



Eden Aoba Taiko keeps ancient tradition alive

Page 21



Fremont's Downtown advances

Page 16



Giving breast cancer survivors a lift – physically and emotionally

Page 19

What's Happening

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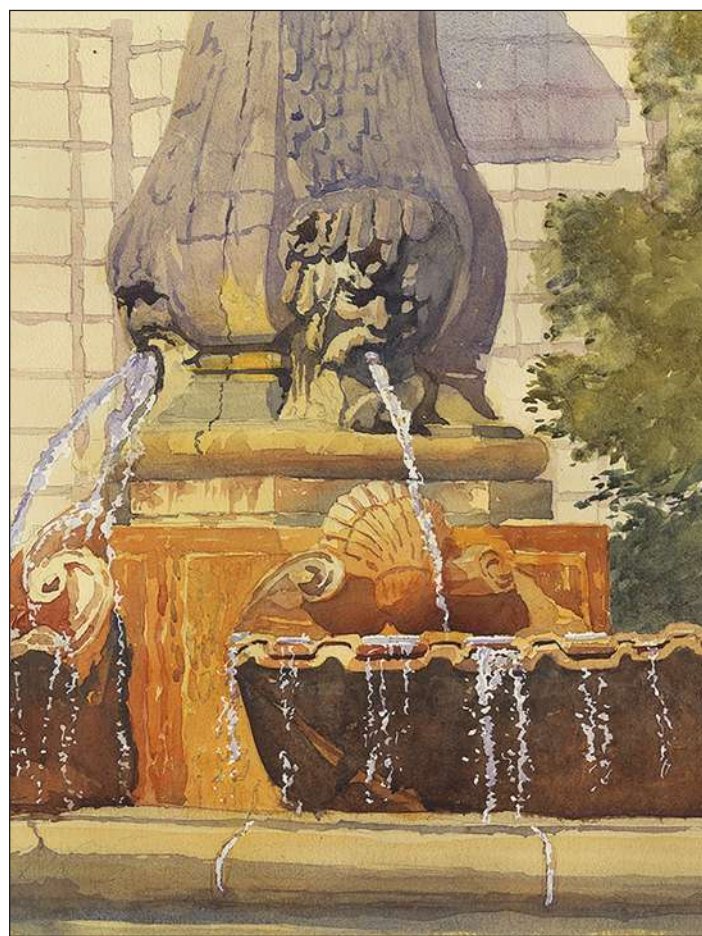
Celebrating American Independence

PHOTOS BY NICOLLE RAEANNE PHOTOGRAPHY

The Greater Tri-City Area is gearing up once again for Fourth of July festivities. A federal holiday, Fourth of July (or Independence Day) celebrates our freedom from the British Empire and commemorates the formal adoption of the Declaration of Independence on July 4, 1776. Centuries later, Americans still gather on Fourth of July weekend for parades, picnics, barbecues, concerts, fireworks and more.

Celebrating the birth of American independence, the greater Tri-Cities are hosting several family-friendly events:

continued on page 5



Larry Cannon placed 3rd for "Headwaters."

Watermarks opens at Olive Hyde

SUBMITTED BY SEEMA GUPTA

Once again, Olive Hyde Art Gallery will be hosting California Watercolor Association's (CWA) Signature Member Show "Watermarks." Forty-four paintings by 44 Signature Members were selected out of 78 entries for this year's show. Additionally, two paintings, one by each of the Jurors, will be on display at the venue from July 1 through August 13.

California Watercolor Association is one of the largest and most active water media organizations in the nation. It was started in 1967 and incorporated as a non-profit in 1975 under the name of East Bay Watercolor Society, subsequently changed to CWA in 1996. CWA's mission – to create, foster, and sustain artistic growth and interest in water media – is accomplished

continued on page 26



Stars and stripes retired, veterans honored

ARTICLE AND PHOTOS BY CYNDY PATRICK

We are used to seeing it flying strong and bright above us, those stars and stripes that identify our country and patriotism. But what happens when that once proud flag begins to look worn and shabby? Congress mandated in 1923 in the U. S. Flag Code that flags considered no longer fit to represent our nation should be retired "in a dignified way, preferably by burning."

Fremont Elks Lodge #2121 was the site of an inspirational evening when a Flag Retirement Ceremony was held on Friday, June 10, 2016.

"We're paying homage and bringing recognition and tribute to the fact that we don't allow a tattered American flag to be flown out of respect for those who fought for it," Exalted Ruler (Elk's chapter leader) Steve Kay said. "The ceremony is symbolic

to pay respect for veterans. All gave some and some gave all, so we renew our patriotic vows."

This year was especially poignant as in addition to the two symbolic American flags, a POW/MIA flag was also retired. Witnessing the ceremony along with veterans from the Tri-City area were veterans from Castro Valley Veterans of Foreign Wars (VFW) and the Livermore Veterans Community Living Center.

Air Force Veteran Rich Callahan of Fremont said he was attending for his third year and brought two flags to be retired. After nine years in the military, he worked as a jet engine mechanic with United Airlines. "It was a United airplane that was involved in 9/11 and a terrible thing that happened to the United States," he said. "Since then, I have flown a flag every day with a solar light."

continued on page 7

INDEX

Arts & Entertainment 23
Bookmobile Schedule 27
Business 8

Classified 41
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 32
Protective Services 37

Public Notices 38
Real Estate 17
Sports 28
Subscribe 33

Taking the Mystery Out of Palliative Care

First of Three Free Presentations Explains the Differences Between Palliative Care and Hospice

Most people have heard about hospice and have a general idea of the care that hospice services offer. The concept of "palliative care" is not as familiar.

Hospice and palliative care are both family-centered services that take a holistic approach to caring for patients. Both types of care involve an interdisciplinary team of professionals in spiritual care, social work and medical care to deal with all aspects of the patient's needs. Yet there is an important difference between the two, since palliative care is offered earlier in the disease process.

"Hospice is a type of whole-person care intended only for people who likely have six months or less to live," explains oncologist Vandana Sharma, MD. "Hospice provides comprehensive support for the patient, while supporting the patient's family and friends in the

dying and bereavement process. The newer specialty of palliative care is not just for patients who are dying, and it can continue for a much longer period of time. Palliative care can provide specialized care for anyone living with a serious, chronic and perhaps life-threatening condition, and it is intended to relieve the patient's suffering in body, mind and spirit."

To promote greater awareness of palliative care and give people in the community an opportunity to meet with experts in the field, Washington Hospital is offering a series of three free presentations. The presentations are intended for patients and their families, but physicians and other care providers also are welcome to attend.

The first session, "Palliative Care Demystified," featuring Dr. Sharma and other members of Washington Hospital's Palliative Care Team, is scheduled



Palliative care is intended to relieve patient's suffering in the body, mind and spirit, while undergoing specialized care. The goal of palliative care is to make patients comfortable and help them achieve the best possible quality of life while undergoing treatments. To learn more about palliative care, attend any or all of the free community presentations on this subject. The first presentation, "Palliative Care Demystified," is scheduled for Tuesday, July 19, from 6:30 to 8 p.m. in the Conrad E. Anderson, MD, Auditorium in Washington West (2500 Mowry Ave., Fremont). To register, call (800) 963-7070.

for Tuesday, July 19, from 6:30 to 8 p.m. The seminar will be held in the Conrad E. Anderson, MD, Auditorium in the Washington West building at 2500 Mowry Ave. in Fremont. The forum will allow ample time for questions from the audience.

The two additional presentations, which will address other aspects of palliative care, are scheduled for Tuesday, August 16, and Tuesday, September 20, at the same time and location. Information and forms for completing

advance health care directives will be available at all three sessions. Individual assistance in completing advance health care directives will be provided as needed. Participants do not need to attend every session.

Dr. Sharma serves as co-medical director of Palliative Care at Washington Hospital, along with Carmencita Agcaoili, MD. Dr. Sharma also is medical director of Washington Hospital's Oncology Program and Genetic Counseling Program. Dr. Agcaoili also is medical direc-

tor of Washington Hospital's Critical Care/Intensivist Program. Other members of the Palliative Care team include:

- Palliative Care Nurse Practitioner Bernadita Roe, NP
- Palliative Care Coordinator Father Jeff Finley, MDiv
- Spiritual Care Coordinator Michelle Hedding, RN, CHPN
- Palliative Care Social Worker Catherine Marciano, LCSW

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
	6/28/16	6/29/16	6/30/16	7/1/16	7/2/16	7/3/16	7/4/16
12:00 PM		Prostate Cancer: What You Need to Know		Prostate Cancer: What You Need to Know		Voices InHealth: The Legacy Strength Training System	Prostate Cancer: What You Need to Know
12:30 PM				Get Back On Your Feet: New Treatment Options for Ankle Conditions			
1:00 PM	Raising Awareness About Stroke	Good Fats vs. Bad Fats	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Relieving Back Pain: Know Your Options		Kidney Transplants
1:30 PM				The Real Impact of Hearing Loss & the Latest Options for Treatment	Family Caregiver Series: Panel Discussion	GERD & Your Risk of Esophageal Cancer	
2:00 PM	Minimally Invasive Surgery for Lower Back Disorders	The Weigh to Success	Washington Women's Center: Cancer Genetic Counseling				What Are Your Vital Signs Telling You?
2:30 PM	How to Prevent a Heart Attack		Family Caregiver Series: Coping as a Caregiver		Advanced Healthcare Planning	Heel Problems and Treatment Options	
3:00 PM	How Healthy Are Your Lungs?	Washington Township Health Care District Board Meeting June 8, 2016	Varicose Veins and Chronic Venous Disease	Washington Township Health Care District Board Meeting June 8, 2016	Learn About Nutrition for a Healthy Life	Meatless Mondays	Washington Township Health Care District Board Meeting June 8, 2016
3:30 PM					Colon Cancer: Prevention & Treatment	Where Have All The Patients Gone?	
4:00 PM	Turning 65? Get To Know Medicare		Low Back Pain	Family Caregiver Series: Medication Safety		Women's Health Conference: Age Appropriate Screenings	
4:30 PM	Menopause: A Mind-Body Approach	Heart Irregularities	Your Concerns InHealth: Senior Scam Prevention	Living with Arthritis	Keeping Your Heart on the Right Beat	New Treatment Options for Chronic Sinusitis	Preventive Healthcare Screening for Adults
5:00 PM	Snack Attack	Arthritis: Do I Have One of 100 Types?	Skin Cancer	Dietary Treatment to Treat Celiac Disease	Getting the Most Out of Your Insurance When You Have Diabetes	Shingles	
5:30 PM					Voices InHealth: The Legacy Strength Training System		Family Caregiver Series: Legal & Financial Affairs
6:00 PM	Prostate Cancer: What You Need to Know	Learn About the Signs & Symptoms of Sepsis	Prostate Cancer: What You Need to Know	Deep Venous Thrombosis			Prostate Cancer: What You Need to Know
6:30 PM	Turning 65? Get To Know Medicare		Partnering with Your Doctor to Improve Diabetes Control		Washington Township Health Care District Board Meeting June 8, 2016	Washington Township Health Care District Board Meeting June 8, 2016	Diabetes Matters: Diabetes Meal Planning
7:00 PM	Diabetes Matters: Sugar Substitutes - Sweet or Sour?	Community Based Senior Supportive Services	Learn More About Kidney Disease	Inside Washington Hospital: Patient Safety			What You Should Know About Carbs and Food Labels
7:30 PM				From One Second to the Next			
8:00 PM		Surgical Treatment of Obstructive Sleep Apnea		Don't Let Hip Pain Run You Down	Prostate Cancer: What You Need to Know	Family Caregiver Series: Tips for Navigating the Healthcare System	Hip Pain in the Young and Middle-Aged Adult
8:30 PM	Washington Township Health Care District Board Meeting June 8, 2016	Voices InHealth: Healthy Pregnancy	Washington Township Health Care District Board Meeting June 8, 2016	Diabetes Matters: Diabetes & Heart Disease	Family Caregiver Series: Nutrition for the Caregiver	Superbugs: Are We Winning the Germ War?	Family Caregiver Series: Hospice & Palliative Care
9:00 PM					Crohn's & Colitis		
9:30 PM		Your Concerns InHealth: Sun Protection				Diabetes Matters: Understanding Labs to Improve Diabetes Management	Sidelined by Back Pain? Get Back in the Game
10:00 PM	Acetaminophen Overuse Danger		Heart Healthy Eating After Surgery and Beyond	Alzheimer's Disease	Do You Suffer From Anxiety or Depression?	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Eating for Heart Health & Blood Pressure Control
10:30 PM	Voices InHealth: The Greatest Gift of All	Learn If You Are at Risk for Liver Disease					
11:00 PM	Knee Pain & Replacement	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Diabetes Matters: Gastroparesis	Strengthen Your Back! Learn to Improve Your Back Fitness	Family Caregiver Series: Recognizing the Need to Transition to a Skilled Nursing Facility	Voices InHealth: Cyberbullying - The New Schoolyard Bully	Diabetes Matters: Type 1.5 Diabetes
11:30 PM			Diabetes Matters: Basics of Insulin Pump Therapy		Heads Up on Concussions		

Enjoy Independence Day Safely!

Don't Let Accidents and Hazards Spoil Your July 4 Fun!

This year, the July 4 holiday falls on a Monday, so many families will be celebrating in the great outdoors over a long holiday weekend. Whether you're planning a "stay-cation" at home, a day's excursion to the beach, a weekend camping trip to the Sierras, or a longer vacation to visit grandma and grandpa at the family home back East, your holiday experience will be more pleasant if you stay healthy and safe.

Tam Nguyen, MD, a family medicine physician at the Nakamura Clinic in Union City, notes that physicians frequently end up treating children and adults for a variety of conditions related to summer activities.

"We see everything from severe sunburns and heatstroke to food poisoning from improperly cooked barbecue meals or foods that have been left out in the sun too long," he says. "And, of course, we treat numerous injuries and burns incurred during outdoor activities. Most of these conditions can be avoided by planning ahead and being aware of health and safety hazards."

Avoid Sunshine on Your Shoulders – and Elsewhere

One of Dr. Nguyen's areas of expertise is skin care, and he

stresses that protecting yourself from the harmful effects of sun exposure is key to keeping your skin healthy.

"Sunburns can be very painful, and they can lead to a variety of skin problems, including an increased risk for skin cancer later on," he explains. "Ideally, people should avoid being in the sun from 10 a.m. to 2 p.m., when the sun's rays are the strongest. That's not very practical, though, when you're having a 4th of July picnic in the park or at the beach. People can protect themselves from the sun's harmful rays by wearing protective clothing and wide-brimmed hats, and by using sunscreen. The sunscreen should have a sun protection factor (SPF) of at least 30, and it should be 'full-spectrum,' meaning it protects against both UVA and UVB rays."

Dr. Nguyen recommends re-applying sunscreen at least every four hours when you are in the sun. Sunscreen is important even on cloudy days when people may not be as aware of their exposure and don't feel themselves getting burned.

"There are some sunscreens that are 'water-resistant,' but there is really no such thing as 'waterproof' sunscreen," he adds. "That's why it is important to reapply more sunscreen after

being in the water. Be sure to apply a sufficient amount of sunscreen and spread it evenly over your skin."

People also should wear sunglasses that protect against both UVA and UVB rays that can damage the eyes, Dr. Nguyen cautions. In addition to limiting your sun exposure, it is important to drink plenty of water on hot days and get out of the sun if you begin to feel dizzy or nauseated.

"Spending long hours in the sun and heat may cause heat exhaustion or even more dangerous heat stroke," he says. "Taking precautions to avoid heat exhaustion or heat stroke is key."

"You really need to stay hydrated," Dr. Nguyen emphasizes. "Keep in mind that sodas or other beverages with caffeine can work as a diuretic that dehydrates you. Alcoholic beverages also may actually increase your dehydration, and they have a more intoxicating effect if you are not hydrated. Drinking beverages such as Gatorade and Pedialyte that contain electrolytes can improve your hydration, but plain old water works well, too."

Practice Safe Summer Outdoor Eating

Grilling food outdoors and taking picnics to the park or the beach on the 4th of July are



Family medicine physician, Tam Nguyen, MD, with Washington Township Medical Foundation's Nakamura Clinic in Union City, reminds the community that most holiday-related injuries or illnesses can be prevented by following some basics. Read on for tips to help keep people healthy and safe this holiday, and throughout the year.

American traditions.

"In hot weather, eating outdoors can be more fun, and food somehow tastes better when it's cooked on the grill," Dr. Nguyen observes. "Unfortunately, outdoor eating and warm temperatures can encourage foodborne bacteria to grow, possibly resulting in food poisoning."

A number of precautions can help you minimize the risks of food poisoning:

- Keep your hands clean. Washing with soap and hot water is ideal, but hand sanitizers and hand wipes are practical alternatives when outdoors.
- Clean produce well before eating it raw or prepping it for cooking.

- Keep cold food cold (below 40 degrees Fahrenheit) by packing it on ice in a cooler. Drain off water as the ice melts and replenish the ice.
- Cook foods thoroughly. Use a food thermometer to make sure the food (especially meat, chicken and fish) is heated to the proper temperature.
- Don't cross-contaminate foods. Keep meat wrapped well and separate from veggies and fruit, especially if the meat is raw.
- Use separate coolers for perishable food and beverages so that the perishables are not exposed to ongoing opening of the beverage cooler.

continued on page 5

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 to Do In Case of Heat Exhaustion

Dear Doctor,

What are the signs of heat exhaustion and what should I do if I notice it?

Dear Reader,

Heat exhaustion can happen from sustained activity in or out of the sun, which then leads to dehydration and an elevation in core body temperature. A person will feel fatigued and dehydrated. Treatment begins by stopping activity and getting into a cool, dry place and putting cold water and ice on the person. Drinking water or a product like Gatorade will help even more to restore the body's fluid deficit.

Mary S. Maish, M.D.



Dr. Maish is a board certified thoracic and general surgeon. She holds a Master's degree from Harvard University and completed her thoracic surgery training at Baylor/MD Anderson in Houston, Texas. Dr. Maish currently serves as the Chief of Thoracic and Foregut Surgery at Washington Township Medical Foundation and is on the Medical Staff at Washington Hospital.



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Health & Wellness



The Sun, the Beauty, or the Beast

Have you spent a significant amount of time in the sun over your lifetime? It is a known fact too much sun exposure is the leading cause of melanoma and other skin cancers. At this seminar, you will learn about common skin conditions as well as the prevention, early detection and treatment of skin cancer.

Thursday, July 21, 2016
6 to 8 p.m.

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

Free Community Seminar

SPEAKER



Sunil S. Dhawan, MD
Dermatology
Washington Hospital
Medical Staff

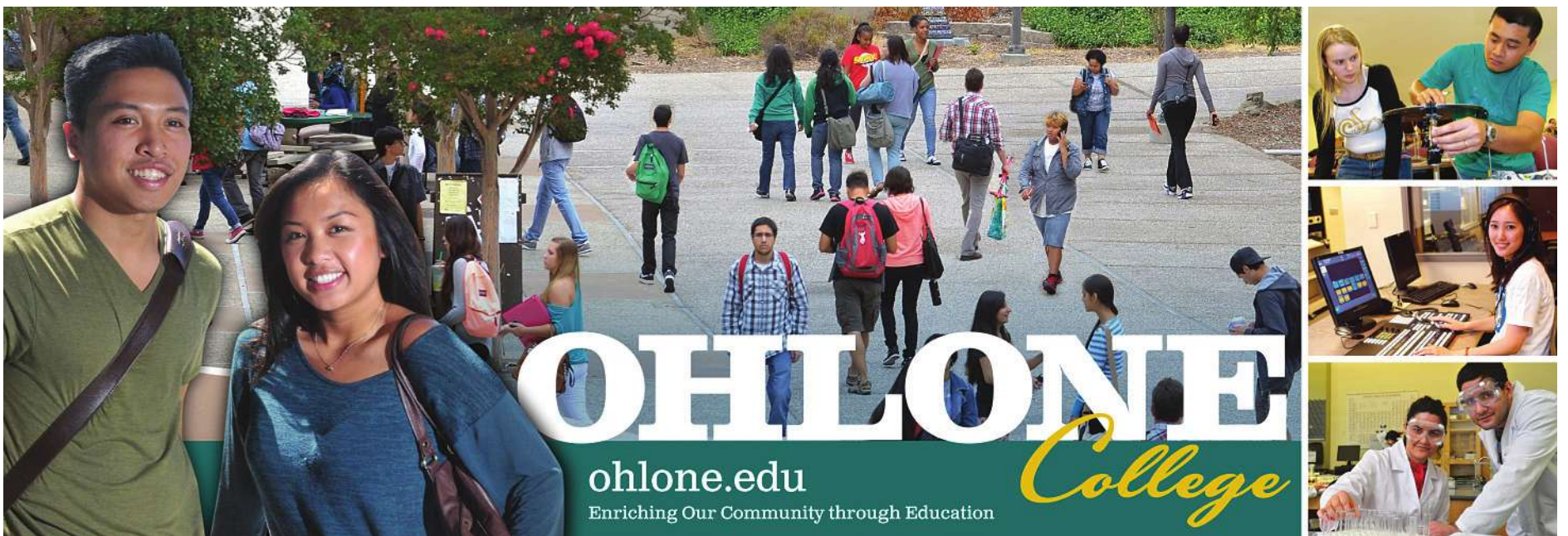
To register or for more information, visit www.whhs.com/events or call 1-800-963-7070.

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





Communication Labs Set Students Up for Success

BY WINNIE KAN

The fight for recognition comes at the cost of break of dawn work sessions and midnight commutes home, but Ohlone College's Communication Studies Department Professor Brenda Ahnholz emphasizes that it is all worth it.

The Ohlone College Communication Lab and Tutor Training Program is nationally certified by the National Association of Communication Centers (NACC), the second community college in the U.S. to receive the certification. The communication lab creates a welcoming environment for students to learn and practice excellent communication skills for future classes and the workplace.

"We are so proud of this great learning space for students and innovative center for peer-tutored learning," says Ahnholz who serves as Director of Ohlone's communication labs.

It is the faculty's dedication to nurturing their students' desire to learn that sets the program apart, although Ohlone's communication studies program has won many awards, such as the Western States Communication Association (WSCA) Model Communication Program of the Year and the NCA Communication Association's Outstanding Educator of the



Year. The many student success stories start within the communication department's faculty.

Andrea Adams, professor of communication at Ohlone, is a former student of Ahnholz. Upon earning her BA in Rhetoric & Communication Studies at University of Richmond and her MA in Communication & Rhetorical Studies at Syracuse University, Adams returned to her roots to pay it forward. This year, she guided the Ohlone College Forensics Team to multiple wins at 2016's national debate tournaments. And Andrea is not the only student-turned-professor giving back to Ohlone's communication studies program.

After receiving a degree in Communication Studies at Ohlone, Nick Chivers returned to Ohlone to share his critical thinking and communication

skills to help prepare students for careers in marketing, journalism, business, broadcasting and more. Once on the receiving end of the individualized attention of professors like Ahnholz, Chivers now passionately supports his students.

"My experience as a student here helps me relate to my students—where they were, where they're going, and the obstacles they face," Chivers explains. "I become not just their professor, but also their friend."

With faculty like Chivers, Ahnholz, and Adams, it is clear why the award-winning Communication Studies Program is so successful. Like Ahnholz, they insist that the work and commitment it takes to uphold the excellence of Ohlone College's Communication Studies Program and Communication Labs is all worth it.

Students' Contribution Helps Educate Impoverished Women in India

The Ohlone College Psychology Club provided a \$1,000 donation to the Animal People Alliance, a nonprofit organization that trains impoverished women in India to work as veterinary nurses. The donation came from funds raised by the club which were unspent at the end of the year. The students decided to create the Abraham Maslow Award and to share the funds with an organization that helps provide for the basic needs of people around the world.



Animal People Alliance (APA) works with women rescued from abusive situations, including victims of human trafficking, providing them an opportunity to work in basic animal care and veterinary services. APA teaches these women marketable skills to enter the workforce and be able to support themselves. APA funds help to support animal hospitals and sanctuaries in large cities that rescue and rehabilitate India's abused and abandoned street animals, of which there are millions. The Alliance creates a symbiotic relationship...helping the women find work in a job field that provides for their needs and addressing the extreme plight of abandoned animals living in the street.

Sheldon Helms, Ohlone College Psychology professor wrote in an email, "I found out after our donation was announced that \$1,000 is the exact amount it takes to send a woman through the full program! It was quite moving to imagine that a young woman will receive full training and a chance to live an entirely new life because of a donation from the Ohlone Psychology Club."

Professor Helms advises the club, which presents the Psychology Club Speaker Series each semester. The Speaker Series raises money for the club through ticket sales for each of the events. Helms said, "My amazing students decided that, rather than spend [the excess funds] on ourselves, we should donate it to a good cause."

APA was founded by Paul Suit and Belinda Carlisle, renowned as the lead singer for the GoGos. In the 1980s through the 1990s, the GoGos were the most successful all-female rock band, writing all their own music, singing, and playing all the instruments. The GoGos played a large part in helping women to get a foothold in the rock and roll industry, long dominated by men. Carlisle, through APA, is continuing to advance the cause of women worldwide in a profound and significant way. And, Ohlone College students are also contributing to that cause.

The Ohlone College Psychology Club Speaker Series

Each semester the Ohlone College Psychology Club Speaker Series brings fascinating speakers to campus, each with a professional background in interesting subjects that are rooted in modern psychology. The list of past speakers is impressive, which includes Magda Brown, a Holocaust survivor; former magician and escape artist James "The Amazing" Randi, now a debunker of frauds and charlatans; and Philip Lombardo, author of the Stanford Prison Experiment. These sell-out events are open to the public.

In Fall 2016, the Psychology Club Speaker Series features Dr. Marty Klein, a therapist from Palo Alto and author of "His Porn, Her Pain." His talk, entitled Pornography 2016 explores common myths about porn—how it's made, its actual content, and how society has changed (or not) since it was introduced on a mass scale in 2000. Watch for that event in Fall 2016 on Friday, October 14, at 7:00 pm.



Ohlone Students Receive \$150,000 in Scholarships



Over \$150,000 in scholarships were awarded to Ohlone students this spring by the Ohlone College Foundation. The scholarships provide benefits to students who are entering Ohlone College for the first time, to current students who are continuing on to the fall 2016 semester, and to students who are transferring to four year universities to continue their education. Thanks to the many donors who contribute to the scholarship funds, Ohlone will distribute scholarship funds to 77 students for the 2016-17 academic year. For more information, please visit www.ohlonefoundation.org/student-scholarships.

UPCOMING EVENTS

Ohlone College Summerfest 2016

Ragtime

Live, fully stage musical with live orchestra



Presented by Stage I Theatre and Ohlone Dept. of Theatre & Dance
Thur – Fri, July 8-9

Fri – Sun, July 14*-16 & 21-23
8:00 pm

*ASL interpreted July 14
Tickets: \$15-\$25

Sing-Along Movie Musical The Sound of Music

Fri., July 29, 8:30pm
Tickets: \$5

Purchase Tickets: smithcenter.com

Ohlone Summerfest events take place under the stars in the Smith Center Amphitheatre at Ohlone College
43600 Mission Boulevard, Fremont

OHLONE
College

Fall Semester begins **AUG 29**

ORIENTATION REQUIRED FOR FIRST TIME STUDENTS

MORE AT ohlone.edu/orientation



continued from page 3

Enjoy Independence Day Safely!

Don't Let Accidents and Hazards Spoil Your July 4 Fun!

Play Things Safe Outdoors with Water and Fire

Drowning is a leading cause of accidental death among children in the U.S.

"It doesn't matter if you are at a pool, lake, river or ocean – you should never allow children to swim alone," Dr. Nguyen warns. "Even in 'kiddie pools' with one or two feet of water, children need constant supervision. You can't rely on inflatable flotation devices to protect a child from drowning."

