in the community? Consider serving as a commissioner or an advisory board member. The City of Fremont currently has vacancies on its Library Advisory Commission, Recreation Commission and Senior Citizens Commission. Current boards and commission vacancies include the following:

- Library Advisory Commission - One vacancy. Term to expire December 31, 2016
- Recreation Commission -

One vacancy. Term to expire December 31, 2017

Senior Citizens Commission - One vacancy. Term to expire December 31, 2018

To download an Advisory Body application, visit www.Fremont.gov/BoardsandCommissions and review the Resources section at the bottom of the page. You may also obtain an application from the City Clerk's Office at 3300 Capitol Ave., Bldg A. Please note that the City Clerk's Office accepts applications throughout the year, not just when there are vacancies. For more information call (510) 284-4060.

Applications are kept on file through the end of the calendar year and are reviewed by the Mayor and Council when a vacancy occurs. A current list of applicants is established each year. Applications may be submitted to the City Clerk at any time between January 1 and December 31. These applications may be considered for various vacancies throughout the year; however, on December 31, any remaining applications of these persons not appointed will be void. In order to be considered this year, a new application will need to be submitted.

Weigh in on which Movies to Show at Movies in the Park

Fremont's annual "Movies in the Park" series is back for the 2016 summer season. This year the City's Recreation Services Division wants the community's input on which movies to feature for the July 22 and August 19 showings at the Central Park Performance Pavilion, as well as the September 23 Street Eats Date Night showing in Downtown. Visit www.Fremont.gov/OpenCityHallMovies now through July 1 to vote for your movie choices.

Student gives back through Medical Brigade

SUBMITTED BY
KIMBERLY HAWKINS

Cal State University East Bay (CSUEB) pre-medical student, Osman Sharifi, remembers a childhood in Mazar-e-Sharif, Afghanistan, where medical care was virtually nonexistent. Families, including his own, lived in mud homes with no furniture and children clung protectively to their one or two homemade toys like kites — prized possessions in a community with so little.

So when Sharifi and his fellow students landed in Nicaragua last year for a weeklong humanitarian trip providing medical care to a rural village, he was reminded about why he wants to go into medicine.

"When I went and saw that people lived in houses made out of mud that was my childhood ... and I wanted to do the best I could to help out," Sharifi said. "I didn't have access to health care as a child, which was one of the main motivating factors of me going into medicine."

This summer, Sharifi and more than 30 others from CSUEB's Medical Brigade are headed back overseas to help — this time in Panama. They are asking the community for help getting there.



Angela Arata, co-president of Global Medical and Dental Brigades, said she expects 34 students to attend the trip to Panama this year. Students are responsible for raising about \$1700, which covers their airfare and simple accommodations in the village. They can fundraise on their own, work at various events to raise money, and people can donate to a group fund that will be distributed among the stu-

dents. Raising the money for the trip can be tough for some students, but most feel it's worth every penny, Arata explained.

"These trips give you a chance to shadow physicians and see how health care is delivered in another country — it's really different from here," she said. "It makes you realize that healthcare is not equal everywhere; it's nice to get

that broader perspective."

For Sharifi, it's a reality that reminds him of why he spends countless hours studying each week and will apply to medical school this summer.

As a child, he knew of a peer in Mazar-e-Sharif who died from an untreated fever and recalls the experience having a profound affect on his interest in medicine.

"People (in my hometown) died from things that could have been treated easily in the U.S. ... it motivated me to provide (care) to people who are from low-socioeconomic backgrounds," Sharifi said.

Medical Brigade students like Sharifi are spending the last few weeks of the school year raising their final funds and collecting items they'll take with them. If you would like to donate financially to their campaign, visit:

<https://www.globalbrigades.org/g/empowered/chapter/cal-state-university-east-bay-medical-brigades-chapter/brigade/california-a-state-university-east-bay-medical-dental-june-2016-panama>

The following items can also be donated in the bins located in offices (North Science - 113, New Union-2011, North Science-131) around the CSUEB campus at 25800 Carlos Bee Blvd, Hayward:

Garbage bags, paper towels, pens and markers, brown paper bags, small disposable cups, small liquid containers, small resealable plastic bags, travel size shampoo and conditioner and lotion, soap, floss and dishwashing gloves.



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Flutes & Harps unite for a rare performance

SUBMITTED BY JUDY LAM

On April 23, 2016, a full house audience came to the Virtuoso International Flute Ensemble's (VIFE) benefit concert for the Fremont Education Foundation, and we successfully raised funds for the After School Band Program. We are grate-

ful for the community's continuous support of our concerts, and VIFE is happy to invite you and your family to our "Free Community Concert" on Sunday, June 12. We are excited to have harpists from the Silicon Valley Youth Harp Ensemble Success Program (YES) under the direction of Sonya Yu joining VIFE in performance. If



you like the heavenly duo of flute and harp, then you will not want to miss this rare performance! A flute and harp duo is not uncommon, but never in such large scale as featured in this combined ensemble – 8 harps and 30 flutes!

The combined musicians will perform the "Mission Impossible" theme song, "You Raise Me Up" by Rolf Loveland, "How Can I Keep From Singing" (Quaker song), and "Minuet" from the "L'Arlésienne Suite" by Bizet.

Then VIFE will continue with "Burleske" by Carl Rorich featuring the VIFE professional chamber musicians including VIFE Director Judy Lam, "Spring

for Flutes" featuring the VIFE high school musicians, "Fantasie" by Sylvain Talle featuring the VIFE middle school musicians, and "Mango Walk" (traditional Jamaican) and "Italian Song" by Tchaikovsky featuring the VIFE elementary school musicians.

YES & VIFE Free Community Concert
Sunday, Jun 12
2:30 p.m. – 4 p.m.
Immanuel Presbyterian Church
of Fremont
4333 Hansen Ave, Fremont
(510) 979-9263
VIFE.music@gmail.com
Free



9/11 Memorial dedicated in Hayward

SUBMITTED BY MICHAEL L. EMERSON

The Hayward 9/11 Memorial in downtown Hayward was dedicated on Memorial Day, Monday, May 30. Hayward resident Michael L. Emerson is the founder, designer, and also the Build Manager of the Memorial. The Memorial was built to honor and remember the Heroes of 9/11, Military Veterans, and First Responders. Emerson donated 100 percent of his design, time and labor.

A wonderful ceremony was held and approximately 400 people were in attendance for the dedication. Thank you to the City of Hayward and to all who supported and donated to the Memorial. The Memorial is free to visit and is now open to the public. For details, visit: www.Hayward911Memorial.com



continued from page 1



Food Truck Mafia will feature five food trucks and donate a portion of their proceeds to Special Olympics Northern California.

In addition, the event will feature a free, large-scale child safety seat inspection to help teach parents how to properly install child safety seats. Inspections will be by appointment only between the hours of 10 a.m. to 1 p.m. and will take approximately 30 minutes per safety seat. Register online at www.fpdcarseatcheck.eventbrite.com or call (510) 713-SEAT if you have questions.

If you are on social media, please join the conversation by using the hashtag, #FPDSafetyFair. Be on the lookout for more specific information about the different event elements planned between now

and June 11. If you have questions or need accommodations, please contact the Community Engagement Unit at (510) 790-6740 or fremontpolice@fremont.gov.

Fremont Police Safety Fair
Saturday, Jun 11
10 a.m. – 3 p.m.
 Parking lot between
 Police Station &
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 2000 Stevenson Blvd, Fremont
 (510) 790-6740
www.fpdcarseatcheck.eventbrite.com
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