In the Bay Area, the ocean beaches are very popular on holiday weekends. Those beaches also can be very hazardous.

"People need to be careful with the waves at the beach," Dr. Nguyen says. "Even a strong adult can be pulled out to sea by a rip tide. I also try to remind people not to drink the ocean salt water, which can make you feel ill, but can also cause you to become dehydrated."

Dr. Nguyen also recommends staying with a companion when near the water, and exercising caution when participating in water sports.

"Whenever you are boating, fishing, rafting or water skiing, always insist that children and adults wear life preservers," he notes. "While adults might be able to swim well, they still might get knocked in the head and a life preserver could save them. Besides, adults need to set the example of wearing life preservers so that kids will be willing to wear them, too."

Summer campfires, barbecues and fireworks all can be sources of burn injuries, as well as causes

of disastrous wild fires in our drought-stricken state. To make your July 4th holiday fire-safe, Dr. Nguyen recommends keeping children away from all fire sources, including campfires, camp stoves, barbecue grills, and even matches and lighters.

"Make sure your campfires are put out completely," he says. "Drown them with plenty of water, and then cover the ashes with approximately two inches of dirt so any remaining embers will not reignite."

He also notes that smoke inhalation can be a hazard, irritating the eyes, mouth and lungs.

"Inhaling smoke can actually cause internal burns," he explains. "If you have inhaled smoke and you are experiencing difficulty breathing or are choking, go to an emergency room right away."

As for fireworks, Dr. Nguyen reiterates that California's continued drought is a reason to exercise utmost caution.

"Personal use of fireworks is illegal in most communities in California," he says. "Always check with local authorities about the rules and regulations for fireworks. Some communities will offer professional fireworks displays, and you really should leave fireworks to the experts. Serious burn injuries are far too common with fireworks. Plus, we don't need any more disastrous wildfires here."

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

Time to equip foster youth for back-to-school

SUBMITTED BY
BARBARA LEWIS

Unity Care (www.unitycare.org), a youth and family development agency providing services and support for San Francisco Bay Area underserved and foster youth, has launched a drive to collect 500 new backpacks. The backpacks will be distributed to foster youth in kindergarten through 12th grade who are served by Unity Care through school-linked services, residential treatment, foster homes, mental health and other services.

Backpacks may be dropped off at the Unity Care offices located in the Sobrato Center for Non-profits, 1400 Parkmoor Avenue, Suite 115, in San Jose, or at participating businesses or churches, until Friday, July 29. Sleep Train Mattress Centers, PG&E and

Boys Team Charity are a few of the participating partners. See www.unitycare.org/backpack-drive for more.

Please note that no red or blue backpacks will be accepted. If desired, donors may fill their backpacks with new school supplies such as pens, pencils, erasers; crayons, colored pencils, markers; paper, dividers, binders; glue sticks and rulers; dictionaries.

Those who wish to participate in the drive by donating funds for the purchase of backpacks and supplies may do so at the Unity Care website,

www.unitycare.org/backpack-drive. A \$25 donation purchases one backpack or a variety of supplies. A \$50 donation purchases a backpack filled with supplies. Detailed information about Unity Care programs is available at www.unitycare.org

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Please prepare for an hour of being educated in the procedure that interest you most
All Botox and Filler injectable treatments are done by Dr Kilaru
Due to the recent price increase of botox from the manufacturer we must also raise the price.

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- Breast Augmentation
- Breast Lift
- Tummy Tuck
- Breast Reduction
- Upper/Lower Eyes
- Liposuction
- Body Contouring
- Corrective Surgery after weight loss

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Restore facial volume, reduce wrinkles
Botox @ \$14 a Unit (Limited time)
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JUVEDERM® Voluma XC \$800 per syringe Purchase 2 syringes and receive one FREE syringe JUVEDERM® ULTRA
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***All injections done by Dr Kilaru Board Certified Plastic Surgeon**
We are part of the Brilliant Distinctions Program Exp. 7/30/16
Contact our office with any questions. We would love to hear from you
510-791-9700
Contact Delilah for more information delilah@prasadkilaru.com


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continued from page 2

Taking the Mystery Out of Palliative Care

The Palliative Care Team can enlist the services of other specialists at Washington Hospital and from the community at large, such as pharmacists, pain management specialists and spiritual care providers. The team may direct patients and families to resources that can help with financial and legal issues, insurance questions, employment concerns, transportation and housing assistance.

"People who agree to palliative care are not 'giving up' on continued medical treatments," Dr. Sharma emphasizes. "The goal of palliative care is to make patients comfortable and help them achieve the best possible

quality of life. They can have palliative care while undergoing medical treatments that may cure or reverse the effects of their illnesses."

Washington Hospital's Palliative Care Program currently focuses on patients who are admitted with serious, chronic medical conditions. While these patients are hospitalized, the Palliative Care Team helps define both short-term and long-term goals for care.

"We develop a care plan for each patient that can be transferred to outpatient care, coordinating efforts with the patient's regular primary care

physician," Dr. Sharma says. "Our ultimate goal is to extend palliative care services to the outpatient setting. One benefit of palliative care services at Washington Hospital is that if a patient is re-admitted, the care plan already is in place, so the Palliative Care Team provides continuity of care from one admission to the next.

"Numerous studies show that patients who receive palliative care early actually experience fewer hospitalizations," she adds. "Palliative care relieves patients' suffering and improves the quality of life for people of any age and at any stage in a serious illness."

To register for the seminar on July 19 or to learn more about other seminars offered by Washington Hospital, visit whhs.com/events or call (800)963-7070.

If you need help finding a physician, visit www.whhs.com and click on "Find Your Physician."

Explosion of Science in Hayward

SUBMITTED BY SANJEEV JAIN

In a vibrant elementary school in Hayward, an explosion of science enthusiasm has erupted with the introduction of a new science club developed by Samir Jain, a freshman at Mission San Jose High School, and the founder of Youth Science Enthusiasts. He has been working closely with 6th graders at Bowman Elementary School to foster a love of science and help them develop ideas for the Hayward School District Science Fair.

Ms. DiShawn Givens, the principal of Bowman Elementary commented to Samir, "Thank you for all that you are doing. The science club is catching on like wildfire." Samir's hard work, passion, and dedication inspired Ms. Givens to start the school's own first Science Fair, open to all students, and held on May 18. Samir was one of the judges.

Excited students displayed a large variety of science projects including electric circuits, conserva-

tion islands, and acid-base experiments. Their parents were amazed. Some of these students went on to participate for the first time in the annual Hayward School District Science Fair on May 21. Youth Science Enthusiasts plans to expand to four more schools in the Bay Area.



Eden Night Live

SUBMITTED BY
BILL MULGREW

Residents and business people in Ashland, Cherryland, and the surrounding communities (The Eden Area) won't have to work hard to get their summer entertainment this year, thanks to a joint effort by the Alameda County Sheriff's Office, the Eden Area Chamber of Commerce, Alameda County Economic Development Agency and many other community and civic groups.

"Eden Night Live" is a series of Friday and Saturday night events designed to showcase and celebrate the local community. Beginning Friday, July 1 and continuing every Friday and Saturday night through October 8, the 2.4-acre site at the corner of Hampton Road and Mission Boulevard in unincorporated Hayward will be transformed into a vibrant, vital, and diverse gathering place for the youth and

families of Alameda County. Feel like a little recreation? Come out for beach volleyball, horseshoes, a game of hoops, dance lessons or one of the many other activities. Want to relax and enjoy some top-notch local talent? Amateur and professional dancers, singers, bands, and comedians will be featured on stage nightly. Feel like signing, busting a move, or reading some of your own poetry? You can sign up and take the stage, too. Food trucks and local food vendors will be there also.

Expressions from local artists will be available for appreciation, and there will be hands-on art activities for all to participate in. Take a walk along the San Lorenzo Creek and learn about the unique watersheds of Alameda County.

To help make this a total community experience, local businesses and organizations will have space and opportunity to display

and sell their products and services, talk about their programs or issues, or gather ideas from the community. Perhaps the most unique aspect of Eden Night Live will be the Pop-Up Town Square. People and groups can reserve and use this space for anything community related. People can gather to talk about local politics, issues, programs, spiritual matters, or conduct job interviews.

Information about Eden Night Live can be found at <http://edennightlive.com/> or by calling the Deputy Sheriff's Activities League at (510) 481-4538 or the Eden Area Chamber of Commerce at (510) 537-5300.

Eden Night Live
Fridays & Saturdays,
Jul 1 - Oct 8
5 p.m. - 9 p.m.
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<http://edennightlive.com>

Mandatory recycling collection and free indoor bins

SUBMITTED BY HAYWARD
 CHAMBER OF COMMERCE

Starting Friday, July 1, all Hayward businesses and multi-family properties with five or more units must provide adequate onsite collection service for recyclable materials under the Alameda County's Mandatory Recycling Ordinance, including businesses with less than 4 cubic yards of weekly garbage service. Organics collection requirements have been in effect since July 1, 2015 in Hayward.

Complying with recycling and organics collection requirements may save Hayward businesses

money, since these services are offered at a discount compared to garbage service. To set up collection service, contact Waste Management at (510) 537-5500 or email csnorthbay@wm.com. For more information about recycling rules in Hayward, visit www.RecyclingRulesAC.org/city-of-hayward or call (510) 891-6575 for a call back.

To make separating food scraps, food-soiled paper, and plant debris easier, Alameda County Waste Management Authority is offering free indoor green containers and lids up to \$500 per approved business. To apply, visit www.RecyclingRulesAC.org/containers.

Social Security Supports National Cancer Survivors Day

BY MARIAELENA LEMUS, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN SAN JOSE

In 2016, more than a million people will be diagnosed with cancer around the world. This alarming statistic affects people and families everywhere. On June 5, 2016, we observed National Cancer Survivors Day in the U.S. In support of this day, Social Security encouraged getting checkups to provide early detection, raised awareness through education, and recognized the survivors who have gone through this battle or are still living with the disease.

Social Security stands strong in our support of the fight against cancer. We offer services to patients dealing with this disease through our disability program and our Compassionate Allowances program. Compassionate Allowances are cases with medical conditions so severe they obviously meet Social Security's disability standards, allowing us to process the cases quickly with minimal medical information. Many cancers are on our Compassionate Allowance list.

There's no special application or form you need to submit for Compassionate Allowances.

Simply apply for disability benefits using the standard Social Security or Supplemental Security Income (SSI) application. Once we identify you as having a Compassionate Allowances condition, we'll expedite your disability application.

Social Security establishes new Compassionate Allowances conditions using information received at public outreach hearings, from the Social Security and Disability Determination Services communities, from medical and scientific experts, and from data based on our research. For more information about Compassionate Allowances, including the list of eligible conditions, visit www.socialsecurity.gov/compassionateallowances.

If you think you qualify for disability benefits based on a Compassionate Allowances condition, please visit www.socialsecurity.gov to apply for benefits.



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continued from page 1



Stars and stripes retired, veterans honored

The ceremony included an audio presentation of the battle between the British War Fleet and American Soldiers during the Revolutionary War. The moving words brought to vivid life the scene that inspired Francis Scott Key to write our national anthem, "The Star Spangled Banner."

Boy Scout Troop 449 performed the ritual with great flare while introducing the American flag. "Men and women have given their lives for it, fought for it, cried for it and revered it as a symbol for the greatest country on earth," said Life Scout Connor Hunt. "It stands for the freedom we all share and the pride and patriotism we feel for our country."

The scouts carefully built the ceremonial fire with four types of wood: redwood to remind us of the red-blooded Americans who fought and died to build our nation under this flag; oak for the

rugged strength that carried the flag across this nation and today reaches for the stars; cedar to protect us from pestilence and corruption and to preserve our American way of life; and walnut to remind us of the rich soil, beautiful countryside, and the fruitful brotherhood founded by our ancestors.

The song "Ragged Old Flag" by Johnny Cash played as the Boy Scout color guard reverently carried out their task of symbolically burning two American flags. An honor guard fired a three-volley salute and a bugler played "Taps." Veterans formed an honor guard line as the POW/MIA flag was burned. The entire crowd grabbed hands, raised them in the air and sang "Proud to be an American" in triumphant unity.

Kay said in 2001 an Eagle Scout decided to gather up tattered flags that had served

their purpose after 9/11 as his Eagle Project. Troop 449 has been performing this yearly retirement ceremony ever since. Kay said in past years they have also had casket flags brought in, including one from a woman whose son had died in Iraq, a flag that flew at ground zero during 9/11, and a flag belonging to a veteran who served in Normandy during WWII.

A cornerstone of the Elks Club is to "quicken the spirit of American patriotism" along with their other community service work. They are responsible for inspiring the first Flag Day on June 14, 1907. The Fremont Elks collect about 50 flags every year. Cotton flags are burned but nylon flags must be disassembled and buried. The Fremont Elks have performed this service for nearly 50 years. This year's ceremony touched the hearts of all who attended.

To learn more about Elks Club #2121, call (510) 797-2121 or visit <http://www.fremontelks.org/index.html>.

SUMMER READING GAME KICKS OFF

SUBMITTED BY GUY ASHLEY

Alameda County Library is hosting its annual "Summer Reading Game" through August 13. The Summer Reading Game is a nationwide celebration that encourages reading and lifelong learning. Summer reading programs engage children and teens with reading and other learning activities over the summer. Research suggests that students who participate in summer reading programs avoid summer learning loss. This year's game, "Read for the Win," incorporates a sports and achievement theme and is open to all ages from children, teens, adults and seniors. The all-ages game is fun, free and easy to play.

You can play the game online, with a game board, or both. Players earn points and prizes by reading and completing various activities. The more you read, the more chances you can win. Teens and

adults who complete the game are automatically entered into a drawing to win the following prizes: GoPro camera (for teens) and FitBit (for adults).

Alameda County Library is among one of many libraries statewide participating in the California Library Association's Summer Reading Challenge to get one million Californians reading this summer. Last year, more than 15,000 people signed up for Alameda County Library's Summer Reading Game. You can sign up for the Summer Reading Game through August 13 online or at any branch of the Alameda County Library system, including Alameda County Library Bookmobile, Castro Valley Library, Centerville Library, Fremont Main Library, Irvington Library, Newark Library, Niles Library, REACH Ashland Youth Center, San Lorenzo Library and Union City Library.

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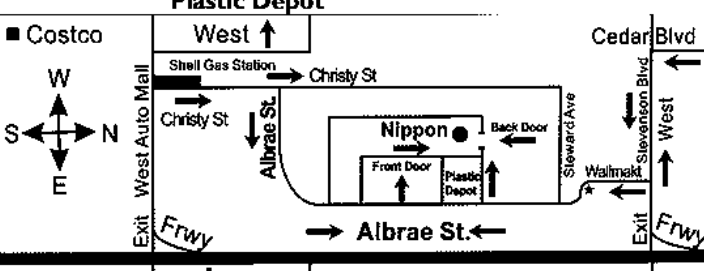
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BUSINESS

Use of drones for disaster missions put to the test

BY BRUCE SHIPKOWSKI AND DAKE KANG ASSOCIATED PRESS

CAPE MAY, N.J. (AP) — How to distribute lifesaving supplies quickly and safely after a natural disaster has long been a puzzle for responders. Now, drones might be the lifesaver.

That idea was put to the test this week in New Jersey as a drone delivery service conducted test flights to help determine whether drones can be used to carry human medical samples to and from areas that cannot be accessed or communicated with during major storms, earthquakes or other disasters.

Experts say drones are becoming a more valuable tool in many humanitarian operations, where the unmanned aircraft can be quickly launched and used to collect data and images and help locate people who might be injured or trapped. But Timothy Amukele, an assistant professor of pathology at the Johns Hopkins University School of Medicine in Baltimore, said that biological samples "are not like a shoe or a book; they are pretty fragile items."

"For example, if blood is being carried on the back of motorcycle, shaking caused by the bike and its vibrations can ruin the sample," said Amukele, a volunteer adviser to Flirtey, the company that conducted the tests in New Jersey. "We want to see what tasks the drones can perform and if the drones have similar effects on samples they carry."

About 100 people looked on as the drones flew Wednesday between an onshore medical relief camp and a test facility on a vessel stationed on the Delaware Bay. They took medical supplies from the vessel to the medical camp, while blood and other medical specimens were flown between the sites.

The tests were done at the invitation of the Field Innovation Team, a nonprofit that works with agencies and experts from various fields to develop solutions to humanitarian disaster scenarios.

The tests came a day after President Barack Obama's administration approved the routine use of small drones by real estate agents, farmers, filmmakers and countless other commercial operators after years of struggling to write rules that would both protect public safety and free the benefits of a new technology.

The Reno, Nevada-based firm conducted what it said was the nation's first autonomous urban drone delivery in the U.S. in March. That happened in Nevada, one of six states the Federal Aviation Administration has designated as unmanned aircraft systems test sites.

Matt Sweeny, Flirtey's chief executive, believes medical drone delivery will happen "more quickly than people realize," possibly within the next three years. He says such a service could potentially help hundreds of thousands of people, noting the number of residents affected by recent disasters such as Superstorm Sandy, which struck

near the site where the tests were conducted.

Eight of the world's 10 largest cities are coastal communities, and more than 3 billion people — or 44 percent of the world's population — live within 95 miles of the coast, according to the United Nations.

Amukele believes it will probably take about five years before drones are used regularly in disaster situations. He notes that roughly 59 nations currently have drone regulations, so responders will need to know what rules other countries will put in place.

Agencies involved in humanitarian relief agree that drones have been helpful in certain humanitarian operations for collecting data and imagery where infrastructure is destroyed or was already lacking, including in the Philippines after Typhoon Haiyan in November 2013. But they also note that caution must be used in cases where humanitarian relief drones could be mistaken for military drones.

"The potential is indeed huge for drones to deliver small, life-saving packages, such as vaccines," said George Fenton, director of humanitarian innovations at World Vision International, a London-based humanitarian aid, development and advocacy organization. "The potential for confusion between military action and humanitarian work is high, and we must proceed cautiously with this relatively new technology." Shipkowski reported from Trenton.

California's jobless rate dips to 5.2 percent, 9 year low

AP WIRE SERVICE

SACRAMENTO, Calif. (AP) — California's unemployment rate dropped to its lowest point in nine years as it continued a steady decline last month, the Employment Development Department reported Friday.

The jobless rate fell to 5.2 percent in May, down a tenth of a percentage point from April.

The rate was last this low in May 2007, before the Great Recession.

"There are less and less unemployed individuals in California and fortunately more and more job opportunities," said department spokeswoman Loree Levy.

California's unemployment is still higher than the national rate, which was 4.7 percent in May. But the state's jobless rate exceeded 12 percent for more than a year during the height of the economic downturn.

More than 2.2 million jobs have been created since the recovery began in February 2010, the department said, including more than 15,000 nonfarm payroll jobs last month.

That was a smaller increase than April's revised gain of 70,000 jobs.

There were 16.4 million nonfarm jobs in California in May, up 2.2 million since the recovery began in February 2010.

The number of unemployed dropped below 1 million for the first time since August 2007, the 67th consecutive monthly decline. Unemployment topped 2.2 million people at the peak of the recession.

There were nearly 43,000 new unemployment insurance claims last month, down nearly 4,000 from April.

Professional and business services and educational and health services saw the strongest jobs growth.

The information, financial activities, other services, and government sectors also saw gains, for a combined increase of more than 32,000 jobs.

Manufacturing had the largest job loss.

Mining and logging, construction, trade, transportation and utilities, and leisure and hospitality also were down, for a combined loss of more than 17,000 jobs.

Mathnasium Partners with National PTA on STEM Initiative

SUBMITTED BY ERIC PAN

Mathnasium Learning Centers is proud to announce that it has joined forces with National PTA as a partner in PTA's nationwide science, technology, engineering and math (STEM) education and family engagement initiative. Through this collaboration, Mathnasium will support National PTA in the development and deployment of resources, activities and events that engage students and families in STEM/math experiences.

Launched in 2015, National PTA's initiative seeks to fill a critical gap in STEM education, increase access to STEM experiences for all students and inspire the next generation of STEM professionals. Its goal is to deliver 100,000 STEM experiences over the next three years—in schools and at home. The effort will include a focus on urban areas and among girls and underrepresented youth.

As National PTA expands the STEM initiative, Mathnasium will work alongside education and industry leaders across all STEM disciplines.

"The Mathnasium Method has helped transform the way children understand and appreciate math. Through its personalized programs, Mathnasium seeks to make math fun and to make math make sense for every child," said Laura Bay, president of National PTA. "We are thrilled to have Mathnasium join our STEM initiative and collaborate to engage families and inspire children's love of math."

For more information, visit <http://www.mathnasium.com> or call 1-(877) 601-MATH.

Sweet! Electrical trick may lead to less fat in chocolate

BY BREE FOWLER
AP TECHNOLOGY WRITER

NEW YORK (AP), From a 3-D pen that lets kids safely doodle with melted plastic to an electrically charged glass that makes beer taste bubblier, there was no shortage of fun and quirky gadgets at this year's CE Week.

The annual, three-day gadget show in New York is meant as a showcase for products coming out for the holidays, though many items are still in development or seeking investments through group-fundraising sites such as Indiegogo.

Here are five notable gadgets at the show, which ends Thursday.

Pen for "Drawing" 3-D Sculptures

There's now a kid-safe version of the 3Doodler 3-D printing pen, which melts sticks of colored plastic into goo that shoots out of the pen tip to create 3-D sculptures. With both versions, the plastic hardens quickly, so you can draw into the air without worrying about your creation collapsing.

The kids' version has no hot parts. The plastic coming out is cool enough to touch. A kids' starter pack includes a pen, an ideas book and two packs of plastic sticks. The kid-friendly set costs \$50, half the price of the regular version.

The kids' version is for ages 8 and up and will be in stores in a few months.

Earbuds for Everyone

Finding earbuds that fit comfortably and don't fall out can be a challenge, especially for people with uniquely shaped ears.

Decibullz touts its earbuds as the first to be both custom and wireless. They are made of a plastic that softens in hot water. The putty conforms to the inside shapes of your ears and hardens in about two minutes. If you don't get it right the first time, just pop the earbuds back in hot water and start over.

And don't worry about mixing electronics and water. The buds come off

the wireless headset while you're adjusting the fit.

The set sells for \$120 through the company's website.

For Beer With an Extra Buzz

Global Ionics has a glass that uses a small amount of electric current to boost the flavor and fizziness of drinks, be it flavored water, fruit juice or wine.

The current is generated by one AAA battery housed in the base of the glass. The current flows from the glass through its beverage into the mouth.

During a demo, the charge gave beer a pleasant extra fizziness when taking little sips. But it can make your face numb when you drink continually. So, best not to overdo it.

This technology is still in the ideas stage. Global Ionics says it hopes to license it to a beer company or a medical-device manufacturer – for instance, to boost the effectiveness of bubbly flu treatments.

Gaming without Screens

ROXs, billed as a "real-life gaming console," is designed to get gamer kids active and away from their screens.

The kit from A-Champs comes with three ROXs, which look like flat stones about the size of a saucer. You strap them to kids, trees or just about anything else.

Kids can choose one of 10 games. "Crazy Chicken," for instance, challenges kids to race between ROXs and touch as many as they can, as fast as they can, as the gadgets beep and light up.

The starter package is expected to sell for \$130 through the company's website, though you can order one now through Indiegogo for \$10 less. It's expected to start shipping this fall.

HD in 3-D

GoPro cameras are great for action footage, but they don't shoot in 3-D. Fantem now has a clip-on 3-D lens for it.

Fantem's Vitrima 3-D lens costs \$80 through Indiegogo. The company plans to start shipping them next month and says it's in talks to get them on store shelves.

Sweet! Electrical trick may lead to less fat in chocolate

By Malcolm Ritter
AP Science Writer

NEW YORK (AP), Do you get a charge out of chocolate? New research suggests candy companies may be able to make lower fat versions of the tasty treat with a little electrical trick.

By running liquid chocolate through an electric field, researchers were able to make it flow more easily. And that means it doesn't need so much fat.

Cutting the fat in chocolate has been a much-studied challenge in the industry. The new approach was described Monday by researchers at Temple University in Philadelphia.

They were able to reduce the fat by about 10 percent.

They describe their work in a paper released by the Proceedings of the National Academy of Sciences.

Affordable Housing Bond measure headed to November ballot

SUBMITTED BY JANICE ROMBECK

Responding to the urgent need for affordable housing and the lack of funding to build it, the Santa Clara County Board of Supervisors voted unanimously on June 21 to place a \$950 million Bond Measure on the November ballot to generate funds to build housing for homeless, low- and moderate-income residents and first-time-homebuyers.

If approved by a two-thirds majority of the voters, the \$950 million General Obligation Bond would not affect the County's General Fund, but would raise property taxes based on the value of the property for tax purposes. The owner of a home valued at \$500,000 by the Tax Assessor's Office, for example, would pay \$12.66 per \$100,000 of assessed valuation, or \$63.30 a year more in property taxes.

The spending plan of the bond would allocate \$700 million for Extremely Low-Income housing (below 30 percent of area median income), including Permanent Supportive Housing and Rapid Rehousing; \$100 million for Very Low Income housing (31 to 50 percent of the area median income); up to \$100 million for housing assistance for Moderate Income households; and up to \$50 million for Moderate Income residents who are first-time homebuyers.

Permanent Supportive Housing targets chronically homeless, or those who have been homeless for more than a year and need such services as mental health, substance abuse or medical care. This type of housing provides those services.

Rapid Rehousing is generally for those who experience homelessness for brief periods, have an income and need transitional housing for up to 18 months in order to get stable and move into permanent housing. Included in this population could be victims of human trafficking and domestic violence as well as those leaving the Foster Care system.

The affordable housing units would be built throughout the County, and the funds would be leveraged to attract matching funds from private and state and federal sources.

The Community Plan to End Homelessness in Santa Clara County provides a valuable blueprint regarding the types of housing that need to be built in the next five years. The plan identifies the addition of 3,600 supportive housing units and 2,400 rapid rehousing units to address the complex needs of the homeless populations in our community.

For more details about the proposed Affordable Housing Bond, view Item No. 10 on the June 21, 2016 Board of Supervisors meeting agenda: <http://tinyurl.com/SCC-Affordable-Housing-Bond>

P.E.O. STAR Scholarship awarded



(L to R): Pictured left to right in the photo are Simmone Shah, Sabrina Adamson, and Allison Du.

SUBMITTED BY
KAREN L. MCCREADY

The prestigious P.E.O. (Philanthropic Education Organization) STAR Scholarship for the 2016/2017 academic year was presented to Allison X. Du, a graduating senior from American High School, at the June 15 meeting of PEO Chapter UF Fremont.

Out of 1,933 applicants for the STAR this year, only 400 were awarded scholarships. The chapter recommended Allison because she excelled in all of its criteria. This \$2,500 scholarship is awarded to high school senior women who exhibit excellence in leadership, academics, extracurricular activities, community service, and potential for future success. In addition to her exemplary scholastic achievements, Allison is the founder and captain of her school's speech team, art editor-in-chief of Vignettes, and the founder and president of ArTTain, a

school club that has taught art to more than 160 children in the Tri Cities area. Allison is the daughter of Fenglei Du and Wenwen He. She will be attending Yale University, majoring in Ethics, Politics and Economics.

Also honored by the local P.E.O. Chapter were Sabrina Adamson and Simmone Shah, STAR Scholarship applicants, for their accomplishments at Kennedy High School. Simmone will be attending George Washington University in Washington, D.C., majoring in Journalism, and Sabrina will attend the Honors College of the University of Nevada, Las Vegas, majoring in Medicine.

P.E.O. is an international philanthropic educational organization which promotes educational opportunities for women. P.E.O. has provided over \$280 million in financial assistance to over 98,000 recipients. For additional information about the STAR and other P.E.O. scholarships, call (510) 794-6844.

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BART Track Work This Weekend

Due to vital track safety repairs, there will be no BART service between South Hayward and Fremont BART stations this weekend.

Saturday, July 2 – Monday, July 4

A free bus bridge will be provided. Get more information at bart.gov.



Local students make Honor Roll at Oregon State University

SUBMITTED BY OREGON STATE UNIVERSITY NEWS

Tri-City area students who have made the Scholastic Honor Roll Spring term were announced by Oregon State University. To be on the Honor Roll, students must carry at least 12 graded hours of course work.

Castro Valley:
3.5 or Better: Bryan A. Cmelak, Junior, Pre-Mechanical Engineering; Emerald L. Coupe, Sophomore, Pre-Communication

Fremont:
Straight-A Average: Miranda A. Huey, Post Baccalaureate, Computer Science
3.5 or Better: Natalie A. Hinds, Junior, BioHealth Sciences; Selena M. Hom, Freshman, Biology; Melanie E. Puno, Freshman, Animal Sciences

Newark:
3.5 or Better: Kasilita F. Pakola, Freshman, Pre-Business

San Leandro
3.5 or Better: Melissa A. Scherer, Senior, Psychology

Photography Exhibit at the Fremont Art Association

SUBMITTED BY
SUSAN HELMER

Wednesday, July 13 evening through Tuesday July 19 evening. Organized by Ralph Cooksey-Talbott. To RSVP or for more details, please contact Susan Helmer at (510) 651-2461 or Cooksey's Studio at (510) 742-0548.

FAA July Photography Showcase
 Jul 1 – 31
 Sunday, Jul 3 - Reception
 1:30 to 4:00 p.m.
 Fremont Art Association (FAA)
 37697 Niles Blvd, Fremont
 (510) 651-2461
 Free


July will be a busy month for photographers in Fremont. The Fremont Art Association (FAA) will host a photography showcase from July 1 to July 31. Please join us on Sunday, July 3 for a reception for all artists showing during this quarter.

Also during July, "S3" (a group of photographers affiliated with FAA) will have a real adventure with a trip to the Eastern Sierra. The group will be based out of Lee Vining which has many hotel rooms and several campgrounds. We will stay from

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Grass Roots Alliance recruiting Hayward School Board candidates

SUBMITTED BY
SARA LAMNIN

CLASS specifically seeks candidates who understand the Trustees' role regarding governance, accountability, and productive engagement with fellow Board Members, District faculty and staff, parents, students and the greater community.

The coalition encourages candidates to apply for a slot on the CLASS supported slate who can identify concrete and realistic policies that contribute to financial stability, organizational development, facilities maintenance, student safety, and utilization of state of the art technology in our schools.


Candidates interested in receiving campaign endorsement and support from CLASS must complete a questionnaire and submit their resume by June 30. This questionnaire and full list of criteria can be found at www.haywardclass.com

For more information, or to donate or volunteer, please visit the website or contact haywardclasspac@gmail.com or call (510) 470-1261.

A growing coalition of community stakeholders is actively recruiting candidates for the Hayward Unified School District Board of Trustees.

Hayward Civic Leaders Advocating Student Success (CLASS) is organized around a vision in which all public school students achieve and thrive. To reach this goal they are identifying candidates for the three Trustee positions up for election in November. They are also raising funds to support their endorsed candidates, once identified.

The CLASS criteria for an effective Trustee includes: articulated understanding of the public legislative process and capabilities to govern; professional experience in the legal, accounting, business, real estate, education, social services, and/or technology industries; and the demonstrated ability to lead and build consensus among diverse stakeholders.



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Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

Community Character is Worth Fighting For

Community character is how a neighborhood, area or city looks and feels to the people who live there. It's not just about the height, density or architecture of the buildings. It's also about the trees, streets, shops and open spaces – and how everything works with everything else. Community character can make the difference between having a good place to live or a bad one, and it's worth fighting for.

It's in the Plan

The Fremont General Plan includes an entire chapter on community character, plus a separate Place Types Manual that defines the unique characters of various types of places. Together they provide 90 pages of requirements and guidelines to define how the character of Fremont should evolve and grow into a "strategically urban city," while still protecting the past and present character.

The focus on becoming strategically urban generally means building taller, denser, residential and mixed-use (commercial/residential) developments within the city and town centers, along some major street corridors, and close to public transportation centers. New housing developments in these areas will have a limited

amount of parking, open space and trees. As you move away from these centers and corridors, the building heights and densities are supposed to decrease, and the amount of parking, open space and trees are supposed to increase to match the community character of the surrounding area.

For example, in the five Town Centers – which includes much of the historic business districts of Niles, Centerville, Irvington, Mission San Jose and Warm Springs – building heights and densities can be greater than in the areas outside the town center but may be restricted along the main street to respect the historic size and character of the remaining structures and district. Older commercial buildings that have outlived the needs of current tenants may be renovated to attract new business tenants rather than being torn down.

Major street corridors are also part of the community character. Urban corridors are defined as being bordered by tall buildings set close to the street. Fremont Boulevard from Centerville to Irvington is designated as an urban corridor. So are portions of Mowry Avenue, Stevenson Boulevard, and all of Osgood Road. On the other end of the scale, landscape corridors are defined as being bordered by

low buildings set back from the street. Most of Mission Boulevard and Paseo Padre Parkway are designated as landscape corridors. So are Walnut Avenue and Stevenson Boulevard from the BART tracks to Mission Boulevard.

Putting it to the Test

Considerations about the community character of a proposed development are sometimes buried under the mass of density figures, building heights, and property line setbacks. It's easier to evaluate numbers than it is to think about how the proposed project will fit and feel. However the community character of a development is equally important because it affects the living environment of the residents and their neighbors.

Here are some proposed developments that will test the City's resolve to follow the Community Character element of the General Plan and not just look at the density numbers:

The Walnut Residences project at the corner of Walnut and Guardino will place 670 urban density apartments in four-story buildings with five- or six-story parking garages in an area of existing two- and three-story medium density homes and condominiums.

Many neighbors say that despite numerous letters and emails, as well as several meetings with the developer, the project is still too tall and too dense and does not fit the community character of the area. This project is scheduled to go before the Planning Commission on Thursday, July 14 at 7 p.m.

Another example is the Decoto Road Mixed Use project, which proposes to build 299 residential units and 16,000 sq. ft. of commercial space near the corner of Decoto Road and Fremont Boulevard. Two buildings facing Fremont will be five stories, located across from the property recently acquired for a future school. Another building facing Decoto will be four stories. Most of the existing homes in the area are two- and three-stories. This project is undergoing preliminary review and is open to comments from the public.

And in the City Center area west of the Fremont BART station, plans to create a new downtown are slowly taking shape. Because most of the existing buildings will be torn down, the challenge here is to create a new community character for the area with a mix of shops, restaurants, civic buildings, open spaces, and residences that will attract people from all

over the city, not just those who live and work there.

As the City makes decisions about developing some of the last remaining land in Fremont, we should make sure we consider community character as an important part of the decision. Every resident can be part of that process. To learn about all the proposed housing developments in Fremont, go to www.ShapeOurFremont.com.

Goold House Not Saved

The re-evaluator of the historical significance of the Goold House in Centerville has revised his report upon realizing that there was a major addition along the side of the house in 2003. The new conclusion says that the Goold House is indeed significant because of 'Pop' Goold, but has lost its historical integrity because of the recent modification. The house is now not considered eligible for listing in the California Register of Historical Resources, and the Centerville Junction development application will proceed as before. The tentative date for the Planning Commission hearing is Thursday, July 28.

continued from page 1

Celebrating American Independence

Celebrate July 4th onboard the aircraft carrier USS Hornet. Family-friendly activities are scheduled throughout the day, including a flight simulator, jump house, interactive games and more. Enjoy live music from Eddie & the Boppers, Crawdad Republic, and Heartless, a Heart tribute band. Explore the ship's Captain's Bridge, Sick Bay, Torpedo Room, Officers' Quarters WWII and modern aircraft, Apollo Space Exhibit and more. A classic car show on the pier will start at noon. At 9:15 p.m., enjoy a view of the San Francisco fireworks.

Onboard the USS Hornet
Monday, Jul 4
1 p.m. – 10 p.m.
USS Hornet Museum
707 W Hornet Ave, Pier 3,
Alameda
(510) 521-8448
www.uss-hornet.org
Tickets: \$25 adults,
\$15 children (6-17 yrs.),
children under 5 yrs. free

Fremont is preparing for its 18th annual "Fremont 4th of July Parade." The parade will roll through downtown with colorful floats, large balloons, marching bands, antique vehicles, dance groups, and much more. This year's theme is "Everyday Heroes" and will have a special tribute to honor our brave men and women of Fremont Police and Fire departments. This year's Grand Marshal is the Candle Lighters organization, honoring their 48 years of serving Fremont. The parade kicks off with the singing of our National Anthem by Irvington High School junior Cathryn

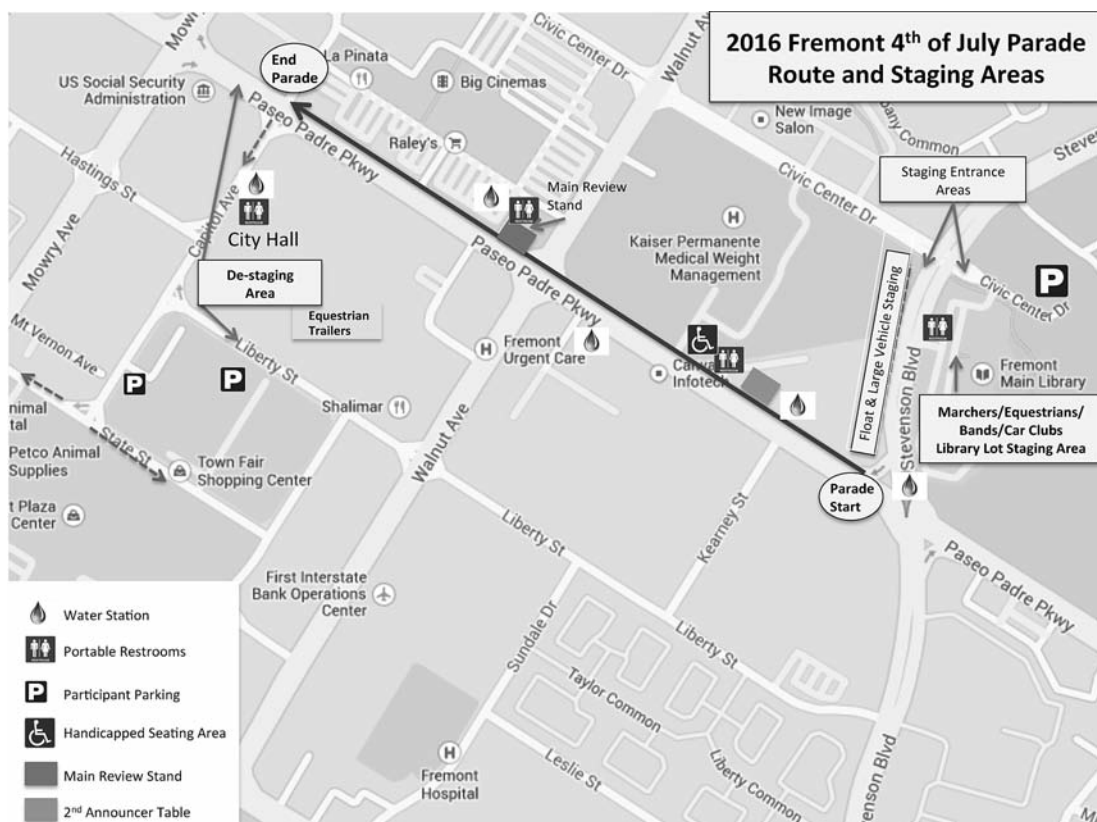
Flores followed by a precision fly-over by the California Beechboys.

The parade committee has a new, improved website, as well as a phone app with the latest updates including entries, judges, volunteering, sponsoring and more. It is sponsored by Fremont Chevrolet (title sponsor), Northwestern Polytechnic University, Robson Homes, Washington Hospital Healthcare Foundation, and Fremont Police Officers Association to name a few.

The parade committee is still accepting donations and sponsorships, as well as seeking volunteers. Please visit www.fremont4th.org for more information. The Fremont 4th of July Parade is a local, nonprofit 501(c)3 community organization, not affiliated with the city, and responsible for the production and financing of the parade.

Fremont 4th of July Parade
Monday, Jul 4
10 a.m.
Paseo Padre Pkwy &
Stevenson Blvd
To Capitol Ave, Fremont
www.fremont4th.org
Free

Visit Ardenwood Historic Farm for a fun-filled community festival, 1900s style! Celebrate America's birthday with rousing patriotic music on the lawn and fiddle music in the farmyard. There will be games, contests, and races for everyone all day long. Test your skill at nail-driving, egg toss, and watermelon seed spitting, or join a bucket brigade and tug-of-war contest. Bring a picnic and spend the day the old-fashioned way.



Old-Fashioned Independence Day
Monday, Jul 4
10 a.m. – 4 p.m.
Ardenwood Historic Farm
34600 Ardenwood Blvd, Fremont
(510) 544-2797
www.ebparks.org
Admission: \$10 adults, \$8 seniors (62+ yrs.), \$5 children (4-17 yrs.), under 4 yrs. free

Explore Meek Mansion and learn about this local historic house. Participate in a new history scavenger hunt along with games, crafts, live music and food. Feel free to bring your own picnic. Hot dogs and soda will be available for purchase. Children are invited to join the "I, too, am America" competition. Participants may enter their artwork (drawings, poems, posters, paintings, sculptures, collages, etc.) that shows or explains how they are America. Bring entries to the Hayward Area Historical Society information booth at the celebration until 1 p.m.

4th of July Family Festival & Picnic
Monday, Jul 4
11 a.m. – 3 p.m.

Meek Mansion
17365 Boston Rd, Hayward
(510) 581-0223
www.haywardareahistory.org
Free

Milpitas Sports Center will host the annual "Waving the Red, White and Blue Pool Party," featuring music, games, and the Food Truck Mafia. Afterward, join the "Red, White and Boom Fireworks and Concert," featuring Orquesta Borinquen. Gates open at 5 p.m. for pre-sale and 6 p.m. for general admission. No tents, tables, camping chairs, large umbrellas, animals, alcohol, and glass bottles/containers are allowed. Please bring cash, as well as blankets and beach/stadium chairs to help protect our new field.

Waving the Red, White & Blue Pool Party
Monday, Jul 4
1 p.m. – 4 p.m.
Admission: \$2 (space limited)

Red, White & Boom Concert and Fireworks Show
Monday, Jul 4
7 p.m. – 9 p.m.
Admission: \$3 (2 yrs. and up)

Milpitas Sports Center
1325 E. Calaveras Blvd,
Milpitas
(408) 586-3210
www.milpitaschamber.com

Alameda County Firefighters' annual 4th of July "Pancake Breakfast," co-sponsored by Newark IHOP, will be held at the Alameda County Fire Station #27 in Newark. Breakfast includes pancakes, sausage and orange juice or coffee. Proceeds benefit the Alameda County Firefighters Association Local 55 Charity Fund.

4th of July Pancake Breakfast
Monday, Jul 4
8 a.m. – 12 p.m.
Alameda County Fire Station #27
39039 Cherry St, Newark
(510) 632-3473 x 1320
www.acgov.org/fire
Cost: \$5 per person

Fireworks:
 "Safe and sane fireworks" can only be bought and used in Newark and Union City; use in all other cities of the Greater Tri-City area is illegal. For Union City no fireworks are allowed east of Mission Boulevard. City parks will also close at 7:30 p.m.

Auto Review

Buick Cascada: Let the Sun Shine In

By STEVE SCHAEFER

Buick is one of four surviving brands in GM's post-bankruptcy

(in 17 seconds) and it's a wonderful, wide-open world for four. You can drop the top at up to 31 miles per hour, too, in case

completely exposed to the elements. You can drop or raise all four windows with a little tug at a toggle inside the silvery loop.

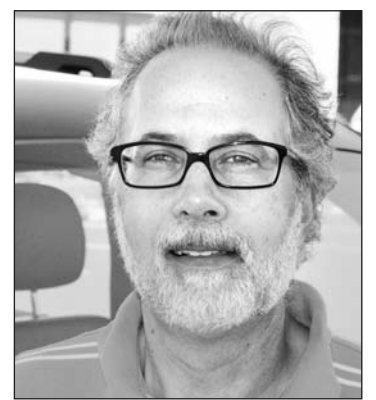
didn't feel like an especially luxurious shade. The car's 20-inch aluminum alloy wheels looked big and bold.

The interior feels Buick-like, with an expansive sweep from door to door. The European heritage shows in the collection of densely packed chunky buttons on the center console, and the 7-inch display screen feels about a generation old. The appeal here isn't up-to-the-minute technology but a feeling of some tradition and exclusivity, with, of course, the dramatic transformation when that roof drops.

The leather seats are called "heat reflective" and wear an unusual opposing triangle pattern in their perforations. There's also leather on the heated steering wheel. The rear window is a mere slit, so rear visibility is not this car's strong suit. Cargo capacity is not a strength either, since the top folds completely under the smooth cover.

When you lift the wide trunk lid, which includes the car's tail lamps, the Cascada has a fully operational second set underneath. This may be from some European safety rule, but it's kind of mind boggling. Because of the long doors and a far-back mounting point, electric seatbelt presenters move the belts forward to grab when you start up the car. Last time I saw this was in a Mercedes-Benz and it's much appreciated.

The 1.6-liter turbo 4 puts out 200 horsepower and 207 lb.-ft. of torque, moving the two-ton car along adequately, but there is no reserve there. The Cascada



Over the past 23 years, Steve Schaefer has tested more than 1,000 cars and published a weekly story on every one. As a teenager, he visited car dealers' back lots to catch a glimpse of the new models as they first rolled off the transporter. He is a founding member of the Western Automotive Journalists. Contact Steve at sdsauto@sbcglobal.net. My blog for alternative vehicles: stevegoesgreen.com



portfolio. The legendary marque, over 100 years old, was renowned for its big, powerful cars and more recently, as a favorite of retired folks looking for a chrome grille and a cushy ride.

Today, Buick occupies GM's spot between Chevrolet and Cadillac, with the Oldsmobile and Pontiac marques weeded out to give it room. And oddly, today its most popular model is the diminutive Encore mini crossover.

So, in this new era for Buick, there's room for a cool convertible model, the first in 25 years. GM sourced the Cascada from its European cousin, Opel, and the car is assembled in Gliwice, Poland, using a Hungarian 1.6-liter turbo four-cylinder engine mated to a Mexican six-speed automatic transmission.

Although it's not a small car, it's considered a subcompact by the U.S. EPA mainly for its 82 cubic foot capacity. As a "two-plus-two," there are two comfortable buckets up front, but the rear seating, while capable of holding an adult, isn't a spot you'd want to occupy for a long time. However, drop the top



you get in the mood while you're driving through town.

Years ago, most convertibles required you to unlatch the mechanism from the windshield header, you could see the metal ribs under the thin canvas cover, and they folded up behind the rear seats in a heap, awaiting a snap-on cover to look neat.

Forget that here. It's totally automatic. Lift a silvery loop on the center console and the rear metal cover panel lifts, the acoustically and thermally insulated top pulls away from the surprisingly large header, and in a quarter of a minute or so, you're



My test Cascada was the higher-level Premium model and came in a metallic brown called Toasted Coconut (\$395 extra). It

sounds like it's working when you ascend a grade, and the note isn't sonorous. However, for this car to deliver its promised 20 City,

27 Highway, and 23 Overall fuel economy, the engineers had to fit a modest engine. I averaged 23.2 mpg. Turbo fours are doing the job in numerous vehicles today, and with its European origins, it's appropriate for the Cascada.

My grandfather was a Buick man, and I personally recall his 1956 pillarless four-door sedan and later, a 1962 Special. He liked a V8 in his cars, but you won't find Wildcat power engines in Buicks today.

The standard Cascada stickers at \$33,990, and the Premium is \$36,990. Both prices include a \$925 destination charge. For the extra \$3,000, the Premium provides Forward Collision Alert and Lane Departure Warning, which keep you more aware of your surroundings. You also get automatic headlamp control "with tunnel detection." Rain-sense automatic wipers are handy when the rain is inconsistent, and the 20-inch wheels receive a unique pattern.

If you're not a convertible person, you may not be impressed with the Cascada, but despite warnings of skin damage from sun exposure (wear your sun block), there's nothing quite like cruising along in an open-top car.

Art association recognizes Artists of the Month

SUBMITTED BY HARRIETT MCGUIRE
PHOTO BY VINAY VERMA

The Golden Hills Art Association of Milpitas Artists of the Month were chosen at their meeting on June 2, 2016. First Place went to Dexin Hong for an oil landscape of a home and colorful garden, Second Place went to Barbara Cowley for a lovely oil painting of poppies, and Third Place to Lynn Rogers for a charming still life vase of roses.



Young environmentalists raise public awareness

SUBMITTED BY PEYA IN THE PARK

Since 1971, the President of the United States has worked with the Environmental Protection Agency (EPA) to recognize K-12 students who promote environmental awareness through the President's Environmental Youth Award (PEYA). The large variety of winning PEYA projects produced by young students over the years covers such areas as: restoring native habitats, recycling in schools and communities, construction of nature preserves, tree planting, and installing renewable energy projects.

On the afternoon of Saturday, January 23, several sophomores and juniors from Mission San Jose High School, Fremont, were seen at Lake Elizabeth presenting their submitted projects at "PEYA in the Park," with a view to raise public awareness of specific environmental issues. This was achieved through engaging the community with a hands-on interactive experience. Among the topics covered were: water conservation, hand-recycling paper, reducing meat consumption, and endangerment of honeybee population.

Participation in the PEYA program is believed to be a life-changing experience for many of our young people. They in turn help to inspire members of the public to become ready stewards of our natural environment.

Community food drive launched

SUBMITTED BY HAYWARD
CHAMBER OF COMMERCE

Ruby's Place is hosting a food drive for the shelter as they approach their 45th anniversary in 2017. Non-per-

ishable goods such as oil, sugar, canned fruits and vegetables, pasta, pasta sauce, oatmeal, rice and beans, spices and pepper, crackers, pancake mix, mac and cheese, tuna fish, peanut butter and cereal; and fresh food such as eggs and milk will be accepted at the community office, located at

1180 B St., Mondays through Fridays from 10 a.m. to 4:30 p.m. Monetary donations are also accepted. For more information, call (510) 581-5626 or visit www.rubysplace.org.



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LOCAL TEENS PAINT ELECTRIC BOX

SUBMITTED BY CHRISTINA CAREY

Some people, when they think of "junior high kids" think of kids with cell phones in their hands and an attitude problem. But at Thornton Junior High, a group of fourteen students got serious and designed artwork for a utility box program called boxART! with the City of Fremont. Each side of the students' box is a design of overlapping shapes in a monochromatic color scheme - a color mixed with black, white or gray - to create changing tones within each shape. Green, red, blue, yellow and purple designs cover the formerly unsightly box on the corner of Nicolette and Fremont Blvd.

Christina Carey, art teacher at Thornton, led the group in painting the large metal box. They painted it through the hot May weekends and learned to interact with the public walking by, as well as how to stick with a long project and make corrections as needed. This box will be a proud symbol of the artistic youth of Fremont thanks to participants: Vignarth Shanthakumar, Mary Ramirez, Sela Danaf, Mrs. Christina Carey, Priyal Badala, Sonali Bhattacharjee, Ashley Buntrock, Oscar Wang, Cassandra Roe-Crossley, Daman Chopra, Tamana Said, Chloe Tai, Katy Tien, Reya Adoni, and Veda Periwal.



San Leandro kicks off Teen Summer Programs

SUBMITTED BY TERESA MEYER

The San Leandro Recreation and Human Services Department kicks-off Teen Summer Programming with the Teen Recreation and Interactive Program (T.R.I.P.) and the Teen Takeover Series.

T.R.I.P. is a summer program for students entering grades 6-10 and offers students the opportunity to get out into the local community and participate in fun and adventurous experiences. Participants also will develop new friendships, build self-esteem, and learn essential social and life skills. Teens will visit fun and educational places such as college campuses, local amusement parks, and participate in group outdoor adventures over the course of six one-week sessions:

- Week 1: June 20- June 24
- Week 2: July 11 - July 15
- Week 3: July 18 - July 22
- Week 4: July 25 - July 29
- Week 5: August 1 - August 5
- Week 6 August 8 - August 12

T.R.I.P. will be based out of the San Leandro Family Aquatic Center, located in Washington Manor Park (14900 Zelma Street) and meets daily from 9 a.m. to 6 p.m. Weekly fees are \$195 for San Leandro residents and \$220 for non-residents with an option to extend care between 7:30 a.m. to 9 a.m. for an additional fee (\$40 for residents and \$50 for non-residents).

Also, with Teen Takeover, the City of San Leandro brings back this eight week series geared towards teens between the ages of 13 and 17. Events will take place every Wednesday from June 22 to August 10 from 6 p.m. to 9 p.m. Activities may include pool parties, basketball nights and a glow party. Text TAKEOVER to 313131 to be informed of upcoming events or follow Teen Takeover on social media: Instagram (@SLTeentakeover) or Facebook (facebook.com/SLTeentakeover). Registration is not required and the program is free of charge to participants.

For more information, please contact Customer Service at (510) 577-3462, or register online at www.sanleandrorec.org. Space is limited and interested participants are encouraged to sign up as soon as possible to ensure availability.

Clean Air Plan

Submitted by Bay Area Air Quality District

The Bay Area Air Quality Management District has posted the Notice of Preparation and Initial Study for the draft Programmatic Environmental Impact Report, or draft PEIR, on the Air District's 2016 Clean Air Plan/Regional Climate Protection Strategy. (<http://www.baaqmd.gov/plans-and-climate>).

We want to hear your thoughts about what potential environmental impacts of the 2016 Plan we should consider as we prepare the draft PEIR. The environmental impact report is the next step of the planning process as required by the California Environmental Quality Act, or CEQA.

The public will have another chance to share thoughts at a scoping meeting the Air District will host in the next 30 days. A notice for the date and time of this public scoping meeting will be sent out soon.

The 2016 Plan contains measures for protecting public health by reducing ozone, greenhouse gases, particulate matter, and toxic air contaminants in the nine-county San Francisco Bay Area Air Basin.

We welcome your comments through Open Air Forum by July 18. For more information contact Josh Pollak at jpollak@baaqmd.gov or visit <http://www.baaqmd.gov/plans-and-climate>

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Home & Garden

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Designing a bath for my younger brother

BY ANNA JACOBY

What happens when a younger brother asks his older sister for interior design help? My brother and I get along well now that we are adults, but we did have some heated fights when we were kids. I was flattered when my brother and his wife hired me to redesign their bath. They own a charming 1920s bungalow in San Jose, but their bath had been remodeled in the '80s by the previous owners, featuring a floral wallpaper border, and green and mauve color scheme. Remember that look? The idea was to create a comfortable oasis for them, with modern conveniences, and to use materials more in keeping with the original look of the home.

Ask my brother and he'll confirm that I was most certainly a bossy older sister when we were growing up—I would forcefully dictate to him what we would watch on TV and rudely order him to leave the room when I had friends over. However, he also pushed my buttons, saying exactly what he knew would send me over the



creates a crisp and clean look, and the polished chrome accents add some sparkle.

We replaced the old awkward corner tub with a roomy walk-in shower, and I designed a vanity cabinet to make the most of the narrow room and provide as much storage as possible. Two large mirrored medicine cabinets add extra storage, and also allow two people to stand comfortably at the vanity. My brother says it's easy to keep things tidy, as now there is room for all of their toiletries.

A big change in the room was to relocate the toilet to the back corner behind a pony wall; in the old bath, the toilet was the first thing you saw from the door, which bothered my sister-in-law.

I selected a marble-look Cambria Quartz called Torquay for the countertop and bench seat, and the floor is a mosaic of white and gray marble. The wall color is a soft white with a gray undertone, which keeps the room light and airy.

I'm happy to report that my brother and sister-in-law are really enjoying this new bath. He told me that on their last vacation, they realized that for the first time ever, their bath was nicer than the bath in the hotel. A great compliment indeed, especially from my little brother.

edge. We fought a lot as kids, but we also had lots of fun times together, like the year we moved to Sunnyvale and spent the entire summer outside playing "Jaws" in the pool and board games on the diving board.

So when he and my sister-in-law asked me to help them with this project, I had to dance a fine line of being a sister and being their designer. As a designer, I have to take the lead, present ideas, and be able to explain why I planned things a certain way. With regular clients, this approach is often just what they need. But would it seem bossy to my brother? How much do I direct the project and how much do I step back? Fortunately the experience turned out to be a great one, despite a few construction glitches along the way. He says he's glad that I "big-sistered" this project because he admits that he and his wife sometimes have trouble making decisions. So my big-sister role served us both well this time.

The result is a beautiful, modern bathroom with lovely vintage touches. My sister-in-law and I made an afternoon of tile shopping and ultimately selected the watery, soothing aqua blue handmade subway tiles that set the tone for the whole bath. The gray, white and aqua color scheme



Anna Jacoby is a local Certified Interior Designer. Contact her at 510-378-6989 or nfo@annajacobyinteriors.com. You could also visit her website at www.annajacobyinteriors.com

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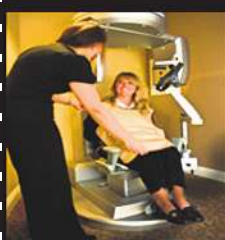
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Fremont's Downtown advances

SUBMITTED BY
LAUREN HO, THE HOFFMAN AGENCY
PHOTO COURTESY OF CITY OF FREMONT

Made possible through a public/private partnership between the City of Fremont, TMG Partners, Sares Regis, and SummerHill Homes, the first mixed-use project of downtown Fremont broke ground on June

17th at the corner of Capitol Avenue and State Street. The development will include 157 stacked flats and row house residential units and 21,000 square feet of retail and restaurant space along Capitol Avenue.



Home Sales Report

CASTRO VALLEY | TOTAL SALES: 9
 Highest \$: 930,000 Median \$: 800,000
 Lowest \$: 500,000 Average \$: 769,667

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
2759 Barlow Drive	94546	830,000	3	1948	196005-16-16	
2687 Grove Way	94546	700,000	4	3430	194205-17-16	
4864 Haley Drive	94546	770,000	2	1324	195105-17-16	
17663 Kingston Way	94546	800,000	3	1203	195305-12-16	
3851 Lux Avenue	94546	675,000	3	1430	196005-13-16	
18410 Buren Place	94552	800,000	4	1887	200305-12-16	
5722 Cold Water Dr	94552	930,000	5	2425	196605-17-16	
19913 Jessee Court	94552	922,000	3	1977	198005-16-16	

FREMONT | TOTAL SALES: 46
 Highest \$: 2,800,000 Median \$: 900,000
 Lowest \$: 345,000 Average \$: 957,152

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
4085 Abbey Terrace #229	94536	460,000	2	823	1986	05-13-16
38126 Ann Court	94536	702,000	2	1230	1973	05-13-16
37018 Blacow Road	94536	533,000	2	841	1950	05-13-16
36542 Bosworth Court	94536	990,000	-	1764	1977	05-11-16
37723 Brayton Street	94536	825,000	3	1330	1954	05-16-16
4104 Central Avenue	94536	800,000	2	1707	1949	05-13-16
3612 Colet Terrace	94536	520,000	2	900	1974	05-12-16
38439 Darnel Court	94536	949,000	4	2044	1960	05-17-16
4666 Devonshire Com	94536	565,000	2	1140	1987	05-17-16
65 Harvey Terrace	94536	630,000	2	1213	1984	05-12-16
5325 Manor Court	94536	1,085,000	4	1885	1959	05-12-16
38845 Marlin Terrace	94536	872,000	3	1610	1995	05-13-16
4548 Merced Common	94536	515,000	2	1050	1973	05-13-16
3449 Pennsylvania Com	94536	485,500	2	944	1981	05-16-16
5130 Racine Avenue	94536	1,230,000	4	2291	1959	05-12-16
37286 Spruce Terrace	94536	345,000	1	593	1986	05-17-16
3242 Sutton Court	94536	1,109,000	3	1923	1984	05-16-16
35393 Terra Cotta Circle	94536	1,124,000	5	2386	1999	05-17-16
42761 Applewood Street	94538	925,000	3	1498	1959	05-13-16
39888 Besco Drive	94538	806,000	4	1302	1960	05-16-16
4181 Blewett Street	94538	780,000	3	1150	1958	05-13-16
40957 Gramercy Terrace	94538	863,000	4	1599	2012	05-16-16
39109 Guardino Dr #136	94538	445,000	2	857	1987	05-17-16
39109 Guardino Dr #137	94538	350,000	1	693	1987	05-13-16
39206 Guardino Dr #210	94538	384,000	1	693	1990	05-12-16
5662 Hughes Place	94538	852,000	4	1387	1966	05-17-16
3623 Jamestown Road	94538	766,500	3	1112	1954	05-13-16
4421 Porter Street	94538	650,000	3	950	1955	05-13-16
4652 Wheeler Drive	94538	790,000	4	1576	1960	05-17-16
47993 Avalon Heights Terr	94539	2,800,000	5	4750	1998	05-12-16
686 Choctaw Drive	94539	1,334,000	4	1784	1976	05-16-16
49190 Daffodil Terrace	94539	1,105,000	3	1817	2006	05-16-16
40453 Dolerita Avenue	94539	1,425,000	3	1881	1975	05-17-16
40652 Encanto Way	94539	1,440,000	4	1759	1976	05-17-16
90 Madrid Place	94539	1,600,000	4	2515	1975	05-17-16
44139 Packard Court	94539	1,928,000	4	3209	1989	05-17-16
655 Praderia Circle	94539	1,010,000	2	1656	1988	05-17-16
872 Wisteria Drive	94539	1,820,000	5	2546	1960	05-12-16
5725 Commerce Drive	94555	1,100,000	4	1929	1991	05-16-16
34193 Donahue Terrace	94555	1,030,000	3	1686	1990	05-16-16
3824 Fiano Common	94555	1,066,000	-	-	-	05-17-16
5484 Golubin Common	94555	1,052,500	3	1804	1989	05-13-16
4137 Isola Drive	94555	900,000	4	2184	1978	05-17-16
4295 Mockingbird Way	94555	1,172,500	-	1871	1979	05-17-16
34931 Nova Terrace	94555	945,000	3	1988	1990	05-17-16
4294 Tiburon Drive	94555	950,000	3	1826	1991	05-16-16

HAYWARD | TOTAL SALES: 22
 Highest \$: 1,018,000 Median \$: 525,000
 Lowest \$: 145,000 Average \$: 561,568

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
391 B Street	94541	730,000	-	-	-	05-17-16
161 Burbank Street	94541	638,000	4	1910	2012	05-13-16
1361 C Street	94541	595,000	3	1429	1893	05-16-16
562 Harmony Drive	94541	375,000	2	840	1942	05-17-16
2548 Jacobs Street	94541	625,000	3	1574	1953	05-13-16
361 Oxford Street	94541	525,000	3	1156	1951	05-13-16
1753 Toucan Court	94541	442,000	3	1293	1972	05-17-16
1470 Highland Blvd	94542	778,000	4	2366	1947	05-12-16
1014 Palisade Street	94542	635,000	2	1812	1971	05-13-16
31285 Brae Burn Ave	94544	470,500	3	1161	1955	05-13-16
571 Culp Avenue	94544	565,000	3	1612	1950	05-17-16

28090 Dickens Avenue	94544	452,000	3	1125	1955	05-16-16
31011 Everett CT #12	94544	435,000	2	1435	1981	05-13-16
675 Newbury Lane #343	94544	375,000	2	906	1988	05-17-16
26059 Regal Avenue	94544	505,000	3	1059	1952	05-13-16
30416 Treeview Street	94544	500,000	3	1408	1959	05-16-16
27451 Tyrrell Avenue	94544	920,000	8	3963	1962	05-12-16
28545 Anchorage Lane	94545	691,000	3	1687	2009	05-12-16
2715 Beachwood Court	94545	1,018,000	4	3031	2003	05-13-16
23413 Eden Avenue	94545	145,000	1	576	1925	05-16-16
25930 Kay Avenue #304	94545	360,000	2	1513	1982	05-17-16
1377 West Street	94545	575,000	3	1227	1956	05-17-16

MILPITAS | TOTAL SALES: 15
 Highest \$: 1,170,500 Median \$: 765,000
 Lowest \$: 390,000 Average \$: 752,400

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
611 Barcelona Loop	95035	801,500	-	-	-	06-02-16
345 Boyd Street	95035	800,000	3	1349	1954	06-08-16
145 Carnegie Drive	95035	765,000	4	1436	1955	06-07-16
249 Corning Avenue	95035	530,000	3	1040	1955	06-08-16
492 Dempsey Rd #194	95035	390,000	2	842	2007	06-08-16
1445 Gingerwood Drive	95035	810,000	3	1547	1992	06-03-16
766 Kevenaire Drive	95035	1,165,000	4	2097	1979	06-02-16
1301 Lassen Avenue	95035	883,000	4	2029	1970	06-08-16
686 Los Pinos Avenue	95035	534,000	4	3268	1982	06-06-16
2290 Lynwood Terrace	95035	1,170,500	2	2048	1991	06-03-16
1169 North Abbott Ave	95035	440,000	2	863	1979	06-02-16
834 North Abbott Ave	95035	700,000	3	1345	1981	06-06-16
2016 Trento Loop	95035	694,500	-	-	-	05-31-16
2030 Trento Loop	95035	712,500	-	-	-	06-03-16
195 Waterford Meadow Ct	95035	890,000	3	1410	1994	06-06-16

NEWARK | TOTAL SALES: 9
 Highest \$: 822,000 Median \$: 662,000
 Lowest \$: 330,000 Average \$: 608,333

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
36539 Bettencourt St	94560	740,000	4	1526	1964	05-17-16
39821 Cedar Blvd #116	94560	330,000	1	777	1986	05-13-16
39160 Ebbetts Street	94560	747,000	-	1372	1978	05-13-16
6970 Jarvis Avenue	94560	449,000	2	928	1982	05-13-16
36598 Jennifer Street	94560	520,000	3	942	1953	05-13-16
37930 Luma Terrace	94560	745,000	-	-	-	05-17-16
35650 Orleans Drive	94560	662,000	3	1100	1960	05-17-16
8341 Peachtree Avenue	94560	822,000	3	1593	1974	05-17-16
7833 Thornton Avenue	94560	460,000	1	760	1925	05-12-16

SAN LEANDRO | TOTAL SALES: 10
 Highest \$: 642,000 Median \$: 513,000
 Lowest \$: 439,000 Average \$: 534,650

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
12900 Aurora Drive	94577	515,000	3	1018	1950	05-16-16
1050 Billings Boulevard	94577	513,000	2	895	1942	05-13-16
1496 Pacific Avenue	94577	500,000	3	1011	1943	05-16-16
2149 Thomas Avenue	94577	596,000	2	1054	1944	05-12-16
787 Crocus Drive	94578	574,500	3	1916	1978	05-13-16
473 Violet Street	94578	500,000	3	1362	1947	05-12-16
479 Violet Street	94578	439,000	2	864	1947	05-13-16
1637 Boxwood Avenue	94579	642,000	3	1809	1954	05-17-16
1633 Manor Boulevard	94579	502,000	3	1121	1954	05-13-16
1129 Tulane Avenue	94579	565,000	4	1621	1951	05-16-16

SAN LORENZO | TOTAL SALES: 6
 Highest \$: 615,000 Median \$: 527,000
 Lowest \$: 370,000 Average \$: 515,333

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
1889 Keller Avenue	94580	560,000	3	1252	1955	05-12-16
1928 Via Buena Vista	94580	530,000	3	1031	1953	05-12-16
1280 Via Coralla	94580	490,000	3	1436	1951	05-12-16
1153 Via Esperanza	94580	615,000	4	2615	1950	05-17-16
15837 Via Marlin	94580	527,000	3	1077	1951	05-16-16
17531 Wickman Place	94580	370,000	2	1168	1971	05-13-16

UNION CITY | TOTAL SALES: 4
 Highest \$: 1,265,000 Median \$: 700,000
 Lowest \$: 692,000 Average \$: 870,500

ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED
2203 De Witt Court	94587	692,000	3	1202	1966	05-13-16
30935 Periwinkle Drive	94587	700,000	3	1335	1978	05-13-16
3323 San Lucus Way	94587	825,000	4	1887	1977	05-13-16
34759 Williams Way	94587	1,265,000	4	2839	2003	05-12-16

AC Transit launches AC Go

SUBMITTED BY ROBERT LYLES

The Alameda-Contra Costa Transit District (AC Transit) announces the most significant expansion of service in the District's history. Dubbed "AC Go," this service expansion plan was designed to put more buses on the streets of the 22 cities and unincorporated areas serviced by AC Transit every day. AC Go represents a nearly 14 percent overall service increase and will unfold to our riders in phases. The first phase launched Sunday, June 26, 2016 at the start of our operating day.

"The service improvements, slated for June, will primarily focus on improving bus frequency and the length of our operating day," said H. E. Christian Peeples, AC Transit Board President. "To affect AC Go's sweeping service enhancement, our transit planners paid particular attention to AC Transit's longest bus routes – which transport our largest number of riders."

To accomplish June's improved frequency and extended operating hours, the following lines and routes will experience changes:

- Line 10 represents a new extension from Hayward BART to San Leandro BART. It is a redesign of Line 99 to achieve frequency of every 15 minutes.

- Line 99: The existing line will continue to serve Bayfair BART. The route adds a new northern extension to San Leandro BART. Frequency will be every 15 minutes.

AC Transit's existing Line 1R – between downtown Oakland and San Leandro primarily utilizing International Boulevard and East 14th Street – will soon become the unprecedented Bus Rapid Transit (BRT). Construction of the 9.5 mile BRT will begin in fall and prompts the cancelation of Line 1R. Nevertheless, this cancelation will be absorbed by the newly added Line 6 – between downtown Berkeley and downtown Oakland. Line 1 will continue to operate and serve our riders between downtown Oakland and San Leandro BART.

"Shortly after assuming my post as General Manager, the AC Transit Board of Directors voted to greenlight a construction contract to build the East Bay's first-ever Bus Rapid Transit or BRT," said Michael Hursh, AC Transit's General Manager. "This \$108 million project will not only offer the frequency and reliability of light-rail train service but accomplishes that transit at a fraction of the construction cost. Nicknamed the 'light-rail on wheels,' BRT will be a significant component of AC Go and central to our expanded service commitment."

Future phases of AC Go's expansion will require growing AC Transit's bus fleet. Already, the District has placed 210 new buses onto East Bay streets – from fiscal year (FY) 2013-14 – and we are replacing an additional 96 buses during the current fiscal year. We are accelerating the overhaul of our bus fleet that totals just over 600 buses. Why? Many of our buses have exceeded their life expectancy. In fact, the average bus has a life

expectancy of 12 years or 500,000 miles. AC Transit's fleet travels approximately 18.4 million service miles every year. That is the equivalent of driving 77 roundtrips between the Earth and moon!

To meet AC Go's demand, a total of 25 40-ft. Diesel Electric Hybrid buses will roll into service between June and August. The new buses are not only meeting rider demand, each is designed for reduced carbon emissions and manufactured locally by the Gillig Corporation based in Hayward. To provide the cleanest and most efficient buses to our customers, AC Transit is also investing in additional zero emission buses.

Since AC Go's service expansion will unfold over the next year, we are still actively pursuing the best and most talented candidates for operators and mechanics. Interested candidates should visit www.actransit.org/careers. More information on AC Go service enhancements, new bus lines, and new route maps can be viewed at www.actransit.org/ac-go-main.

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30K/60K/90K/120K/150K/ MILE SERVICE \$50 OFF Most Cars Oil & Filter • Pan Gasket & Fluid in Pan Radiator Drain & Fill • Air Filter, PCV Valve • Spark Plugs • Timing or Carburetor Adjustments Rotate Tires • Brake Inspection Check All Belts & Hoses. Exp. 8/30/16	SHOCKS STRUTS SPECIAL BUY 3 GET 1 FREE Exp. 8/30/16	FULL SYNTHETIC OIL CHANGE \$59⁹⁵* Coupon Required at time of write-up. Exp. 8/30/16 Most cars & light trucks. Up to 4 Qts. \$5 Extra to remove skid plate. Canister Filter Extra.	SMOG CHECK \$24⁹⁵* Star Smog Station Trucks, SUV's & Vans \$10 extra Large Vehicles & 4x4's extra '99 & Older \$10 extra plus diagnosis '96 & Older \$10 extra plus Evap. Test We Repair Gross Polluters. Exp. 8/30/16
REPLACE TOTAL TRANSMISSION FLUID \$149⁹⁵* Up To 8 Qts Replace total transmission fluid not a few quarts up to 8 quarts of synthetic/dealer fluid. Exp. 8/30/16	ALIGNMENT SPECIAL \$59⁹⁵* \$69⁹⁵* 2 Wheels 4 Wheels Exp. 8/30/16 Most Cars & Light Trucks	A/C SERVICE \$59⁹⁵* Freon Extra Coupon Required at time of write-up. Exp. 8/30/16	TIMING BELT COMPLETE KIT \$50 OFF Exp. 8/30/16
CV AXLE \$199⁹⁵* Parts & Labor Rebuilt Only. New is an additional \$25 Per Axle. SUV's Trucks, Vans Extra. Exp. 8/30/16	ALL FLUID FLUSH \$269⁹⁵* Most Cars & Light Trucks. Fwd Higher. Special Dealer Fluids Extra. Coupon Required at time of write-up. Exp. 8/30/16 • Engine Oil Flush • Brake Fluid Flush • Power Steering Drain & Fill • Transmission (T-tech) • Washer Fluid Drain & Fill	BRAKE FLUID OR POWER STEERING FLUID FLUSH \$69⁹⁵* Exp. 8/30/16	* Prices apply to most cars & trucks. Additional parts & labor for SUV's, Vans & 4x4's. Platinum spark plugs extra. Specials not applicable to FWD cars with pressed rotors & 4WD vehicles. Offers not valid in conjunction with other offers including for same service. Dealer fluids extra.


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Giving breast cancer survivors a lift - physically and emotionally

BY JOHNNA M. LAIRD

At a recent church function, Meg Ehmann was asked a question. She paused, rehearsing in her mind how to explain in mixed company her volunteer effort. Before words could slip from her mouth, the husband of an acquaintance, overhearing the conversation, yelled out: "Oh just say it! Knitted Knockers!"

Ehmann doesn't knit, but she is on a mission to help breast cancer survivors who have experienced a mastectomy find comfort and wear clothes without self-consciousness. She is recruiting knitters throughout the Tri-Cities to knit or crochet knockers—a soft cotton, handmade breast prosthesis that slips into a regular bra and simulates a breast. Knitted Knockers, a volunteer effort that has spread to 49 states and several countries, donates handmade prostheses free of charge, including shipping when needed. Volunteers have one aim: get knockers into the hands of local breast cancer survivors.

A grandmother, who operated two flower shops in Fremont in the 1970s, Ehmann is reaching out to organizations and anyone who will listen. In the two months since she began her effort, the Fremont Senior Center has 13 committed knitters, a local bridge group has said yes, and a few church members have offered to put their needles to work.

When Ehmann walked into Color Me Quilts in Niles, she found instant support from Belle Spring, who co-owns the shop with her daughters and

granddaughter. Spring remembered exactly how she felt when she tried wearing a plastic prosthesis after a mastectomy. "It was so uncomfortable, I gave up," says Spring. "The illusion of a breast, knitted or crocheted, soft next to your skin, I loved the idea."

Spring offered to host knitters in her shop on the first Wednesday of each month to knit knockers and discuss ways to generate interest in the project. Knitted Knockers was a natural for Color Me Quilts; the shop is already involved in several community projects, including Wounded Warrior quilts for injured soldiers and Vietnam veterans, and Project Linus quilts for children battling cancer.

Ehmann's enthusiasm and commitment to Knitted Knockers stems from the difference she saw with her daughter, diagnosed with breast cancer at age 37. Her daughter, like Spring, found a plastic prosthesis sweaty and uncomfortable. Ehmann's sister, who still lives in their native Scotland, brought a knocker to America, and Ehmann saw a

difference in her daughter immediately. "She was interested in clothes again," said Ehmann. "The knockers can make a difference in how a woman feels about herself."

Knitted Knockers has more than 197 volunteer groups or chapters, 17 of which are in California and four in the greater San Francisco Bay Area. Barbara Demorest of Bellingham, Washington, a breast cancer survivor who needed to return to work after her mastectomy, jumped on promoting the knitted knockers after her experience. She was not a candidate for reconstructive surgery and felt self-conscious going out in public. Seeking answers, she talked to her doctor, who surprised her with his question: "Can you knit?" He handed her a pattern for a knitted knocker. So enthused with the difference the knocker made in how she felt about herself, Demorest located the pattern's origin and was determined to reach women like herself.

She tracked down a young woman from Maine who owned a yarn shop and had knitted a



Meg Ehmann with knockers knitted by individuals and clubs in Fremont.

breast prosthesis for herself after a mastectomy. She and her friends, making the soft prostheses to give away, came up with the name "Knitted Knockers." Demorest gained the blessing of the shop owner who had found herself overwhelmed by demand; Demorest then established the Knitted Knockers Support Foundation, promoted through the website, Knittedknockers.org.

Demorest says she believe the original pattern was created by Beryl Tsang and titled "Tit Bits." Over time various groups have revised the pattern. The pattern has been downloaded more than 121,000 times since the website was established in 2011. Not counting the local groups, more than 1,000 knockers are being sent out monthly from the support foundation. "They make such a difference," says Demorest, "given free by strangers who care."

Ehmann says a skein of cotton yarn makes three knockers. Each knocker takes an estimated two and a half to three hours to make. The volunteer knitter can include a note; some recipients write back or write to express their appreciation.

Some knitters miss the instruction to knit with cotton yarn, so Ehmann has received donations of acrylic yarn knockers.

But these are sent out as well, since acrylic yarn is recommended for swimming and water sports. Acrylic yarn dries faster than cotton. Knockers are stuffed with PolyFiberFil, which makes them washable on a gentle washing machine cycle.

Now that Ehmann has launched Knitted Knockers locally, she plans to host a tea for knitters and would-be knitters in July. Her next step is working with Spring to make inroads with hospitals and doctors, who have immediate contact with breast cancer survivors. Ehmann maintains that medical professionals can often sooner reach women who have had mastectomies, lumpectomies and radiation, or who are waiting reconstruction.

"We want to get these into the offices. We are offering them free-of-charge, a gift of our time, our love, and our prayers," says Spring.

Join the Knitted Knockers meeting the first Wednesday of each month from 1 p.m. to 4 p.m. at Color Me Quilts (37495 Niles Boulevard) in Fremont. For more information, contact Meg Ehmann at (510) 320-8398 or bonnieedoon45@gmail.com, or Color Me Quilts at (510) 494-9940.



Belle Spring and Meghan Telles, grandmother and granddaughter are two of the owners of Color Me Quilts in Niles.

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

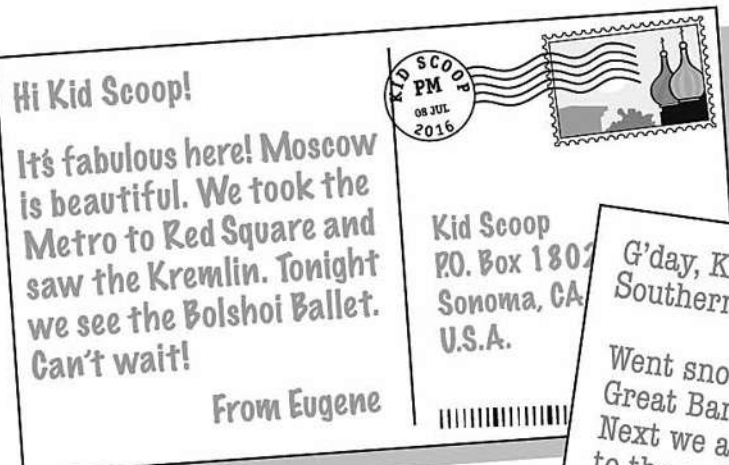


© 2016 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 32, No. 30

Friends Around the World

The Olympics encourage people around the world to be friends. And there is always something special about getting a postcard from a friend who lives in another place.

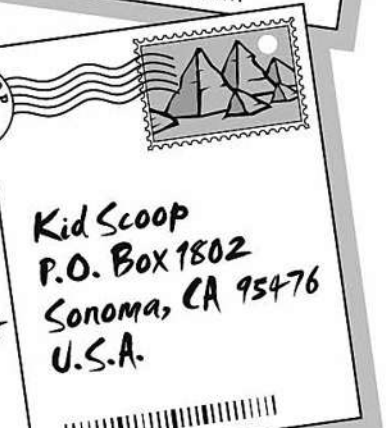
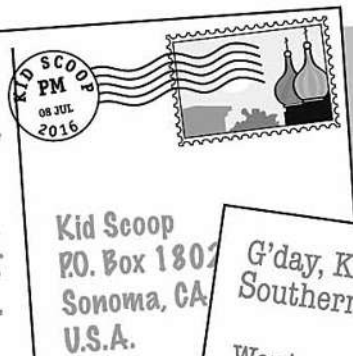
RWTUJPSDZSVWIHSAYTMPXEBXTCIBLCULO



Mystery Postcards

Kid Scoop just got some postcards, but the senders forgot to say which country they were writing from. Can you use the geography clues to find out which country each card is from?

Standards Link: Social Science: Use map and globe skills to find the absolute location of places; use the Internet or encyclopedia to research.



Border Clues

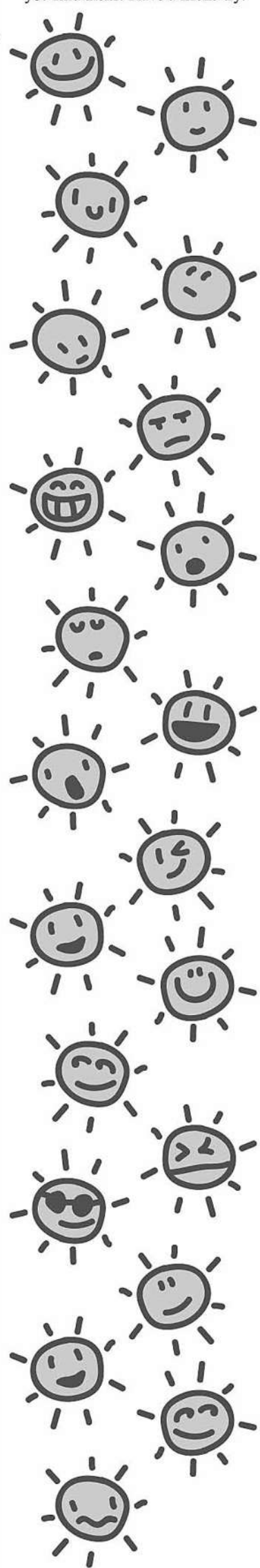
The names of the four countries where these postcards came from are hidden in the letters that form the border at left and right. To find out the names, circle every third letter—starting with the starred one in each row of letters.

Standards Link: Reading Comprehension: Understand simple written directions.

EGBGRTYMWVPOSTREAWUMCSPLETEWRWDANKLFRITZA

Fun in the Sun

Look closely. Only two of these suns are exactly alike. How quickly can you find them? Have a friend try.



Extra! Extra!

Cities Search

Look through the newspaper for names of 10 different cities. Arrange these words in alphabetical order.

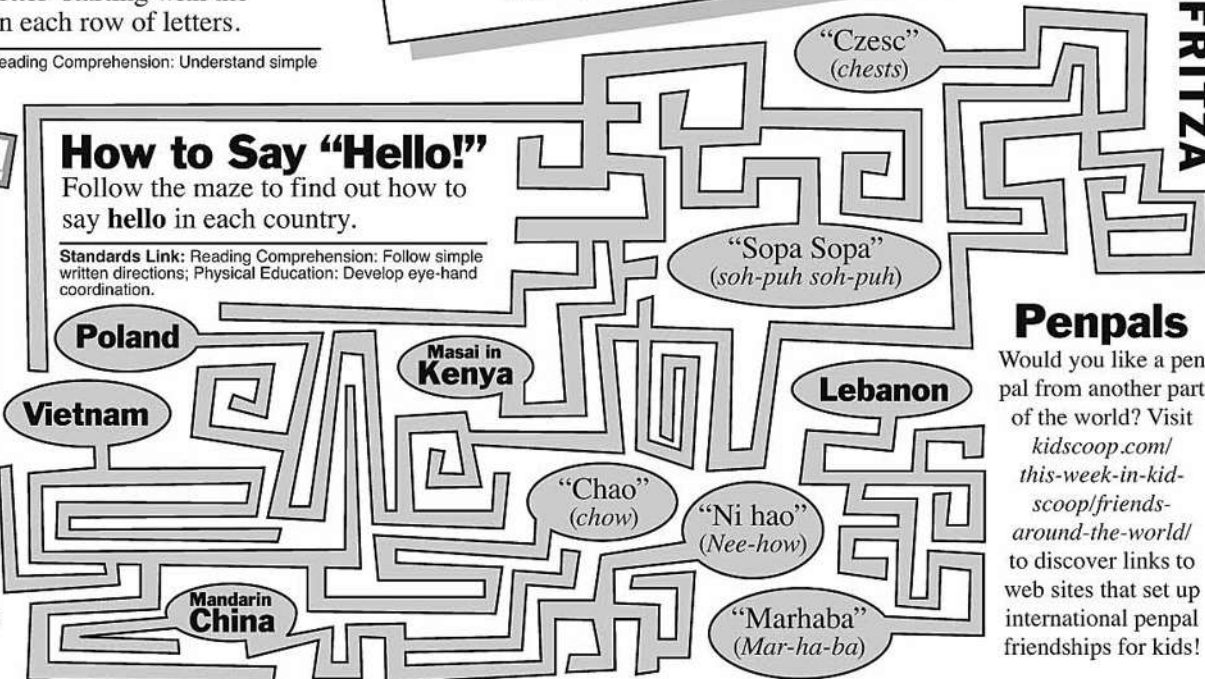
Standards Link: Spelling: Arrange letters in alphabetical order.

Activities on today's page were adapted from the National Geographic Society's educational materials.

How to Say "Hello!"

Follow the maze to find out how to say hello in each country.

Standards Link: Reading Comprehension: Follow simple written directions; Physical Education: Develop eye-hand coordination.

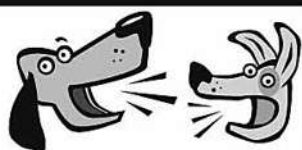


Penpals

Would you like a pen pal from another part of the world? Visit kidscoop.com/this-week-in-kid-scoop/friends-around-the-world/ to discover links to web sites that set up international penpal friendships for kids!

Fido Phrases

What do dogs "say"? In English we imitate them by saying, "Bow wow!" People in other countries have their own ways to copy the sound a dog makes. Can you find each of the dog sounds in the word puzzle?



HINT: one of them is spelled around a corner.

- English: **Bow wow!**
- Chinese: **Wang wang!**
- Russian: **Gav gav!**
- German: **Vow vow!**
- Swahili: **Wow wow!**
- Hebrew: **How how!**
- Japanese: **Wan wan!**
- Swedish: **Voff voff!**
- Spanish: **Gwow gwow!**

F G A V G A V O
O W A N W A N O
V O F F V O F F
O W O W W O W W
W G H O W B N A
G W O V W O V N
W O V G N A W G
O W O H W O H O
B O W W O W O B

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- REEF
- CHINA
- POLAND
- VIETNAM
- KENYA
- LEBANON
- METRO
- SALSA
- HELLO
- WORLD
- NILE
- LEFT
- CHAO
- GOT
- LINKS
- TRIP

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

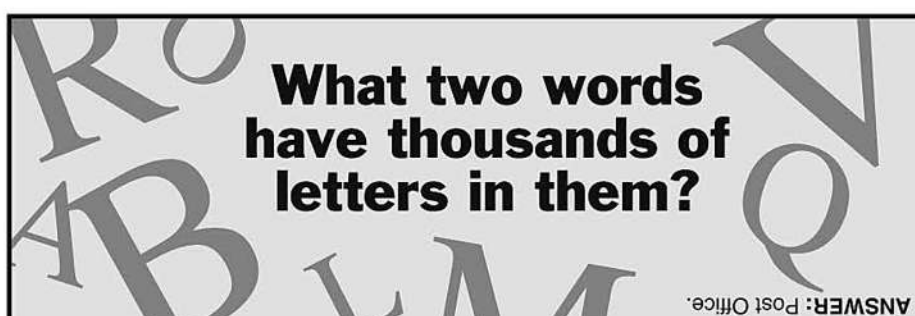
H E L L O J R Y V A
W O I R C S L I E S
Q U T A H F E E R K
J E B D I T B J C N
M S K N N O A H C I
T P A A A Y N E K L
F I M L T W O R L D
E R E O S L N I L E
L T G P T A W H T M

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

FROM THE LESSON LIBRARY

Sports Stars of the World
Look through the newspaper for names of famous sports stars who come from other countries. Make a collage about your favorite star with newspaper articles, maps and pictures.

Standards Link: Social Science: Recognize the similarities and differences in cultures around the world.



ANSWER: Post Office.

Write On!

Postcards from Home
Write an imaginary postcard telling about the town where you live. Or write a real postcard and send it to a friend or family member.

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Eden Aoba Taiko keeps ancient tradition alive

BY DAVID R. NEWMAN
PHOTOS COURTESY OF
EDEN AOBA TAIKO

On any given day at the Eden Japanese Community Center in San Lorenzo, a thunderous vibration shakes the doors. No, it's not a California earthquake, but rather, just another Taiko drumming class, led by master instructor Masa Fukuizumi. He teaches four classes of various skill levels during the week. Collectively, the group is known as Eden Aoba Taiko.

Literally, taiko means "fat drum," although there is a vast array of shapes and sizes of taiko. Originally used on the battlefields of Japan over 1,400 years ago, it wasn't until the 1950s when jazz musician Daihachi Oguchi put several drums together that the taiko ensemble (kumi-daiko) movement began. Taiko boomed in Japan in the 1970s and groups began touring the globe. Today there are over 8,000 taiko groups worldwide, most of them in Japan, with over 150 in North America.

Although Fukuizumi is a native of Japan, it wasn't until he moved to the Bay Area and started a family that his own taiko journey began. In 1996, his daughter began taking taiko classes with a friend. The friend's father asked Fukuizumi if he wanted to give it a try, so he said why not. Soon they were playing and making drums out of old wine barrels and cowhide, and in 1997 he was asked to play at a local event. The community asked for classes, and Eden Aoba Taiko was born.



Eden Aoba Taiko Artistic Director
Masa Fukuizumi

With no teaching experience or ability to read music, Fukuizumi studied videos of other taiko groups and consulted with local experts. His first arrangement was an adaptation of a song called "Zoku," made famous by the Japanese taiko group Kodo. After that, Fukuizumi's creativity took over and he began writing his own songs. He laughs, "Everything is in my head. Until we play it, I don't really know what it will sound like. That's why I'm always changing things."

Monica Simon, who has been with Eden Aoba for 14 years now, loves Fukuizumi's style. "He is absolutely amazing in composing these songs, because every other group in the area that I have heard does a regular, repetitive beat with no melody. He expresses stories through taiko. No two songs are the same." Many of Fukuizumi's



arrangements pay homage to the gods, quintessential elements of Japanese mythology.

After seeing Eden Aoba play at the Buddhist Church of Oakland's Obon Festival six years ago, Donna Yokomizo joined soon after and has now been playing for six years. "Masa has taught us a lot about the connection between Japanese culture and taiko playing in terms of not standing out and learning from each other and persevering."

For many, taiko represents community and a shared group experience. Members are recruited through friends and family, with ages ranging from four to eighty plus. It's also a fun way to exercise and a great way to relieve stress. "Whenever I have something bad going on at work, or in general, I just go and bang on those drums and I feel much better," says Simon.

Eden Aoba Taiko plays at over 20 venues every year, from schools to community events to festivals, including the San Francisco Cherry Blossom Festival, San Ramon Art and Wind Festival, and the Alameda Obon Festival. Says Yokomizo, "I like watching the audience and seeing their response to the visceral feeling that you get when drums are playing. They make you feel happy. I love that part of performing for people."

Eden Aoba Taiko is not alone. Indeed, the Bay Area is teeming

with taiko groups, from San Jose to Watsonville to Berkeley to Newark. And the first taiko group in North America started right here in San Francisco in 1968. Many schools also offer taiko classes, as do churches and community centers like Eden.

Of course, each taiko group has a unique style. For Fukuizumi, it's all about having fun. His teaching philosophy echoes his own life, a balance between Eastern traditions and Western beliefs. He preaches uniformity and consistency while embracing individual differences. His latest composition blends the traditional taiko instruments of drum and flute with more modern sounds from electric guitar and keyboard.

In September, Eden Aoba will host their annual concert at CSU East Bay. They will be joined by

their sister group that includes staff and faculty of the university (LEEP), also taught by Fukuizumi, as well as Kamo-Tsunamura Taiko, a group recruited by Fukuizumi during a trip to Japan. And next year, Eden Aoba will celebrate their 20th Anniversary.

All of this amazes Fukuizumi, who finds himself appreciating his homeland more and more with each passing year. "My dream is to play in my hometown of Sendai."

And that's the power of taiko. It can bring you home.

Classes are held at the Eden Japanese Community Center (710 Elgin Street, San Lorenzo) for \$30 per session (10 weeks). For more information, contact Eden Aoba Taiko at edenaoba@gmail.com or visit www.edentaiko.org.



Think Fremont

Niles Boulevard Bridge Construction Update

Night-Time Construction Extended through August



Cast in Drilled Hole (CIDH) pile installation is underway

Work to replace the Niles Boulevard Bridge continues to progress. Weekend (night) work to install Cast-in-Drilled Hole (CIDH) Piles began in late April and is nearly complete. Additional weekday and weekend (night) work will take place from early July to the end of August as detailed below. The project is anticipated to be complete spring 2017.

Weekday and weekend (night) work to complete the new bridge support columns and install a protective shield over the BART and Union Pacific rail tracks is anticipated to begin July 1. No work is planned for the Fourth of July weekend. Night work will then continue each night from July 5 until the end of August. Weekday (night) work will take place from 11 p.m. – 7 a.m. (Monday – Friday). Weekend (night) work will begin Friday at 10:30 p.m. and end Saturday at 9 a.m. and then resume Saturday at 10:30 p.m. and end Sunday at 9 a.m. Once the protective shield is installed, work over the tracks can take place during the weekday (day) shift. Work activity will involve the use of

noise-generating equipment each night as scheduled.

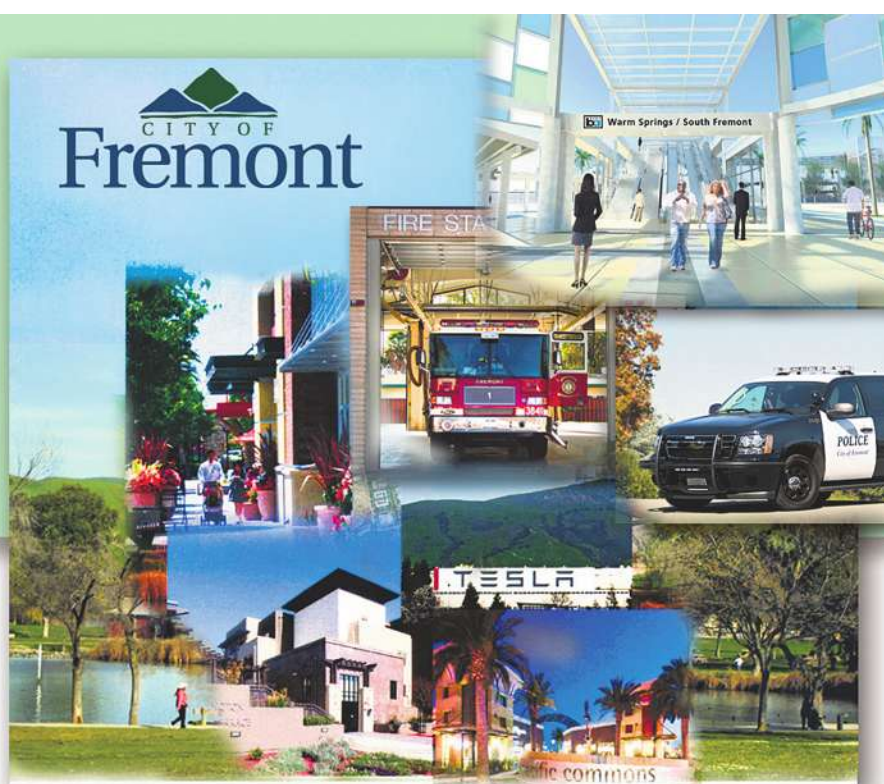
Weekend and weekday (night) work is necessary due to the support columns and protective shield being located over the BART and Union Pacific rail tracks. Changeable message boards near the project site (in each direction) notifying roadway users of upcoming night work dates and times are in place. Advance notice of future weekend, night and/or noisy activities will be provided to the local community as work is scheduled.

As with any major construction project, it is important to note that anticipated work dates and times are subject to change due to weather, unforeseen conditions, and/or the availability of on-site Union Pacific Railroad flaggers and BART safety monitors.

Project information and construction updates are posted on the website at www.nilesblvdbridge.com. Community members are encouraged to sign up for regular updates on the website, by emailing nilesblvdbridge@fremont.gov, or by calling the project Construction Info Line at 510-355-1502.



New bridge construction is progressing south of the existing bridge. This CIDH rebar cage will be inserted into drilled hole and filled with concrete.



Volunteer for Weekend Docent Tours at the Historical Patterson House

Looking for a way to give back to your community? Do you like meeting people and dressing in costume? Consider volunteering at the Patterson House. The Patterson House at Ardenwood Historic Farm is recruiting new weekend staff and volunteers to join our community in offering house tours, gardening, helping out with events, cataloging our collections, and much more. For more information please call 510-791-4196 or email azambrano@fremont.gov. To learn more about the Patterson House visit www.Fremont.gov/PattersonHouse.



Startup Grind Fremont

Startup Grind is a global startup community designed to educate, inspire, and connect entrepreneurs. Here are details about the upcoming Startup Grind Fremont event:

Tuesday, July 26: Join us for a conversation with Andy Pandharikar, founder of Tall Idea Labs, a startup studio with emphasis on startups with global potential. Andy previously founded a San Francisco-based startup, FITIQUETTE, which was sold to India's Myntra/Flipkart a \$16 billion company. Andy is also advising CTO at DreamFunded.

The July 26 Startup Grind Fremont event will be held from 6 p.m. to 8 p.m. at Electronics For Imaging (EFI), located at 6700 Dumbarton Circle. For more information or to register for this event visit www.StartupGrind.com/Fremont.

Startup Grind Fremont holds monthly meetings for startups, entrepreneurs, and VCs to share experiences, learn from each other, and create a "culture of innovation." The monthly chapter meetings include time for networking and a fireside chat with a local CEO.

2016 Summer Concert Series

Presented By

Central Park Performance Pavilion
Thursdays • 6:00pm-8:00pm
www.Fremont.gov/Concerts

July 7	—	Diablo Road (The Saddle Rack's Country Band)
July 14	—	Jukebox Heroes (Decades of Billboard Hits)
July 21	—	Pop Fiction (80s Hits, 70s Disco & more!)
July 28	—	AjaVu/Stealin' Chicago (Hits by Chicago & Steely Dan)
August 4	—	Evolution (Ultimate Tribute to Journey)
August 11	—	East Bay Mudd (Big Horn Band Playin' R&B Hits)

Food will be available for purchase.

- ★ FREE to the public
- ★ Kids Fun Zone!
- ★ Sponsor Booths

FREE MOVIES

under the stars

Central Park Performance Pavilion

Friday, July 22
Friday, August 19



Vote for your favorite movie!
www.Fremont.gov/MovieNight



Join the Recreation Services for two Friday night movies this summer! The movies will start in the evening after sunset. Both events are FREE, so grab some blankets, low beach chairs, and a picnic dinner to enjoy two great flicks with your family this summer! For more details and to vote, visit www.Fremont.gov/MovieNight.

Having an affair - Have it here
Banquet Facility
 Weddings - Receptions - Luncheons
 Company Parties - Dances
 Indoor and Outdoor Facilities
 Catering Available
 Capacity 300
 Call for information 510-797-2121 ext 4
 EventsAtTheLodge@gmail.com
38991 Farwell Drive, Fremont

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FREE (\$25 Value)
 *Registration with this ad!
 *First time registration only)
 Ages 4 & up • Exams & Recitals • Certified Diplomas
PIANO LESSONS \$10 per week (1 hour class)
GUITAR LESSONS \$15 per week (1 hour class)
 Piano/Keyboard
 Singing/Vocal
 Flute/Trombone
 Violin/Clarinet
 Guitar/Bass
 Conga/Drums
 Sax/Trumpet
 Ukulele
Hayward Music Center
 24249 Hesperian Blvd., Hayward 510-264-9669

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 Dr. James Kojian, M.D. Owner
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 Non Invasive
 Buy 10 Cavitation fat cell blasting trtmnts and get 10 ILipo Free
Antioxidant Based Pigment Removal

 Reduce the production of melanin, brown spots, and acne
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 Liquid Face Lift Done by Dr. James Kojian
 1.Fill your tear trough (under eye area)
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 Look 10-15 years younger
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Interest Free CareCredit Available
FREE Consultation 510-793-2277
www.fremontlasermedspa.com
 210 Fremont Hub Courtyard, Fremont

I need a Forever Home

 Alba is a 1-year-old Turkish Van mix with sleek white fur, a black tail and two black patches on her forehead. She's friendly, enjoys some cuddling, and loves to explore and play. This classy, confident girl is not afraid to strut her stuff. More info: Hayward Animal Shelter. (510) 293-7200.

 Shya is a gentle, slightly shy, year old gal who warms up to people after a couple pets and a scratch behind the ears. She loves soft beds and being spoken to softly. Shya is a gorgeous gray tabby with a white chin, chest and mittens, and big green eyes. 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/
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

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.sclcl.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, 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

Monday, Tuesday, Thursday & Saturday, Jun 7 thru Aug 6
Working Hands Exhibit
 Mon: 5 p.m. - 10 p.m.
 Tues & Thurs: 10 a.m. - 1 p.m.
 Sat: 12 noon - 3 p.m.
 Photography features farm and recycling workers
 PhotoCentral
 1099 E St., Hayward (510) 881-6721
 www.photocentral.org

Arts & Entertainment



Voted Best BBQ
LIVE MUSIC/Dancing
Friday & Saturday 9pm
MUSIC CALENDAR
FRIDAY, JULY 1
 TBD
SATURDAY, JULY 2
Andy Santana & the West Coast Playboys

Happy Hour
Mon.-Fri 2pm-6pm Great Prices
Sat. 11am-4pm Appetizers
Sun. All Day and Drinks At the Bar Only

New Lunch Menu - Lighter, Faster, Lower Cost!
SMOKING FAST LUNCH SPECIALS
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 Hot Link & Chicken Combo
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 All Combos served with 2 sides of your choice
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CATERING 510-713-1854
www.smokingpigbbq.net
3340 Mowry Ave., Fremont

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 Superior Pizza made fresh daily from the finest premium ingredients. Specially blended sauces, homemade hand spun dough.
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ANY MEDIUM PIZZA \$1 OFF
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 Offers Cannot be Combines.

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Farmers' Markets

FREMONT:

Centerville

Saturdays

9 a.m. - 1 p.m.

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

Downtown Fremont Farmers' Market

Wednesdays

3 p.m. - 7 p.m.

May thru October
Capital Ave. between Liberty St.
and State St.
www.westcoastfarmersmarkets.org

Kaiser Permanente Fremont Farmers' Market

Thursdays

10 a.m. - 2 p.m.

Year-round
39400 Paseo Padre Pkwy.,
Fremont
800-949-FARM
www.pcfma.com

Irvington Farmers' Market

Sundays

9 a.m. - 2 p.m.

Year-round
Bay Street and Trimboli Way,
Fremont
800-949-FARM
www.pcfma.com

Niles Farmer's Market

Saturdays

9 a.m. - 2 p.m.

Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
www.westcoastfarmersmarket.org

HAYWARD:

Hayward Farmers' Market

Saturdays

9 a.m. - 1 p.m.

Year-round
Hayward City Plaza
777 B. St., Hayward
1-800-897-FARM
www.agriculturalinstitute.org

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

Year-round
W. Tennyson Rd. between Tyrell
Ave. and Tampa Ave., Hayward
(510) 783-9377
www.cafarmersmarkets.com

SAN LEANDRO:

Kaiser Permanente San Leandro

Wednesdays

10 a.m. - 2 p.m.

June 11, 2014 to
December 31, 2014
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:

Milpitas Farmers' Market at ICC

Sundays

8 a.m. - 1 p.m.

Year-round
India Community Center
525 Los Coches St.
800-949-FARM
www.pcfma.com

NEWARK:

Newark Farmers' Market

Sundays

9 a.m. - 1 p.m.

Year-round
NewPark Mall
2086 NewPark Mall, Newark
1-800-897-FARM
www.agriculturalinstitute.org

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

Year-round
Fairmont and East 14th St., San
Leandro
(925) 465-4690
www.cafarmersmkt.com

UNION CITY:

Kaiser Permanente Union City Farmers' Market

Tuesdays

10 a.m. - 2 p.m.

Year-round
Kaiser Permanente Medical
Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.com

Union City Farmers' Market

Saturdays

9 a.m. - 1 p.m.

Year-round
Old Alvarado Park
Smith and Watkins Streets,
Union City
800-949-FARM
www.pcfma.com

Wednesdays, Jun 22 - Jul 20

Ballroom Dance Classes \$

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

Tango, Waltz, Samba and
Meringue

Couples only
Ruggieri Senior Center
33997 Alvarado Niles Rd.,
City
(510) 675-5357
www.unioncity.org

Monday, Jun 27 - Saturday, Sep 24

Labor Exhibit

Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Sat: 12 noon - 3 p.m.

Longshoreman photos by Frank Silva

PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

HISTORY TALKS



iCUMBIA!

Thursday, June 30
6:30-8pm (Free!)

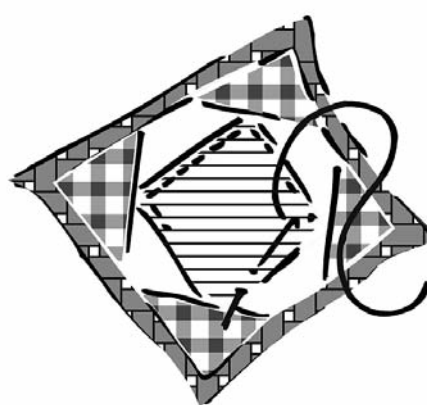


Learn to dance Cumbia with dance instructor **Adriana Sanchez** from Colombian Soul and **DJ Ray Robelo** from Jazz Caliente Entertainment. Influenced by Indigenous, African and European music, this dance style is a fantastic representation of the diversity in Latin America and Latino community.

22380 FOOTHILL BLVD • HAYWARDAREAHISTORY.ORG • 510-581-0223

Fourth of July at Meek Park - FREE!
Monday, July 4, 11am-3pm
Explore Meek Mansion and learn about this local historic house. Participate in a new history scavenger hunt along with games, crafts, live music, and food. In partnership with HARD.

22380 FOOTHILL BLVD • HAYWARDAREAHISTORY.ORG • 510-581-0223



July 16 & 17, 2016

Saturday 10 AM to 5 PM

Sunday 10 AM to 4 PM

Dominican Center
43326 Mission Circle, Fremont CA
(Enter from Mission Tierra)

Admission \$10
Free Parking/Children under 12 Free

Sponsorship from
KAISER PERMANENTE
Yishan Wong & Kimberly Algeri-Wong

Piecemakers Quilt Guild Presents

"Legacies of Love"

Quilt Show!

Quilts on Display

Boutique of Handmade Gift Items

Raffle Baskets—

Drawing on Sunday Evening

Merchant Mall—Items for the Quilter, Artist, and Crafter

Refreshments Available

Special Exhibit—Vintage Stitches, Embroiderers' Guild of America

Piecemakers Community Quilts Will Donate Quilts to Local Agencies
3:00 PM Sunday

www.piecemakersguild.org

THIS WEEK

Wednesday, Jun 29 - Sunday, Sep 4

Hayward Goes on Vacation \$

10 a.m. - 4 p.m.

Vacation memories of Hayward residents

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

Tuesday, Jul 1 - Sunday, Jul 31

Photography Showcase

Tues: 11 a.m. - 3 p.m.

Thurs: 1 p.m. - 4 p.m.

Wed, Fri & Sat: 11 a.m. - 5 p.m.

Variety of photos by local artists

Artist reception Sunday, July 3 - 1:30 p.m.
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org

Thursday, Jul 1 - Sunday, Aug 13

Watermarks

12 noon - 5 p.m.

California Watercolor Association display

Artist reception Saturday, July 9 - 4 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Tuesday, Jun 28

Grand Opening Dedication Schreiber Center

3:30 p.m. - 5:00 p.m.

Facility provides assistance to adults with disabilities

Schreiber Center
409 Jackson Street, Hayward
(510) 891-5650
http://www.acphd.org/schreiber-center.aspx

Wednesday, Jun 29

Ice Cream Social

2 p.m.

Sample homemade frozen treats

Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5065
rob.spitzel@hayward-ca.gov

Thursday, Jun 30

Cumbia Dance Lesson

6:30 p.m. - 8:00 p.m.

Fast paced Latin dancing

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

Thursday, Jun 30

Hearing Health Presentation - R

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

Strategies to prevent hearing loss

Updates in hearing aids
San Leandro Senior Center
13909 East 14th Street,
San Leandro
(510) 577-3462
www.sanleandro.org

Thursday, Jun 30

Preschool Concert

11:30 a.m.

Sing familiar songs with Rick Huddle

Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1421
www.aclibrary.org

Thursday, Jun 30

Ella Enchanted Live

7 p.m.

Young girl escapes life drudgery

Live action retelling of Disney tale

Barbara Lee Senior Center
40 North Milpitas Blvd.,
Milpitas
(408) 586-3400
www.ci.milpitas.ca.gov

Friday, Jul 1

BASIS Independent Coffee Social - R

9 a.m.

Information meeting for private school

One Liberty Street Building
39650 Liberty St., Fremont
(510) 775-5822
www.fremont.basisindependent.com

Friday, Jul 1 - Saturday, Jul 2

Live Blues Music

9 p.m.

Various artists

Smoking Pig BBQ
3340 Mowry Ave., Fremont
(510) 713-1854
www.smokingpigbbq.net



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We will transport you for FREE.

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M, T, W, Th, Sun 11am-10pm Expires 6/30/16
 Fri & Sat. 11am -11pm

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

510-727-0532
 Dine In - Take Out - Delivery (Limited Area & Time)
26775 Hayward Blvd. Hayward
 Present Coupon When Ordering. Mobile Coupons Not Accepted
 Offers Cannot be Combines.

Monday, Jul 4
Independence Day Celebration \$
 10 a.m. - 4 p.m.
Music, games and old fashioned fun
 Bring a picnic
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Monday, Jul 4
Fremont 4th of July Parade
 10 a.m.
Floats, drill teams, marching bands and balloons
 Downtown Fremont
 Capitol Ave. & Fremont Blvd.,
 Fremont
 www.fremont4th.org

Monday, Jul 4
Waving the Red, White and Blue Pool Party \$
 1 p.m. - 4 p.m.
Pool party, music, food and games
 Milpitas Sports Center
 1325 E. Calaveras Blvd., Milpitas
 (408) 586-3210
 www.milpitaschamber.com

Monday, Jul 4
Red, White and Boom Concert and Fireworks Show \$
 7 p.m. - 9 p.m.
No alcohol, tents or animals allowed
 No smoking event
 Milpitas Sports Center
 1325 E. Calaveras Blvd., Milpitas
 (408) 586-3210
 www.milpitaschamber.com

Monday, Jul 4
4th of July Family Festival and Picnic
 11 a.m. - 3 p.m.
Live music, food, games and crafts
 Meek Mansion
 17365 Boston Rd., Hayward
 (510) 581-0223
 www.haywardareahistory.org

Monday, Jul 4
Onboard the USS Hornet \$
 1 p.m. - 10 p.m.
Live music, car show and family activities
 USS Hornet Museum
 707 W. Hornet Ave, Alameda
 (510) 521-8448
 www.uss-hornet.org

Monday, Jul 4
4th of July Pancake Breakfast \$
 8 a.m. - 12 noon
Benefit for Alameda County Firefighters
 Newark Fire Station #3
 39039 Cherry St., Newark
 (510) 632-3473 x1320
 www.acgov.org/fire

Tuesday, Jul 5
Family Film: Minions
 7 p.m.
Adventures of minions serving despicable masters
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1421
 www.aclibrary.org

Tuesday, Jul 5
Kiwanis Club Meeting - R
 7 a.m.
Discuss small business practices
 Doubletree Hotel
 39900 Balentine Dr., Newark
 (510) 490-8390
 www.kiwanisfremot.org

Saturday, Jul 2
Barnyard Blacksmithing
 2 p.m. - 4 p.m.
Discover old tools of the past
 Garin Regional Park
 1320 Garin Ave., Hayward
 (510) 582-2206
 www.ebparks.org

Saturday, Jul 2
Healthy Parks, Healthy People Hike
 1 p.m. - 3 p.m.
Explore marsh and bay trails
 Ages 12+
 Coyote Hills Regional Park
 8000 Patterson Ranch Rd.,
 Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Jul 2 - Sunday, Jul 3
McConaghy Open House Tour \$
 11 a.m. - 4 p.m.
Discover historical family that lived in Hayward
 McConaghy Victorian House
 18701 Hesperian Blvd., Hayward
 (510) 581-0223
 www.haywardareahistory.org

Saturday, Jul 2
UCPD 50th Anniversary Celebration
 11 a.m. - 3 p.m.
Police Department hosts BBQ and family activities
 Union City Civic Center
 34009 Alvarado Niles Rd.,
 Union City
 (510) 471-1365
 https://local.nixle.com/alert/5661089/?sub_id=555129

Sunday, Jul 3
Ohlone Village Site Tour
 10 a.m. - 12 noon & 1 p.m. - 3 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, Jul 3
Hens Lay Eggs \$
 11:00 a.m. - 11:30 a.m.
Collect eggs from the coop
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Jul 3
Old Fashioned Butter Making \$
 1:30 p.m. - 2:30 p.m.
Churn cream into butter
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Sunday, Jul 3
Volunteer Orientation
 2 p.m. - 3 p.m.
Discover wildlife refuge volunteer opportunities
 SF Bay Wildlife Refuge
 1 Marshlands Rd., Fremont
 (510) 792-0222

Friday, Jul 1 - Sunday, Jul 3
Live Music
Fri: 8 p.m. The Groove Objective
Sat: 5 p.m. Touch of Class
Sun: 5 p.m. Joanne LeBlanc
 World Famous Turf Club
 22519 Main St., Hayward
 (510) 881-9877
 www.WorldFamousTurfClub.com

Saturday, Jul 2 - Sunday, Jul 3
Family Fun Hour
 2 p.m. - 3 p.m.
Stories, games and activities
 Coyote Hills Regional Park
 8000 Patterson Ranch Rd.,
 Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Jul 2
Campfire Program
 8 p.m. - 9 p.m.
Games, songs and stories around the campfire
 Anthony Chabot Campground and Park
 9999 Redwood Rd.,
 Castro Valley
 (510) 690-6677
 www.ebparks.org

Saturday, Jul 2
Chores for Little Farmers \$
 10:30 a.m. - 11:00 a.m.
Feed the livestock and hear stories
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Jul 2
Fun with Felting \$
 11 a.m. - 12 noon
Create toys from sheep's wool
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Jul 2
Corn Mosaics \$
 1 p.m. - 2 p.m.
Create a craft with rainbow corn
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Jul 2
Gorgeous Goats \$
 2:00 p.m. - 2:30 p.m.
Interact with gentle farm animals
 Ardenwood Historic Farm
 34600 Ardenwood Blvd.,
 Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Jul 2
Bird Walk
 8 a.m. - 10 a.m.
Enjoy bird life on a tranquil trail
 Age 12+
 Alameda Creek Trail
 Niles Staging Area
 Old Canyon Rd. in Niles
 District, Fremont
 (510) 544-3220
 www.ebparks.org

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*Seafood Excluded
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 Mushroom Chicken
 Sweet & Spicy Port Ribs
 Sweet & Sour Pork
 Broccoli Beef
 (Sml size) Chicken Corn Soup
 and much more....

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Party Trays & Catering
www.chinaexpressfremont.com
510-623-9393
39473 Fremont Blvd., Fremont
The Crossroads Shopping Ctr. Fremont Blvd. & Walnut

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 MODEL RAILROADS & MUSEUM

NILES.
 TO SAN FRANCISCO 367.4 MI. ELEVATION 497 FEET
 FREMONT, CALIFORNIA

Model Railroads | Museum |

Tri-City Society of Model Engineers
Looking for talented local artist

We are building a replica of the Niles, California area inside the restored Southern Pacific freight building and depot in old town Niles in Fremont.
The artist will be asked to paint a backdrop of the Niles and surrounding areas (hills, trees, etc.) on the inside walls of the building.

Contact: Bill 510-299-2279
37592 Niles Blvd. Fremont at the Niles Town Plaza

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

For Paws
 A 501(c) 3 Non-Profit Group
Spay and Neuter Clinic
Cats, Dogs, Rabbits and Male Rats

Call for low cost price estimate and or to schedule an appointment in our Fremont Clinic
APPOINTMENT ONLY
510-573-4660

Writer Wanted

Tri-City Voice is looking for an exceptional individual with excellent vocabulary, grammar and writing skills. A successful candidate is interested in interviewing and writing articles in a wide range of topics, focused on the Greater Tri-City area (Fremont, Newark, Union City, Hayward area, Milpitas, Sunol) and our Home and Garden Section including interviews with local developers, remodeling experts, architects, landscape, decorating and gardening professionals, hardware and computer aided design specialists.

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

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*Friday, July 8, 7pm - 9pm

Saturday, July 9, 10am - 3pm

Sunday, July 10, 12 Noon -3pm

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\$1.00 per inch Stacked

**For Information
510-494-1103**



Old Library/Teen Center

39770 Paseo Padre Parkway, Fremont (Enter Park at Sailway Drive)

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

continued from page 1

Watermarks opens at Olive Hyde

through a variety of community outreach programs that include workshops, exhibitions, and scholarships involving artists of all ages and levels.

Signature Members have had their work accepted to at least three of CWA's annual National Exhibitions, open to all artists, not just CWA members. One hundred sixty out of 600 CWA members are distinguished as Signature Members. This allows them to put CWA after their name on their artwork, considered an honor.

Mike Bailey, who served as the Juror for Selection, is a Signature Member of CWA, in addition to being a Signature Member of the two most prestigious national watercolor associations: American Watercolor Society (AWS) and National Watercolor Society (NWS). He has also a former president of NWS. His paintings are held in private and corporate collections across the United States, Europe, and Australia. After having painted enough "pretty pictures," Bailey chose to do things that were unusual – "beyond the obvious" – picking subjects or scenes from everyday life that are often overlooked. His mantra is "to exalt the mundane to the extraordinary."

Pablo Villicana Lara, the Awards Juror for the show, is the recipient of numerous awards from CWA and the "Best of Show" award from the Society of Western Artists. He has exhibited his work with AWS, Transparent Watercolor Society, Northwest Watercolor Society, and the International Guild of Realism. After years of working in oils and other media, Lara discovered the quality of light and clarity of colors that could be achieved with watercolors. This realization led him to work exclusively with watercolors for the past 25 years. Lara is proud of his Mexican and Native American heritage, which is clearly reflected in his work.

Out of the 44 works of art, Lara selected the 1st, 2nd, and 3rd place winners, along with five Honorable Mentions.

Karen Frey was awarded 1st place, with \$1,000, for her painting "Waiting for the Bus." Frey is a celebrated artist who graduated with a degree in Fine Arts from California College of the Arts in Oakland. She is a Signature Member of AWS, NWS, and Watercolor West, as well as a member of the Watercolor USA Honor Society. Frey paints both in watercolors and encaustics, noting their similarity in "fluidity and transparency." She likes the viewers to engage with her paintings for a personal interpretation. Her work is displayed at numerous permanent collections and exhibitions, locally and nationally.

Second place, with \$500, went to Margaret Washington for her recent work "Copenhagen Sunset." A native Californian, Washington studied graphic design and worked as a graphic designer until she took to painting in 1989. The recipient of many awards in juried art shows, her work has been displayed at various national shows, museums, and galleries. Light and shadow and strong composition are key elements in all of Washington's paintings. Currently an art teacher at a school in Campbell, CA, Washington also holds private and group lessons and workshops.

Larry Cannon placed 3rd, with \$250, for "Headwaters." Cannon, who graduated with a bachelor's and master's degree in architecture, moved from the Midwest to San Francisco. Inspired by the beauty of the American West, Cannon had an aching desire to express the spirit in visual form. He first tried photography, but settled on becoming a painter. He has since participated at various plein air events, and his work has been displayed at many exhibitions across the country. Cannon uses water media because of its fluidity, which provides beautiful rendition to the flowing forces of nature that he loves to paint.

Five Honorable Mentions with \$50 each, were awarded to the following Signature Members:

–Kathie Bossier, for "Incandescence"
–Robert Davidson, for "Alpine Glow at Donner Lake"
–Sue Johnston, for "Left Behind"
–Rita Sklar, for "Feeding Frenzy"
–Marilyn Wear, for "Fall at Fox Grove"

All awards will be presented on July 9 at the Reception. Against the backdrop of exemplary works of art, attendees will also be able to enjoy live music during the reception, courtesy of the Newark Saxophone Quartet (NSQ). NSQ is comprised of Jim Carter on soprano, Joel Jaffe on alto, Steve Leitner on tenor, and Maurice La Fleur on baritone.

We look forward to an exciting show!

**Watermarks
Friday, Jul 1 – Saturday, Aug 13
Thursday–Sunday, noon – 5 p.m.**

**Artists Reception & Awards
Saturday, Jul 9
4 p.m. – 6 p.m.**

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

Park It

By NED MACKAY

You can **celebrate Independence Day the old-fashioned way** at Ardenwood Historic Farm in Fremont. From 10 a.m. to 4 p.m. on Monday, July 4, the farm will swarm with all kinds of early 1900s-style festivities. Activities planned include patriotic music on the lawn of the historic Patterson House, fiddle music in the farmyard, and games, contests and races such as nail-driving, egg toss, watermelon seed spitting for distance, a fire bucket brigade, and a tug-of-war. You can bring your own picnic or purchase food at the farm.

Ardenwood is located at 34600 Ardenwood Blvd., just north of Highway 84. The fee for the event is \$10 for adults, \$8 for seniors 62 and older, \$5 for children ages 4 through 17, and free for kids 3 and under. Parking is free. For more information, call (510) 544-2797.

Elsewhere in the East Bay Regional Parks, the gang at Crab Cove Visitor Center in Alameda will participate in the city's annual Fourth of July Parade from 9:30 a.m. to 1 p.m. on Monday, July 4 with the park's mobile visitor center, and parade watchers are welcome to "swim" along for part or all of the route.

Then from 2 p.m. to 4:30 p.m. there's open house at the center itself, with family-friendly activities all afternoon. Crab Cove also will host one of the Sunday Stroll series from 10 a.m. to noon on July 3. It's a flat four-mile round trip from the center down the beach to Elsie Roemer Marsh, then back along the paved streetside path. Dogs are not allowed on the beach.

Crab Cove is at 1252 McKay Ave. off Alameda's Central Avenue. For information, call (510) 544-3187.

And as usual, there's lots going on at the Environmental Education Center and Little Farm in Tilden Nature Area near Berkeley. "**Udderly Good Butter**" is on the menu from 1 p.m. to 2 p.m. on Saturday, July 2. *Meet the Little Farm's cows*, then churn some milk into butter. The program repeats on July 20.

Animals sleep, too, or at least become less active. During "Good Night Farm" from 3:30 p.m. to 4 p.m. on Saturdays, July 2, 16, and 30, you can help the farmer feed the chickens, goats and cows, then put them down for the night.

And there's a Little Farm sing-along from 2 p.m. to 3 p.m. on Sunday, July 3 and again on July 17, led by naturalist Trent Pearce. Trent will distribute books of old-time songs about farming, work and play.

As long as we're at Tilden, the center has two recurring animal programs during which you can learn about their lives and how they keep safe from predators. "Advice from an Animal" is from 11 a.m. to 11:30 a.m. every Saturday in July and August. On July 2 the cows are your advisers. And you can talk with the animals from 11 a.m. to 11:30 a.m. every Sunday in July and August. Geese are the gurus on July 3.

The center and Little Farm are both at the north end of Tilden's Central Park Drive. For information, call (510) 544-2233.

Naturalist Trent also leads **insect safaris** in various regional parks. One such expedition will be from 10 a.m. to 11:30 a.m. on Sunday, July 3 at Briones Regional Park. Meet Trent at the Bear Creek Staging Area on Bear Creek Road about five miles east of the intersection with San Pablo Dam Road in Orinda. For information, call (510) 544-2233.

Big Break Regional Shoreline in Oakley offers all kinds of hands-on arts, **crafts and natural history activities** from 11 a.m. to 2 p.m. every Saturday and Sunday. And from 10 a.m. to 11 a.m. on Saturday, July 2, there's a program showcasing live turtles in their natural habitat. Big Break is located at 69 Big Break Rd. off Oakley's Main Street. Entry is free. For information, call 888-327-2757, ext. 3050.

A final word about Fourth of July: it tends to be one of the busiest days in the regional parks, especially those that offer swimming. So if you're planning a picnic, be sure to arrive early. If all picnic tables are taken, you can spread blankets on lawn areas. Portable barbecues are okay on turfgrass, but not on dry grass fields. Please dispose of coals only in the concrete receptacles designed for that purpose, not in regular trash barrels. Fire is always a concern.

Please follow any instructions from lifeguards, park staff, firefighters or police, especially if there's an emergency. No fireworks of any kind are allowed in the regional parks. Smoking is prohibited as well. With that in mind, have a safe, sane and enjoyable celebration of Independence Day.

Central Park Summer Concert Series

SUBMITTED BY THE CITY OF FREMONT

The Central Park Summer Concert Series returns with the scenic backdrop of beautiful Lake Elizabeth on July 7. The 2016 concerts run through August 11 and will feature a variety of musical genres and performers. All concerts are held at the Central Park Performance Pavilion on Thursdays and are free and open to the public. Parking lots near the concert venue fill up by 5 p.m., so plan to arrive early if you want a good spot.

Diablo Road kicks off the festivities with their bold, energetic country music. They are the house band at the Saddle Rack in Fremont and considered to be one of the hottest bands on the Nor-Cal music scene. Diablo Road is a who's-who of Nor-Cal all-star musicians, fronted by the always dynamic Jewels Hanson, of "Nashville Star" success.

Concert Cuisine will be provided by Kinder's with a mouthwatering menu that varies week to week! Also featured at the concerts is the Kids' Fun Zone, a kid-friendly environment sponsored by Bay Area Jump.

The 2016 Summer Concert Series is presented by Dale Hardware & Washington Township Medical Foundation. Also a special thank you to Niles Rotary, Solar City, Bay Area Jump, and Kinder's for sponsoring this year's concert series.

For more information, call (510) 494-4300 or e-mail RegeRec@fremont.gov.

**Central Park Summer Concert Series
Thursday, Jul 7 – Thursday, Aug 11
6 p.m. – 8 p.m.
Central Park Performance Pavilion
4000 Paseo Padre Pkwy, Fremont
(510) 494-4300
www.fremont.gov
Free??**

Schedule:

July 7: Diablo Road (The Saddle Rack's country band)

July 14: Jukebox Heroes (decades of Billboard hits)

July 21: Pop Fiction ('80s hits, '70s disco and more)

July 28: AjaVu/Stealin' Chicago (hits by Chicago & Steely Dan)

Aug 4: Evolution (ultimate tribute to Journey)

Aug 11: East Bay Mudd (big horn band playing R&B hits)

Summer Concert Series

You've got the sun, your shorts and sandals – what else do you need to jump into summer? How about those sweet musical strains that soundtrack so many summer memories? Concert series are now kicking off in the Tri-Cities with something for every musical taste. Grab a friend, your shades, and a picnic and kick back and enjoy!

CASTRO VALLEY

Chouinard Summer Concert Series
Sundays, 4:30 p.m. - 8:30 p.m.
Chouinard Vineyard and Winery
33853 Palomarea Rd, Castro Valley
(510) 582-9900
www.chouinard.com/winery-event-calendar/
www.brownpapertickets.com
Cost: \$45 per car (six people max.)

Aug 7: Americana Rock in the Vineyards – Dream Posse
Aug 21: '70s – 2000s Dance Pop in the Vineyards – Dawn Coburn, SugarBeat

FREMONT

Central Park Summer Concert Series
Thursdays, 6:00 p.m. – 8:00 p.m.
Central Park Performance Pavilion
40000 Paseo Padre Pkwy, Fremont
(510) 494-4300
www.fremont.gov
Free

July 7: Diablo Road (The Saddle Rack's country band)
July 14: Jukebox Heroes (decades of Billboard hits)
July 21: Pop Fiction ('80s hits, '70s disco and more)
July 28: AjaVu/Stealin' Chicago (hits by Chicago & Steely Dan)
Aug 4: Evolution (ultimate tribute to Journey)
Aug 11: East Bay Mudd (big horn band playing R&B hits)

Niles Home Concert Series
Saturdays, 6:00 p.m. – 9:30 p.m.
Historic Niles

37735 Second St, Fremont
(510) 825-0783
www.facebook.com/NilesHomeConcert
Tickets: \$20 suggested donation; attendance by advanced RSVP only

Jul 23: Skye & Goldenberg and Glass House
Aug 27: The New Thoreaus and I Am Not Lefthanded

HAYWARD

Hayward Street Party
Thursdays, 5:30 p.m. – 8:30 p.m.
B Street (between Foothill Blvd and Watkins St), Hayward
(510) 537-2424
www.hayward.org
Free
Jul 21: Third Sol, Zebop, and The Royal Deuces
Aug 18: Patron, Native Elements, The Royal Deuces, Hayward High School Marching Band

Hayward Municipal Band Concerts in the Park
Sundays, 2:30 p.m.
Tony Morelli Bandstand, Memorial Park
24176 Mission Blvd, Hayward
(510) 569-8497
www.haywardmunicipalband.com
Free

Every Sunday, Jun 19 – Jul 17
Musical styles include Classical, Popular, Big Band, Jazz, Musicals, Latin and more
Check website mid-week for upcoming program

Hayward Odd Fellows Summer Concert Series
Sundays, 1:00 p.m. – 5:00 p.m.
Hayward Memorial Park
24176 Mission Blvd, Hayward
fgoulart@pacbell.net
www.HaywardLodge.org
Free

Aug 7: Mariachis and Baile Folklorico (benefiting East Bay

Center for The Preservation of CulturalArts
Aug 14: Blues Concert: Blues Concert: Chris Marquis and the Sycamore 129 Blues Band (benefiting Family Emergency Shelter Coalition), with Guest Celebrity Chef Mark Salinas

Aug 28: Feel good music of Sezu with Kari & the SweetSpOts (benefiting South Hayward Parish)
Sep: 11: Blues & Jazz Concert: 3 O'Clock Jump Big Band and Tablues (benefiting Mt Eden High School Choirs), with Guest Celebrity Chef Hayward City Council Member Francisco Zermeño

Sep 18: Jazz Concert: What's Up Big Band and the LaHonda All Stars Band (benefiting Hayward-La Honda Music Camp)
Sep 25: "Uncle Rico's" Original Rock 'n Roll featuring The Hypnotones, Hayward High School Marching Band, Band and Jazz Band members (benefiting Hayward High School Instrumental Music Program), with Guest Celebrity Chef Mark Salinas and donations from Chavez Market

MILPITAS

Milpitas Summer Concert Series
Tuesdays, 6:15 p.m. – 8:15 p.m.
Murphy Park
1645 Yellowstone Ave, Milpitas
(408) 586-3210
www.ci.milpitas.ca.gov
Free

Jul 12: Fast Lane
Jul 26: Big Blu Soul Revue

NEWARK

Music at the Grove
Fridays, 6:30 p.m. – 8:00 p.m.
Shirley Sisk Grove
Cedar Blvd at NewPark Mall, Newark
(510) 578-4405
www.ci.newark.ca.us
Free
Jul 8: Refugees (Tom Petty Tribute)
Jul 22: Houserockers
Aug 5: The Killer Queens

Fairgrounds development moves ahead

SUBMITTED BY LAUREL ANDERSON

The County of Santa Clara is inviting business operators and investors to submit qualifications and expressions of interest for development of the Santa Clara County Fairgrounds no later than 9 a.m. on August 23. At that time, responses will be opened at the County Executive's Office, 70 West Hedding St., 11th Floor, San Jose, CA 95110.

The County will hold a public meeting on August 30 where potential business operators and investors will present their qualifications and concepts for the 150-acre fairgrounds land.

The goal is to transform the Fairgrounds land into a vibrant re-

gional community gathering place with recreational opportunities for residents and visitors. It is expected that most community events currently taking place at the Fairgrounds will continue being hosted onsite in the future, including the annual County Fair.

The Board of Supervisors approved the Request for Qualifications (RFQ) and Expression of Interest at its Board meeting on June 21 following multiple community and Board meetings to keep the public informed each step of the way. The draft RFQs were presented at a public open house in May, and then again at a Board meeting on June 7.

This RFQ represents the first stage in a competitive process

that will be followed by a Request for Proposals (RFP) from which one or more business operators/investors will be selected to enter into negotiations for the development and use of some or all of the Fairgrounds. While the County is strongly encouraging interested parties to participate in this RFQ process, the County may also consider a proposal during the RFP process from an entity that did not participate in the RFQ.

Residents who want to receive e-mail notifications of community meetings or events can leave their e-mail address at the "Contact Us" link at www.sccgov.org/fairgrounds



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For more information about the Bookmobile call (510) 745-1477 or visit www.aclibrary.org.
Times & Stops subject to change

Monday, July 4 No Service

Tuesday, July 5

9:30 - 10:00 Daycare Center Visit, FREMONT
10:40 – 11:30 Daycare Center Visit, NEWARK
4:30 – 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT
5:50 – 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT

Wednesday, July 6

12:45 – 1:15 Glenmoor School, 4620 Mattos Dr., FREMONT
2:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

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

Tuesday, June 28

10:00 – 11:15 Daycare Center Visit, FREMONT
1:45 – 2:30 Fremont Hills Senior Living, 35490 Mission Blvd., FREMONT
4:50 – 5:30 Mariner Park, Regents Blvd. & Dorando Dr., UNION CITY
5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, June 29

2:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
4:15 – 4:50 Lone Tree Creek Park, Starlite Way & Turquoise St., FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, June 30

9:30 – 10:30 Daycare Center Visit, UNION CITY
10:40 – 11:10 Mission Gateway Apts., 33155 Mission Blvd., UNION CITY
11:30 – 12:00 Station Center, Cheeves Way, UNION CITY

Monday, July 18

11:45 – 1:00 SanDisk Corporation, 951 Sandisk Dr., MILPITAS
1:30 – 2:00 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS



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Details: Type 1 Bus Drivers will need type 2 certification to drive a 15-passenger school bus, and Type 2 Bus Drivers will need type 1 certification to drive an 85 passenger school bus.

QUESTIONS?

- 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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 Newark.org/jobs

Colts Soccer Academy fall competitive tryouts and summer program

SUBMITTED BY FERNANDO COLMENARES

Colts Soccer academy is proud to announce its competitive program tryout dates and summer academy program.

Fall 2016 Competitive Soccer: Fremont Colts FC (Boys) and Fremont Flash Soccer (Girls) try-out dates for the fall 2016 competitive program are now posted. Tryouts are open for boys and girls born from 2002 - 2009 that want to play on our first division teams (Gold, Premier) and that want to compete with the best teams in Northern California. Full commitment from player and parent is expected and demanded to participate in our high level program. For more information visit our website at: <http://www.fremontcoltsfc.org/competitive-program/competitive-tryouts/>

Summer Academy Programs: Colts Soccer Academy (CSA) with the direction of U.S. Youth Soccer Region 4 Competitive Coach of the Year, Ricky Garcia, is happy to post the schedule for its summer soccer school program. Summer Soccer school sessions are available throughout the summer starting the week of June 27 and offer half and full days of soccer fun. For more information, visit the CSA website at: <http://www.fremontcoltsfc.org/academy/>

Fall 2016 Recreation Program: Colts Soccer Academy (CSA) will begin to accept applications for its fall recreation program starting June 27. Special discounts and gift will be given to the first 100 players that sign up. Check our website on June 27 to take advantage of our volunteer driven, staff coach-guided recreational development league. CSA is where every player plays. For more information visit: <http://www.fremontcoltsfc.org/recreation/>

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6943 Thornton Ave., Newark

Water Polo: Record 14 CSUEB Pioneers earn ACWPC All-Academic Honors



SUBMITTED BY STEVE CONNOLLY
PHOTO BY CATHARYN HAYNES

The Cal State University East Bay (CSUEB) water polo team placed 14 student-athletes on the 2016 Association of Collegiate Water Polo Coaches (ACWPC) All-Academic list. The Pioneers set a new program record with 14 honorees, eclipsing the previous mark of 10, which was achieved by the 2014 squad.

CSUEB also earned ACWPC All-Academic Team recognition thanks to its 3.34 team grade point average, which is the highest of any team in the Western Water Polo Association (WWPA). This marks the 13th time the Pioneers have earned All-Academic Team honors under head coach Lisa Cooper.

Cheyenne Brady, Tori Dettloff, Brooke Hodgkinson, Brandi Carroll, and Olivia Mackell led the way for East Bay, capturing "Outstanding" accolades by achieving a 3.71 GPA or higher.

Jenn Lightbody, Makenna Nation, Nikki Vaughan, Taylor Cross, Katelyn Clark, Simonne Call, and Sabrina Hatzler all posted GPAs between 3.41 and 3.70 to earn "Superior" recognition. Shelby Higginson and Cheyenne Pena notched "Excellent" status with GPAs between 3.20 and 3.40.

Eight of CSUEB's 14 honorees have now won the award multiple times. Call and Lightbody capped off impressive careers and captured All-Academic honors for the fourth consecutive year. Cross and Mackell are now three-time honorees, while Clark, Dettloff, Hatzler, and Higginson were awarded for the second time.

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Mission San Jose Wins Junior Shaughnessy Championship



SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Mission San Jose LL Juniors won the 2016 CA District 14 Junior Shaughnessy by easing by a determined Warm Springs squad 4-3 on June 21st. Warm Springs LL had the tying run on third and the winning run on first when the WSSL batter hit a screaming line drive that was snared by the MSJLL pitcher to end an exciting and well played game. Congratulations to Mission San Jose on winning the 2016 CA District 14 Junior Shaughnessy!

Senior Helpline

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Serving individuals 60+ and their families in Fremont, Newark and Union City, CA

Care coordination, paratransit assistance, counseling, health promotion and caregiver support.

CITY OF Fremont
 Human Services Department

Turbin Academy trains future gridiron greats

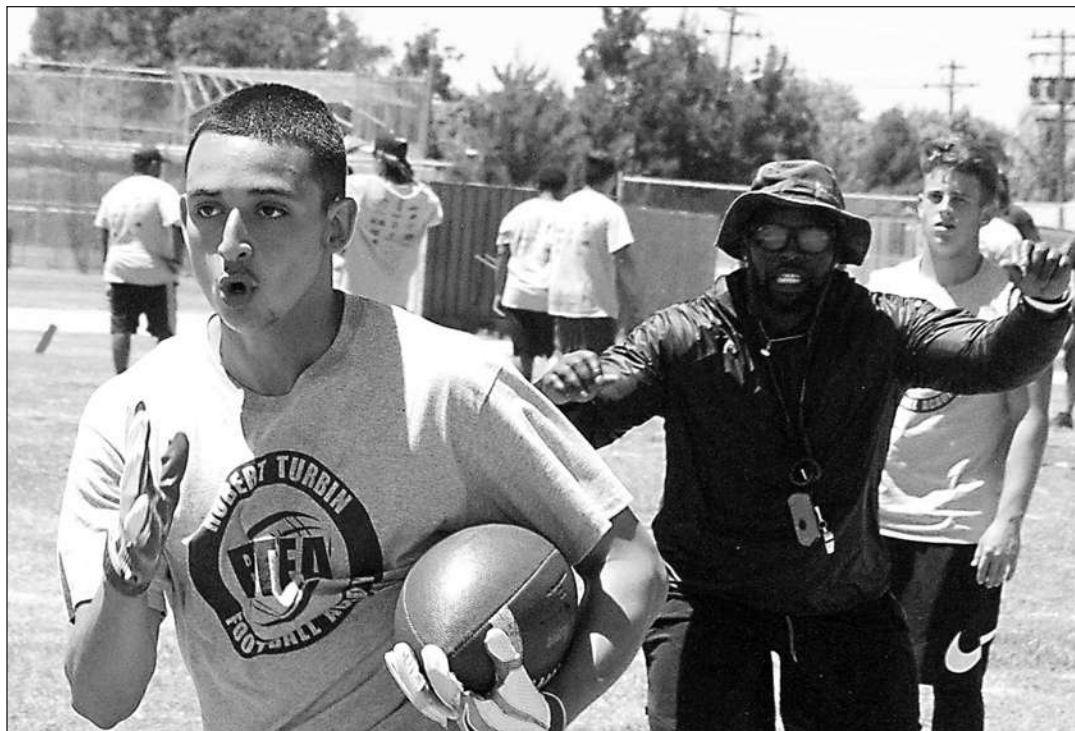
SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

For young aspiring football players, the Robert Turbin Academy Football Camp on June 25th provided a unique one-on-one training opportunity with NFL players. These NFL players donated their time to train potential football stars. Of course they enjoyed their on-field time too which takes them back to their younger days.

Some of the training included: basic ball handling, handoffs, blocking, and one-on-one coverage. All money from this event was donated to Robert's RUNNIN4U Foundation.

NFL Players donating their time at football camp included:

- Robert Turbin – Indianapolis Colts, #33
- Marlon Moore – Cleveland Browns, #5
- Dion Balley – New York Jets, #34
- Victor Butler – New York Jets, #57
- Terrance Mitchell – Houston Texans, #38



District 14 Minor Invitational briefs

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The 2016 CA District 14 Minor Invitational began June 18th as Mission San Jose Little League slipped by the Centerville National Little League Minors, 6-7.

Niles-Centerville Little League beat the Newark American LL squad 10-1 and will face MSJLL at Vallejo Mills School in one of the two Semi-Final Games.

Warm Springs Little League handled the Newark National Little League team 8-1, while Centerville American Little League eased by Fremont American Little League 12-9.

WSLL and CALL will square off in the second Semi-Final Game also at Vallejo Mill School. Winners of the Semi-Final Games will advance to the Championship Game at, you guessed it, Vallejo Mill School! All game saw great defense and great plays at home plate



Turbin Academy Kickoff

SUBMITTED BY MIKE HEIGHTCHEW

Kicking off Robert Turbin's Academy Football Camp weekend, Robert made the rounds in the Bay Area on Friday, June 24th. He visited Oakland's Kaiser Hospital Children's Ward before meeting with coaches, camp participants, and friends at Pacific Commons' Buffalo Wings restaurant for dinner, raffle and a coaches meeting.

With the completion of the dinner, excitement rose throughout the restaurant as the raffle began. Prizes included autographed tee shirts; pictures from Robert's time with the Seahawks, Cowboys, Browns and Colts; a bicycle, Robert Turbin goodie bags; a fire pit; and Oakland A's baseball tickets.

Winners included: Kevin Shue, JessicaShue, Filemon Mora, David Thomson, Renee Tran, Katie Washington, Andrew Ybarra, Damian Diaz/Eduardo Flores, Rashonda Gill, Amy Rodrigues, Kim Martinez, Nolan Ramos.

The night wound down as Robert met with the coaches to review the Saturday and Sunday football camp agenda.



Niles-Centerville Minor Invitational Champs!

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

In one of the most exciting games in the District 14 post season, the Niles-Centerville LL Minors took home the 2016 CA District 14 Minor Invitational Championship on June 22nd with a thrilling 10-9, 7 inning victory over a determined Centerville American LL team.

CALL took an early lead and going into the bottom of the 6th, held a 8-5 lead. NCLL put three runs on the board to tie the game and send it into extra innings. CALL scored a run in the top of the 7th for a 9-8 lead. The leadoff batter for NCLL then got his first hit of the season, an inside the park home run down the left field line to tie the game. NCLL loaded the bases and with one out got a walk off single to win the game and championship!

Congratulations to Niles-Centerville Little League on winning the 2016 CA District 14 Minor Invitational Championship!

OPINION

TRI-CITY VOICE
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WILLIAM MARSHAK

Boards, councils and commissions

Over my years with Tri-City Voice I have had an opportunity to observe a variety of meetings conducted by city councils, commissions and boards that have a significant impact on how our governments operate. It is instructive to compare the manner in which meetings are conducted and decisions made. Since the number of meeting times, days and venues are limited, it is impossible to attend all meetings, but no matter what the subject, lessons can be learned from observing just a few.

For instance, recently, the AC Transit Board of Directors announced that it would vary its meeting venue from the usual Oakland location in June, July and August. I have been unable to attend

these meetings and was curious about board members and agenda items. On Wednesday, June 8th, I not only watched an interesting discussion about the liabilities AC Transit faces when only minimally engaged in development projects, but also learned about a one year pilot project that provides flex bus service in Newark. Additional Board meetings are scheduled July 27 at 5 p.m. at Hayward City Hall and August 10 at 5 p.m. at Fremont City Hall. These are rare opportunities, outside traveling to Oakland, for the public to watch and understand how this agency's Board operates.

It makes sense for county-wide agencies and government encompassing a wide area to make an effort for all citizens to observe and participate in their deliberations. Holding meetings in a variety of venues more convenient for constituents is laudable and, like AC Transit, doable. The Alameda County Board of Supervisors should think about an annual foray to other venues just as AC Transit has done. Also, Union Sanitary District, Alameda County Water District and other regional entities such as Washington Hospital Healthcare System might consider occasional alternate venues since their board rooms

are a bit distant from some of their customers.

A corollary thought to an annual change of venue is for those serving on boards, commissions and councils to visit other meetings as an observer. It can be illuminating for those who are accustomed to serving in the spotlight to watch other proceedings as part of the public without the limelight. Watching their own behavior and proceedings on a taped replay can be instructive, but visiting other meetings without fanfare can help mold future behavior as well. Even though many of our elected officials serve on a variety of committees, they remain part of the show, rather than in a purely observational role. It never hurts to watch, listen and learn.

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Peace Pole Celebration

SUBMITTED BY NEENA BARRETO
PHOTO COURTESY OF MIKE JONES

On Thursday, May 26, 2016 Pioneer Elementary School in Union City held a dedication ceremony for the new Peace Pole at their



school's entrance. The Peace Pole, a monument that displays the message, "May Peace Prevail On Earth" on each of its four sides, is one of tens of thousands planted in 180 countries worldwide. Pioneer's Peace Pole also features the peace message translated in Farsi, Hindi, Mandarin, Spanish, Tagalog, and Vietnamese to represent the languages spoken at their school.

Principal Cheri Benafield presided over the ceremony, reminding the hundreds of students and parents in the audience that, "the world is not always a peaceful place, but when you set foot here on our campus, it will be a peaceful place."

The Peace Pole was donated by the Keanaaina family, and in honor of them and Pioneer Elementary, the Peace Pole Project will plant 10 trees on the African continent in thanks for their support of world peace.

The Keanaaina family and Pioneer Principal Cheri Benafield with their certificate from the Peace Pole Project.

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Obituaries



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

Myrtice H. Wilkins
RESIDENT OF FREMONT
October 1, 1930 – June 4, 2016

Anne S. Ng
RESIDENT OF FREMONT
March 27, 1942 – June 6, 2016

Herminia G. Montoya
RESIDENT OF FREMONT
May 12, 1939 – June 16, 2016

Melissa Ann Burris
RESIDENT OF FREMONT
July 6, 1981 – June 20, 2016

Maria S. Rangel
RESIDENT OF HAYWARD
June 27, 1935 – June 20, 2016

Mathew S. Vilayaseril
RESIDENT OF KERALA, INDIA
January 23, 1941 – June 20, 2016

Randall Leon Jones
RESIDENT OF SACRAMENTO
January 27, 1966 – June 21, 2016

Cecil "Ed" E. Moore, Jr.
RESIDENT OF FREMONT
March 4, 1924 – June 21, 2016

Virginia Baca
RESIDENT OF NEWARK
February 9, 1924 – June 27, 2016

Stephen Montano
RESIDENT OF NEWARK
February 29, 1996 – June 22, 2016

Stephen Scott Murray
RESIDENT OF FREMONT
October 18, 1955 – June 25, 2016



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



Manuel F. Melo
RESIDENT OF NEWARK
November 22, 1940 – June 2, 2016

June M. Bateate-Dawson
RESIDENT OF FREMONT
January 3, 1935 – June 8, 2016

Vincent A. Rall
RESIDENT OF FREMONT
March 9, 1934 – June 10, 2016

Clara Jabin
RESIDENT OF SAN FRANCISCO
January 29, 1917 – June 12, 2016

Jacquelyn F. Hughes
RESIDENT OF FREMONT
December 8, 1930 – June 14, 2016

Conand S. Mead
RESIDENT OF FREMONT
October 31, 1926 – June 18, 2016

Shirley A. Glavin
RESIDENT OF FREMONT
February 22, 1935 – June 18, 2016

Toribio Miranda
RESIDENT OF FREMONT
April 20, 1954 – June 20, 2016

Naresh Putta
RESIDENT OF FREMONT
April 27, 1989 – June 18, 2016

Roy R. Dieterich
RESIDENT OF PLEASANTON
October 2, 1954 – June 21, 2016

Sr. Eileen M. Ahern
RESIDENT OF FREMONT
May 18, 1924 – June 22, 2016

Harold P. Seymour
RESIDENT OF FREMONT
May 5, 1924 – June 23, 2016

Rose M. Hively
RESIDENT OF PEBBLE BEACH
December 15, 1918 – June 22, 2016

Ian Ni-Lewis
RESIDENT OF FREMONT
July 26, 1971 – June 23, 2016

Lilen Lu
RESIDENT OF FREMONT
November 2, 1922 – June 23, 2016

Maria D. Padilla
RESIDENT OF FREMONT
July 23, 1965 – June 23, 2016

Margaret Watson
RESIDENT OF FREMONT
August 29, 1943 – June 25, 2016

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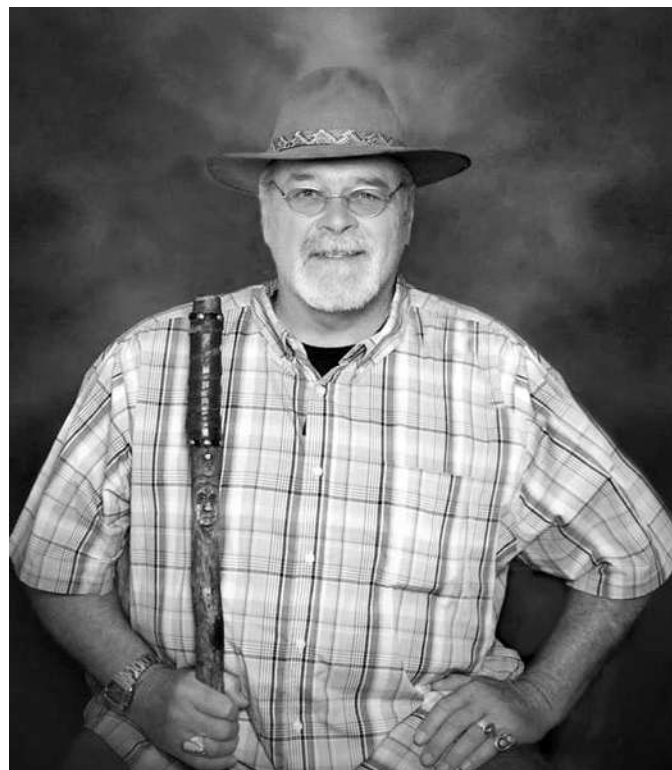
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Obituary

Gary DeWayne Phelps

August 1, 1948 - June 13, 2016



Please join us for a luncheon to share memories and celebrate a life lived to the fullest.

Thursday June 30, 2016 – 1:00 pm
Gala Event Hall
37270 Niles Blvd.
Fremont, Ca. 94536

Please contact me with any questions at 510-938-4142. Thank you.

Obituary

Herminia Montoya

May 12, 1939 – June 16, 2016

Resident of Fremont

Herminia Gutierrez Montoya passed on June 16th, 2016 at Washington Hospital in Fremont, California at the age of 77 years old after a brief illness. Herminia was born on May 12th, 1939 in Medicion, Imus, Cavite, Philippines. She graduated high school from Imus Institute in 1955. She then attended Far Eastern University and completed her BSE ED degree. Herminia was married to Ernesto Montoya of Imus, Cavite in January of 1973.

Herminia was an Elementary school teacher and taught at Medicion Elementary School for 20 years. After teaching she and her husband migrated to the United States in 1991 to join her mother Ines and her siblings Roberto and Estrellita Gutierrez Puntero. They lived in Fremont, California.

Herminia was preceded in death by her husband Ernesto, her parents Herminigildo and Ines Gutierrez, her brothers Herminigildo Jr. and Roberto Gutierrez, and her sister Florcerpida Gutierrez Resurrection. She is survived by her sister Estrellita G. Puntero; her brother-in-law Antonio Puntero; her sister-in-law Merly

Gutierrez; her nieces and nephews: Ruby and Renato Simpauc, Lily Gutierrez and Tony Pearson, Meliza G. Lechadores, Robert Gutierrez Jr., Maria Fe Resurrection, Novelyn and Aymart Burlaza, Edwin and Day Resurrection, Raymond Resurrection, Lito and Arlene Resurrection, Gemma G. and Raul Ablaza, Gina G. and Joey Igtiben, Gilbert and Satomi Gutierrez, and Phillip G. and Elvira Puntero; and many great nieces and nephews.

Visitation will be held on Wednesday, June 22nd, from 4-8pm with a Vigil at 6pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Visitation will be held on Thursday, June 23rd, from 4-5pm at the funeral home. Funeral Mass will be celebrated on Thursday at 5:30pm at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. Visitation will follow from 6:30-8pm back at the funeral home. Inurnment at Imus Cemetery in Imus, Cavite, Philippines.

Fremont Memorial Chapel
510-793-8900

Deer crashes into Dallas-area car, ends up in back seat

AP WIRE SERVICE

PLANO, Texas (AP) — A Texas driver had an unexpected passenger when a deer trying to dash across a Dallas-area toll road crashed into his car and ended up in the back seat.

KXAS-TV (<http://bit.ly/1RTNL1g>) reports Christopher Coleman of Frisco wasn't hurt but the deer died after smashing through his windshield.

Wednesday afternoon's incident was captured on security video along the Sam Rayburn Tollway in Plano.

Coleman says he noticed the deer on the side of the road, briefly "admired it" and then he heard a bang as the windshield broke and the animal entered his car. The deer ended up wedged behind the driver's seat.

Coleman says he's amazed at not being injured and is just happy to be alive.

Obituary

Anne Shizuyo Ng

March 27, 1942 – June 6, 2016

Resident of Fremont

Anne Shizuyo Ng, beloved mother, grandmother, sister, auntie, and friend, passed away peacefully at the age of 74 on Monday, June 6th, 2016 at home surrounded by her loving family. Born in 1942 in Stockton, California to Hikota and Fusaye Nishimoto, she lived in the Central Valley until her marriage to Edward Ng on February 14th, 1969.

Anne and Edward called Fremont, CA home, and it was there that they raised two children and developed a strong network of friends. Anne dedicated over 20 years of service to the Fremont Unified School District as a teachers' and office aide, mainly at Patterson Elementary School, where she touched the lives of both school staff and students alike. Her positive manner and helpful ways nurtured life-long relationships built from humor, respect, love, and friendship.

A creative spirit, Anne loved crafting, scrap-booking, baking, and collecting. She had a love for dolls and board games, bowling and traveling. In the past ten years, Anne developed a special fondness for Julie Andrews - her movies, music, and children's books. She even took a short trip to London, England to see Ms. Andrews perform live in concert.

With her radiant smile, Anne lived her life fully, with abundant dedication to her family. Although a gentle person, her inner strength - allowing her to survive multiple bouts of cancer and other health issues - embodied the courage of a lion.



Anne is survived by her son Scott Ng; daughter and son-in-law Charisse and David Feldman; her two grandchildren: Alex and Ella; brother George "Taka" Nishimoto; and a host of adored nieces, nephews, family, and friends.

Anne's husband Edward and sister Nancy Yada preceded her in death in 2007 and 2009 respectively.

The family would like to thank those that cared for Anne over the past 4 years and Sutter VNA Hospice for their care during her final weeks of life. Memorial services for Anne will be held on Sunday, July 17th, 2016 at 2:00pm at the Southern Alameda County Buddhist Church at 32975 Alvarado-Niles Road, Union City, CA 94587. In lieu of flowers, please consider a memorial donation to In Our Lifetime 501 (c)3, P.O. Box 470981, San Francisco, CA 94147-0981 or online at www.classy.org/annengmemorial-fund.

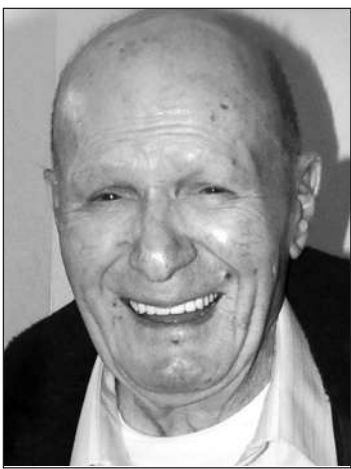
Fremont Chapel of the Roses
510-797-1900

Obituary

Cecil Edward "Ed" Moore, Jr.

March 4, 1924 – June 21, 2016

Resident of Fremont



Cecil Edward "Ed" Moore, Jr., beloved husband, father, grandfather, and great-grandfather passed away peacefully at his home of 53 years in Fremont, California, surrounded by his loving family on June 21st, 2016. Ed was born on March 4th, 1924, in Bremerton, Washington, to Cecil and Gladys (Cease) Moore.

As a teen, he enlisted and proudly served in the United States Navy for 22 years, retiring as Chief Petty Officer. He married the love of his life, Patricia Ann McKinney, on Veterans Day, November 11th, 1955. After living in various states during his military career, Ed settled his family in Fremont in 1963, where he enjoyed the American Dream with family and neighbors. Upon retirement from the Navy, he worked as a police dispatcher for the Oakland and Fremont Police Departments for over 15 years.

Ed truly loved his family and their close extended family of neighborhood friends enjoying regular block parties, frequent poker games, bowling, and other activities. He was the life of every party with his dry wit and humor

which will be greatly missed. A faithful patriot, he could be seen raising and lowering his flag every day. Ed loved to putter and tinker around the house - a handyman who could fix almost anything. So much so, his family joked he needed a helmet to protect him from his many minor injuries.

Ed leaves his wife of 60 years, Patricia "Pat"; children: Steven E. Moore (Patricia) of Saratoga, Timothy "Tim" L. Moore (Elizabeth) of Fremont, and Kara T. Gutierrez (Anthony) of Fremont; grandchildren: Matt (Kasie), Meagan, Joey, Amy, Stephanie, and Nathan; and great-grandchildren: Trey, and Matty. Also survived by his nephew Randy Barrows, and other family and friends who adored him. Ed's cherished granddaughter Melissa Burris, his sister Shirley Blow, and his niece Suzanne Bruce predeceased him.

The Moore Family thanks everyone who helped care for Ed and support Pat during his final years, especially the caring hospice team from VITAS. A special note of gratitude to Chaplain William and hospice nurse Christina, whose visits Ed dearly anticipated and enjoyed and were with him at his peaceful end.

A Memorial Service will be held on Sunday, June 26th, 2pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Inurnment at Sacramento Valley National Cemetery in Dixon, CA.

In lieu of flowers, please consider a memorial donation to VITAS in Ed's name - <http://www.vitas.com/community-connection/donate>

Fremont Memorial Chapel
510-793-8900

Fremont approves innovative program to save energy and water

SUBMITTED BY SEVERN WILLIAMS

The City Council of Fremont has voted to make the HERO Property Assessed Clean Energy (PACE) program available to local residents. HERO PACE financing enables homeowners to make energy- and water-efficiency improvements and pay for them over time through their property tax bill. HERO payments may have tax benefits, and homeowners may see immediate savings on utility bills. Residents of Fremont may begin submitting applications to HERO this fall.

Locally, also Hayward, Union City, as well as residents of unincorporated areas, now have access to this public-private partnership. San Leandro has approved the program and is due to launch this fall.

California is still in a state of drought, despite this winter's El Nino. Eligible retrofits give homeowners a fast, affordable way to conserve water. HERO has a wide variety of products to help homeowners cut down on water use, including high-efficiency toilets, faucets and showerheads; drip irrigation systems; rainwater catchment systems; gray water systems; and artificial turf and other drought-tolerant landscaping.

A wide variety of energy-saving products are available through HERO as well. Some of HERO's most popular products include including solar power panel installations, whole-home heating and cooling (HVAC) systems, energy-saving windows and doors, and roofing and insulation.

PACE has been adopted to address a problem conventional financing products have not solved. Each year, several million homes in the U.S. will have systems replaced that affect energy or water consumption - such as Heating Ventilation Air Conditioning (HVAC), windows, roofs, and water heaters - in most cases because existing products are failing. Unfortunately, the majority of homeowners still select the least-efficient solution because homeowners are not sure how long they are going to stay

in their home. These solutions end up being the most expensive when taking into account the total cost of ownership when energy or water costs are factored in.

The HERO Program provides crucial new options to homeowners to choose more efficient improvements: PACE finances 100 percent of the home improvement, requiring no upfront cash outlay; the term of the financing is based on the useful life of the product, up to 20 years, lowering the size of monthly payments; and collection is conducted through regular property tax payments. The products installed must meet federal and state efficiency standards, potentially enabling homeowners to lower monthly utility bills and help pay for the cost of the improvement over time.

PACE was also designed to help achieve public policy objectives. The \$1.56 billion financed through HERO to date are projected to save \$2.7 billion on energy bills, conserve 9.8 billion kWh of electricity, reduce emissions by 2.69 million tons (the equivalent of taking 513,000 SUVs off the road for a year), and save 4.6 billion gallons of water (the equivalent of 147 million showers). HERO has already generated a local economic impact of more than \$2.71 billion in California.

PACE enables local governments to add additional requirements to protect consumers not found in other payment options like credit cards or home equity loans. For example, the HERO Program requires contractors to be licensed with the state and in good standing with HERO, homeowners to obtain all required permits, products and labor to meet fair pricing standards, homeowners to use products certified as efficient by the U.S. Department of Energy or water-conserving by the Environmental Protection Agency, and that payment only be made when the homeowner signs off that the job has been successfully completed.

For more information please visit www.HeroProgram.com

Milpitas City Council Meeting

June 21, 2016

Proclamations and Presentations

- Proclaim June as Parks and Recreation Month
- Present Youth Advisory Commission Scholarship for 2016 to Amanda Nguyen
- Recognition of Milpitas High School Principal Cheryl Lawton
- Recognition of Campaign Finance Reform Committee members

Public Hearings

- Conduct a public hearing and adopt a resolution approving the site development permit, conditional use permit, tentative subdivision map and environmental assessment for the McCarthy Creekside Development located at 625 North McCarthy Boulevard.
- Conduct a public hearing and adopt a resolution approving environmental assessment, site development permit and an exception to the city's supplemental water use restrictions for the Anton Mixed-Use apartment development at 730-750 (4 ayes, 1 absent: Barbadillo)
- Conduct a public hearing and adopt a resolution approving the annual Engineer's report and the levying of assessment for landscaping and lighting maintenance at the McCarthy Ranch.
- Conduct a public hearing and adopt a resolution approving the annual engineer's report and the levying of assessment for landscaping and lighting maintenance for Sinclair Horizon.

- Conduct a public hearing and adopt a resolution approving updates and additions to recreation fees.

Reports of Officers and Commissions

- Approve Park & Recreation donation of an historic rail farm cart for the Alviso Adobe Park.

New Business

- Receive evaluation committee report and authorize city manager to negotiate a solid waste collection agreement with the Shortlisted Proposers. (4 ayes, 1 nay: Giordano)
- Consider requests from American Cancer Society and St. Elizabeth Catholic Church to waive fees in an amount between \$1,500 and \$2,650 for annual Relay for Life and for the Church's Parish Festival.
- Approve updated city of Milpitas facility use manual.
- Approve out of state travel for city employees in fiscal year 2016-17.

Ordinances

- Waive first reading and introduce ordinance amending Milpitas Municipal Code.

Resolutions

- Adopt a resolution opposing the 0.5% sales tax ballot measure on November 8, 2016 put forth by Santa Clara Valley Transportation Authority.
- Adopt resolutions calling for three ballot measures related to land use for the November 8, 2016 election.
- Adopt resolution approving memorandum of understanding with the Milpitas professional and technical group.
- Adopt resolution approving memorandum of understanding with the mid-management and confidential unit.
- Adopt a resolution annexing

certain real properties along South Milpitas Boulevard and authorize the city manager to execute the subdivision improvement agreement.

Agreements & Bids

- Approve the McCandless Property Joint Use Agreement between the city of Milpitas and Milpitas Unified School District.
- Authorize the city manager to execute an agreement with the county of Santa Clara for the fiscal year 2016-17 senior nutrition program.
- Approve amendment to the agreement with MIG for planning services and amendment to the agreement with M Group for planning services extending terms by one year to June 30, 2017 and adding \$150,000 to each agreement.
- Authorize renewal of an agreement for workers' compensation insurance contracted via Brown & Brown of California and Authorize payment.
- Authorize execution of an agreement with San Jose Water Company for design and construction of a recycled water intake.

- Approve plans and specifications and authorize advertisement for bid proposals for park access improvement and resurfacing.
- Authorize the city manager to extend for one term with the current Santa Clara County for emergency medical services with an expiration date of June 30, 2019.

Mayor José Esteves Aye
Vice Mayor Carmen Montano Aye
Debbie Indihar Giordano Aye, 1 nay
Greg Barbadillo Aye, 1 absent
Marsha Grilli Aye

Grand opening of Schreiber Center

SUBMITTED BY GUY ASHLEY

Alameda County Health Care Services Agency is announcing the Grand Opening of the Schreiber Center on Tuesday, June 28 in Hayward. This is a celebration of a specially designed program that focuses on the emotional and mental health of adults with developmental and intellectual disabilities.

The Schreiber Center was named in honor of Drs. Mary Lu and Robert Schreiber, two well respected psychiatrists who provided services to thousands of individuals with intellectual and developmental disabilities in Alameda County. The

Center is a specialty mental health clinic for adults with intellectual and developmental disabilities served by the Regional Center of the East Bay. For more information, visit <http://www.co.alameda.ca.us/health/>

Grand Opening of Schreiber Center
Tuesday, Jun 28
3:30 p.m. – 5 p.m.
409 Jackson St, Hayward
Sandi.Soliday@acgov.org
<http://www.co.alameda.ca.us/health/>

continued from page 34

COMMUNITY BULLETIN BOARD

<p>Neighborhood "Village" Non profit to Help people stay in their homes as they age Eden Area Village is developing a non-profit membership group. Public outreach meetings held first Friday each month at 2pm Hayward City Hall, 777 B St. Hayward. Next Meeting May 6 & June 3rd.</p>	<p>Tropics Mobil Home Park's BINGO Every Wednesday Flash games played at 6:30 pm Payout ranges from \$100 to \$300 Weekly Door Prizes Snack Bar Open at 5 pm 33000 Almaden Blvd. Union City</p>			<p>FATHERHOOD CLASSES Fremont Family Resource Center 39155 Liberty St. (at Capitol), Fremont RSVP (510) 333-3478 or bento@relationshipsca.org FREE Class starts June 9 Relationship & Parenting Skills & Job Search Skills</p>
		<p>Enjoy a FUN HEALTHY activity LEARN TO SQUARE DANCE KEEWAY SWINGERS SQUARE DANCE CLUB-BEGINNER'S CLASS starts Thursday, Sept 15 Niles Veterans' Memorial Bldg. 37154 2nd St. Fremont First 3 Thursdays are FREE 510-471-7278-408-263-0952 www.keewayswingers.com</p>		
<p>Most Joyful Volunteer work LIFE ElderCare - VIP Rides Drive seniors to appts/errands 4 hrs/month Flexible scheduling. Call Valerie 510-574-2096 vdraeseke@fremont.gov www.LifeElderCare.org</p>			<p>Travel with Friends Choose from many home stays with Friendship Force club members around the world. Share our way of life with visitors & make new friends on 5 continents. Enjoy variety of Bay Area Activities www.ffsfa.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857</p>	

Quarry Lakes re-opens for swimming

SUBMITTED BY CAROLYN JONES

Grab your beach towel and sunscreen - Quarry Lakes has re-opened for swimming as of June 25! The East Bay Regional Park District (EBRPD) announced that the popular swim facility in Fremont is now open, after having been closed in early March due to toxic algae.

The Alameda County Environmental Health Department cleared the lake to re-open after tests showed little or no toxins for at least a month. The highest result during the past month was 1.3 parts per billion, well below the state's maximum safety threshold of 6

parts per billion. Park District tests have shown the lake has had little or no toxins for at least a month. Dogs are still not permitted to swim in the lake, but the lake continues to be safe for fishing.

Quarry Lakes is open for swimming from 11 a.m. to 6 p.m. Lifeguards are on duty. Fees are \$3 for visitors ages 16 to 61, \$2 ages 1 to 15 and seniors over age 62. Parking is \$5. Quarry Lakes Regional Recreation Area is located at 2100 Isherwood Way, Fremont. For water quality updates and more information, please see http://www.ebparcs.org/features/Toxic_Algae_Update

CSUEB professor searching for five million fungi

SUBMITTED BY KIMBERLY HAWKINS

Cal State University East Bay (CSUEB) assistant professor Brian Perry estimates there are five million different fungi (eukaryotic organisms, mushrooms, etc.) worldwide waiting to be identified and named. And, the race is on.

With many of the planet's best locations for biodiversity being destroyed, Perry and others are in a race against time to find and identify them all before it's too late.

"We're surveying the diversity of organisms and determining what's there," he said. "In all these places, we're saying, 'No one's ever been to this place and

done a full documentation of the fungal biodiversity.'"

Perry has been focusing on sampling plants in Hawaii and hypothesizes that it's the fungi that are responsible for the many health and pharmaceutical benefits of plants, not simply the plants themselves.

His work identifying and cataloging fungal endophytes - microscopic fungi that live inside plants - carries several important implications. Scientists know little about the workings of these fungi, making them a particularly exciting frontier for examination. For example, learning about endophytes' relationships to their host plants could save many endangered species or help

farmers build resistance to pathogens.

"With the endophyte project, we're talking about big evolutionary questions," Perry said. "When we look at endophytes that are living in native plants, we want to know: Did they coevolve with their host plants? Did they go through adaptive radiation (rapid evolutionary diversification of an organism)? Where did they come from?"

With his students, Perry has been cultivating fungi samples at CSUEB so they can be sent to and cryopreserved at the USDA for the next wave of scientific study.

For more information, visit csueastbay.edu



(L to R): Sen. Bob Wieckowski with Tri-Cities Ecology Center Chair Gus Morrison

Wieckowski honors Tri-Cities Ecology Center

SUBMITTED BY JEFF BARBOSA

State Senator Bob Wieckowski (D-Fremont) honored the Tri-Cities Ecology Center (TCEC) as the Nonprofit of the Year for Senate District 10 at the California Nonprofits Day celebration in the State Capitol on June 22. Nonprofit leaders from across the state were recognized on the Senate and Assembly floors.

TCEC, an all-volunteer organization, has played a large role in southern Alameda County environmental issues since 1971 when it opened a local recycling center.

"For 45 years, TCEC has remained at the forefront of every major environmental issue occurring in southern Alameda County," said Wieckowski, the chair of the Senate Environmental Quality Committee. "Whether it's expansion of the Don Edwards San Francisco Bay National Wildlife Refuge, protecting local wetlands, supporting SB 1263 to ensure safe drinking water in California, or rescuing 53 poplar trees in Fremont Central Park, its volunteers have organized and advocated for

environmental improvements and preservation. A major achievement was spearheading the drive for the successful 1981 Fremont Hill Initiative. Our hillside is preserved today as a result of the tremendous leadership of the TCEC."

TCEC is also active in improving San Francisco Bay water quality, encouraging water and energy conservation, recycling, composting and environmental education activities.

"It is an honor to be selected as Nonprofit of the Year by Sen. Bob Wieckowski," said Donna Olsen, TCEC founder and board member. "It is a tribute to our volunteers who have staffed the center for over 45 years. Thanks to them, TCEC has made our area an example of environmental activism, which will have a lasting effect for years to come."

Long-time TCEC member and former Fremont Mayor Gus Morrison represented the organization in the Capitol.

Senator Wieckowski represents the 10th Senate District, which includes southern Alameda County and northeast Santa Clara County.

Return of the River

SUBMITTED BY REV. JEFFREY SPENCER

"Return of the River" is a film about the largest dam removal project in the history of the United States, and the extraordinary effort to restore an eco-system and set a river free. But it doesn't stop there.

The film reveals a clash of values around a natural resource. To the Lower Elwha Klallam Tribe, the river is a source of life and abundant salmon, central to the tribe's culture and economy. New settlers to the Olympic Peninsula see the river as a source of electric power, essential for industry.

Early proponents of dam re-

moval were told that the idea was crazy. The film follows the complex journey from crazy idea to community consensus to celebrated success story and the return of the river. In that respect, the film is also a case study of how change happens.

The public is invited to a free screening of "Return of the River" on Saturday, July 9 at Niles Discovery Church. A discussion led by James Starr, a habitat biologist who has worked on the Elwha River, will follow the screening.

"This is a film about possibility," said the Rev. Jeffrey Spencer, Senior Pastor at Niles Discovery Church, "for people and the planet."

In the words of Senator Bill Bradley onscreen, "Here, in the success of our collective action on the Elwha, is a template for success on climate change ... and hundreds of other issues. It will be the great gift of the Elwha: Hope."




The Second Saturday Documentary Series is co-sponsored by Niles Discovery Church and the San Jose Peace & Justice Center.

Return of the River
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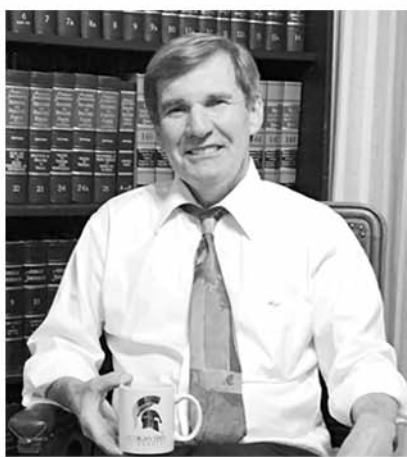
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Fremont Police Log

SUBMITTED BY GENEVA
BOSQUES, FREMONT PD

Friday, June 17

Newark police called for assistance with a perimeter following an armed robbery in their city. Sgt. Decker and K-9 Madsen took a team of officers to assist. During the search in Newark, Sgt. Magana was flagged down near Thornton and I-880 freeway by Milpitas police who advised they were pursuing armed robbery suspects who committed a similar crime in their city. The suspect vehicle crashed while exiting I-880 at Thornton. One suspect was taken into custody and the driver fled on foot. California Highway Patrol (CHP) handled the perimeter and a helicopter responded. K-9 Madsen, Fremont PD officers, and Newark officers responded to Thornton and teamed up with Milpitas PD and CHP to search for the outstanding suspect, which met with negative results. The descriptions of the suspects from both cities matched and are possibly related.

Saturday, June 18

At approximately 11:30 a.m., dispatch broadcasted a "be on the lookout" from Newark PD regarding a suspect who had just left the scene of a hit-and-run, non-injury collision. The suspect vehicle was last seen travelling at 80 mph on Cherry toward Automall Parkway. Within about 5 minutes, multiple 911 calls began to come in regarding a vehicle, matching the description driving recklessly in the area of Automall. The calls continued as the vehicle traveled from Automall to the Irvington 5-Corners area, to

Paseo Padre, Stevenson Boulevard and then Mission Boulevard. During this time speeds were reported from 60-80 mph and the driver was often reported as driving on the wrong side of the road. Based on the suspect's reckless driving and disregard for the public's safety multiple officers responded to the area. More calls continued to flood our dispatch center and at least three victims reported having their vehicles hit by the suspect. As the vehicle passed Stevenson Place, officers attempted to make a traffic stop. The suspect failed to yield and a short pursuit was initiated and then terminated. Officers were unable to keep up with the vehicle at times due to the high speed and unsafe driving conditions. The suspect was seen driving through McDonald's and then entered I-680 driving northbound in the southbound lanes. The suspect was eventually stopped by CHP in Pleasanton. The suspect surrendered and was taken into custody and arrested by CHP. Unbeknownst to the officers, the suspect, later identified as a 30-year-old adult male, had a 2-year-old child on his lap while he was driving. Sgt. O'Connell responded to the scene and determined that CHP was taking the investigation and they were charging the male for felony evasion, driving under the influence and felony child endangerment. We documented our hit and run collisions.

Sunday, June 19

At 2:45 p.m., a reporting party called and reported a baby inside a locked vehicle and the engine running in a parking lot on the 43800 block of Osgood Road. As officers are responding the vehicle left. Officers learned that the suspect drove the vehicle to Pacific Commons. When Ofc. Settle located the vehicle, he found that the engine was run-

ning with the air conditioning on, the door was unlocked and a child was asleep in a car seat. The father returned and was arrested for two counts of felony child endangerment and a family member responded to the scene to take custody of the child.

Tuesday, June 21

Officers investigated a commercial burglary at a business on the 4900 block of Paseo Padre Parkway. Upon arrival officers found the backside of an ATM breached and the cash box removed. Case was investigated by Community Service Officer (CSO) Anders.

Wednesday, June 22

Officers responded to a chain snatch robbery on the 5000 block of Horat Terrace. The victim told officers that she was ringing a doorbell when an unknown male came up from behind, reached over her shoulder and pulled her gold necklace up and over her head. The suspect immediately fled and was last seen running westbound on Horat Terrace. The suspect was described as a black male adult, approximately 30 years old, 5'8" with a skinny build, and was last seen wearing a green or gray hooded sweatshirt.

A witness called to report an office in the 39000 block of Civic Center was just burglarized by a male wearing a construction vest. This male was last seen running near Walnut/Civic Center and officers quickly responded to the area. Officers saw the male running and with the assistance of community members, found the suspect inside one of the buildings at Kaiser. The suspect refused to comply with orders. The 25-year-old adult male, Richmond resident, was arrested for robbery after it was found that he pushed a female witness to the ground trying to escape the victim business.

Union City Police Log

SUBMITTED BY LT. MATIAS
PARDO, UNION CITY PD

Over the past month, there were five residential burglaries in the area of Alvarado Boulevard and Union City Boulevard. They all occurred late at night, while residents were home and asleep. The crooks would typically enter homes by finding an unlocked door or forcing a locked door open. They searched the homes for valuables and would also steal one or more cars as they left. Because of the burglaries, officers were doing extra checks in the neighborhoods. One evening, Ofc. Jimenez and Ofc. Garcia were on late night foot patrol when they spotted a stolen car from a prior burglary. The driver slowed the car just long enough to let his passengers get out and run, then the driver went a short distance before jumping out of the car and fleeing on foot. After a short chase, Ofc. J. Martin caught the driver; the passengers got away. Detectives were called out in the middle of the night to continue the investigation. They

identified and arrested two other suspects, leading to a total of three arrests, and recovered some of the stolen property. The burglars live in Union City and range from 15 to 17 years old.

Monday, June 13

At around 12:00 p.m., Ofc. Willson was dispatched to a business in the 34500 block of Alvarado-Niles Road on the report of a robbery that had just occurred. Three suspects entered the store approximately three times. On the last entry, one of the suspects jumped the counter and stole lottery tickets and cash. They all fled on foot. The suspects were described as black males in their 20s.

Wednesday, June 15

At around 12:30 p.m., Ofc. Martin took the report of a grand theft case. The victim received a call by a suspect who said he was with the Department of Homeland Security and had a warrant for her arrest. The victim followed instructions and bought \$3,000 worth of iTunes gift cards, then provided the gift card numbers to the suspect over the phone. She soon realized she was the victim of a scam.

At around 2:30 p.m., Ofc. Moreno responded to a report of a grand theft. The victim said he

responded to a Craigslist ad to buy Warriors game tickets. He met with the suspect at a Union Landing business and paid \$2,000 in cash for the tickets. When the victim arrived at the game, he was told that the tickets were fake.

Thursday, June 16

A residential burglary occurred on the 2100 block of Decoto Road. Two similar burglaries occurred between June 16, 2016 at 8:00 a.m. and June 17, 2016 at 8:00 a.m. In both cases, padlocks to storage units were cut. The loss in one incident was blankets, but there was no loss in the other incident.

Saturday, June 18

At around 2:30 p.m., Ofc. Bedford responded to the 34800 block of Mission Boulevard on the report of a grand theft. Sometime between Friday morning and Saturday morning, someone stole the saddlebags, main bike computer and fuel controller off a motorcycle.

A commercial burglary occurred on the 30900 block of Dyer Street around 3:30 a.m. A side glass door was smashed, but there was no loss.

BART Police Log

SUBMITTED BY LES MENSINGER

Saturday, June 18

At 9:42 p.m., a patron reported that their black Trail brand single speed mountain bike was stolen from the north racks at Union City Station between 10:00 a.m. and 3:00 p.m. The victim secured the bike with a cable lock.

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City of Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

Fremont's 4th of July Parade Returns

Fremont's 4th of July Parade is back for another year on Monday, July 4 at 10 a.m. This exciting event will include everything from unique floats, marching musicians, and massive balloons to old-school vehicles, drill teams and more. The 1-mile long parade will start on Paseo Padre Parkway at Stevenson Boulevard and run all the way down Paseo Padre and end at Capitol Avenue, lasting for about two hours. The City asks that parade attendees please avoid parking vehicles in the private lots surrounding the parade route. The parade is organized and funded by the Fremont 4th of July Parade, a 501(c)(3) nonprofit community organization.

The Fremont 4th of July Parade Committee is seeking volunteers for the day of the parade from 7:30 a.m. to 12 p.m. If you would like to volunteer as an individual or with a group, or for additional parade information, please visit www.Fremont4th.org.
Join in on America's Night Out Against Crime

The 33rd Annual National Night Out is set for Tuesday, August 2. This night is meant to heighten awareness around crime and drug prevention; generate support for and increase participation in local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals, letting them know that neighborhoods are organized and serious about combating crime. Last year's National Night Out campaign included citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations, and local officials from more than 10,000 communities across all 50 states, U.S. territories, Canadian cities, and

military bases worldwide. Join us this year by organizing, registering, and hosting a block party to raise awareness.

Register your National Night Out party to be considered for a visit by the Police Department, Fire Department, or other City staff and volunteers. Registration will be open through July 28. Visit www.FremontPolice.org/NNORE for complete details. If you have questions about National Night Out in Fremont, call (510) 790-6740.

Assistance will be provided to those requiring accommodations for disabilities in compliance with the Americans with Disabilities Act of 1990. Interested persons must request the accommodation at least two working days in advance of the meeting by contacting the Community Engagement Unit at (510) 790-6740.

Fremont's Community Ambassador Program for Seniors Draws 100+ Volunteers

Volunteers learn about local resources and services to support Fremont's senior residents

The City of Fremont's national award-winning Community Ambassador Program for Seniors (CAPS) has attracted over 100 additional volunteers. Volunteers learn about topics including active listening skills, aging 101, transportation and mobility services, housing options, end-of-life issues, social security benefits, Medi-Cal, and several local senior programs and services.

Once trained, the CAPS Ambassadors conduct outreach to seniors in their own communities, language, and cultural norms, and do so where local seniors live, worship, and socialize. Ambassadors serve as a bridge between the formal network of social services and their respective communities, and to ensure older adults have access to vital services and programs. The City of Fremont Human Services Department has a long history of partnering with community organizations that serve the elderly. Yet there remain a significant number of seniors who are un-

derserved due to lack of awareness of services, physical isolation, inability to speak English, and cultural barriers.

The City has partnered with more than 10 ethnic and faith organizations and now, with the new group of volunteers, is able to expand to neighborhood groups such as the Niles community, senior mobile home parks, and places such as senior centers, senior housing facilities, libraries, farmers markets, health fairs, rotary clubs and more. For more information on the CAPS Program, visit www.capseniors.org.

Summer Concert Series

The Central Park Summer Concert Series returns with the scenic backdrop of beautiful Lake Elizabeth. The 2016 concerts take place between July 7 and August 11 and will feature a variety of musical genres and performers. All concerts are held at the Central Park Performance Pavilion (next to 40204 Paseo Padre Pkwy.) on Thursdays from 6 p.m. to 8 p.m. and are free and open to the public. Parking lots near the concert venue fill up by 5 p.m., so plan to arrive early if you want a good spot. For more information, visit www.Fremont.gov/Concerts.

Movie under the Stars!

Join the City of Fremont Recreation Services Division for two Friday night movies this summer on July 22 and August 19. The movies will start in the evening after sunset. Both events are free, so grab some blankets, low beach chairs, and a picnic dinner to enjoy two great flicks with your family this summer. New this year, vote online and pick your favorite movie. Movie choices include: Minions, Finding Nemo, Good Dinosaur, Jumanji, Zootopia, Inside Out, and more. Voting deadlines ends three weeks before each movie. Don't wait and cast your vote. For more details and to vote, visit www.Fremont.gov/MovieNight.

Summer Camps

Recreation Services summer camps run through August 30 and have everything your child needs to stay active, healthy, en-

gaged, and entertained all summer long. Camps vary in length from a couple of hours to a full day. Many camps also have extended care options available. For more information, visit www.Fremont.gov/Camps or email RegeRec@fremont.gov. Follow us on Facebook!

Sign-up Now for a No-Cost Green House Call

Fremont residents can receive a no-cost home efficiency assessment and installation of energy and water-saving appliances from California Youth Energy Services (CYES). During a CYES "Green House Call," youth energy specialists will: walk through the house, looking for energy saving opportunities; replace all incandescent bulbs with energy saving CFLs and LEDs; install high-efficiency showerheads and faucet aerators to help save water; set up smart power-strips to control phantom loads; and conduct a solar PV analysis.

Appointments are available in Fremont for both homeowners and renters throughout the summer. Sign up online at www.fremont.gov/greencall or call (510) 665-1501, ext. 5. The CYES Green House Call service is offered by Rising Sun Energy Center and is supported by funding from Pacific Gas & Electric Company, the City of Fremont, and Alameda County Water District.

Events in Downtown Fremont – Summer Schedule

Summer events are in full swing in Downtown Fremont, complete with a new "venue" to showcase the rise of Fremont's new Downtown: Capitol Avenue. Fremont Street Eats has returned for its fourth season in Downtown Fremont, located on the new portion of Capitol Avenue between Fremont Boulevard and State Street. Experience eclectic flavors from a variety of gourmet offerings in a fun setting every Friday, May through October, from 4:30 p.m. to 9 p.m.

The 2nd Annual Fremont Burger and Brew Fest returned on May 21 on Liberty Street between Capitol and Walnut Avenue. As one of the Bay Area's

newest and most delicious events, attendees enjoyed samples from Bay Area craft breweries, tasted an assortment of wines, and noshed on burgers and sliders from local food vendors and restaurants. Upcoming events include the Fremont 4th of July Parade, Fremont Festival of the Arts on August 6-7, and the Festival of India on August 13-14. Also, Downtown Date Night at Fremont Street Eats is back by popular demand, taking place on September 23.

Food Scraps Recycling Now Available at Fremont Apartment Complexes

Studies indicate that 44 percent of waste from Fremont's multi-family complexes can be composted. Recent state and county laws recognize this and require businesses and residents, including multi-family complexes, to arrange for compost collection. Until now, green bins for collecting yard trimmings and food scraps were only available to single-family homes. Recent pilot studies have shown that residents living in multi-family complexes will do their part to put organic materials in the green bins, helping to reduce landfilled waste.

Now, apartment and condominium complexes can add composting to their recycling routine. Beginning in 2016, apartments, townhomes and condominiums have the option to add green bin service. When composting service is added, each residential unit will receive a small kitchen pail to use inside the home to collect compostable materials. The pail is then emptied into the green bin when needed.

City staff can meet with homeowner associations, property owners and managers to set up food scrap collection. Fremont residents may contact the City's Environmental Services Division by calling (510) 494-4570 or emailing environment@fremont.gov to discuss options for their complex.

New independent school to open this fall

SUBMITTED BY DR. ASHLEY LEYBA
PHOTOS COURTESY OF
BASIS INDEPENDENT SCHOOLS

In August, BASIS Independent Fremont, a brand new, innovative private school, will open its doors to its first K-5 classes for the 2016-17 school year. While classes are filling up, the



school is still accepting applicants through a rolling admissions cycle. As the Head of School and a Fremont resident, it has been a pleasure getting to know the families who have enrolled and hearing what they are looking for in a school. We are excited to bring BASIS Independent's unique approach to education to kids and families in Fremont.

BASIS Independent Fremont is a part of the nationally ranked BASIS.ed network, which was founded to transform American education to the highest international levels. The BASIS.ed network is comprised of 27 schools including our sister school BASIS Independent Silicon Valley in San Jose, independent schools in Brooklyn and Manhattan, NY, and McLean, VA; 21 charter schools throughout Arizona, Texas, and Washington, D.C.; and one international school in Shenzhen, China.

So what can you expect when the doors open at BASIS Independent Fremont? Expect an engaging environment that



inspires students to challenge themselves. Expect internationally benchmarked BASIS.ed curriculum that brings an inventive STEM-focused, liberal arts education to students. Expect teachers who teach math and science curriculum, English, and foreign languages in a way that encourages students to reach the very highest levels, teachers who are brimming with enthusiasm and excitement about educating their students. At the primary level (K-4), expect a two-teacher classroom—one, the Learning Expert Teacher, to ensure all students in the class have their needs met, and the other, the Subject Expert teacher, that shares their vast knowledge of the subject they teach.

Boiled down, the BASIS.ed formula is simple: we continually improve our exceptional curriculum; we hire bright, passionate teachers who are experts in their subjects; and we teach students to find what inspires them, and to ask and answer questions without hesitations or limits. What we deliver our students is an intimate school that inspires high achievement and is intellectually open to the world.

We are excited to have joined the community and are proud to call Fremont home. This city is thriving with

contemporary businesses and families. Just as BASIS Independent is an innovator in contemporary education, the people who live in Fremont are innovators, too. They want the best.

BASIS Independent Fremont will open offering K-5 but we will expand our grade offerings through eighth grade incrementally each consecutive year by enrolling K-6 in 2017, K-7 in 2018 and K-8 in 2019. Based on demand from the local community we also have plans to expand so that students have the opportunity to attend a BASIS Independent high school program right here in Fremont.

Prospective parents and students are invited to learn more at two upcoming

sessions, "Coffee with BASIS Independent Fremont Head of School" on Friday, July 1 and "BASIS Independent Fremont Information Session" on Thursday, July 14. Join us to meet the school's leadership and learn more about BASIS Independent's philosophy, mission, and program offerings. Registration is requested. Those interested can also learn more or apply by visiting [visit fremont.basisindependent.com](http://www.fremont.basisindependent.com).

**Coffee with BASIS
Independent Fremont Head of School
Friday, Jul 1
9 a.m.
<http://fremont.basisindependent.com/signup/coffee-with-head-of-school.php>**

**BASIS Independent Fremont
Information Session
Thursday, Jul 14
7 p.m.
<http://fremont.basisindependent.com/signup/info-session-sign-up.php>**

**Temporary BASIS Independent
Fremont offices
39650 Liberty St, Ste. 400, Fremont
(510) 775-5822
[fremont.basisindependent.com](http://www.fremont.basisindependent.com)
Registration requested**



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Musical Direction by Matthew Bourne
Choreography by Gary Stanford

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Feeling great? You ought to see a doctor.

At Washington Township Medical Foundation, we believe there's no better time to see your doctor than when you're feeling healthy. That's the best time for a routine checkup, and to take stock of your overall health picture to help prevent potential problems. Starting at the age of 20, you should have your cholesterol and blood sugars checked regularly to help ward off cardiovascular problems. Prostate checks for men are recommended once you're in your 40s, as are mammograms for women. And at 50, a colonoscopy is a highly effective procedure to catch conditions that could

possibly lead to cancer. These are just a few of the tests your care team can help you schedule if needed. We will help you stay on top of and prevent cardiovascular disease, cancer, diabetes and other potentially significant health issues. If you need follow-up visits with a specialist, WTMF has a wide range of Board Certified physicians who work as a team with your primary care physician. If hospital treatment is required, we're affiliated with award-winning Washington Hospital, located right here in our community. So, if you want to stay healthy, a WTMF doctor is a choice you can feel really good about.



To find out more, visit our website at www.mywtmf.com or call (866) 710-9864