



Diamond sparkles even brighter!

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February 7, 2017

Vol. 15 No. 6

Fremont Symphony Orchestra presents

Valentine Concert

SUBMITTED BY
CARYL DOCKTER

Love is in the air as the Fremont Symphony Orchestra presents another of its popular Valentine-themed concerts on Saturday, February 11 at Prince of Peace Lutheran Church in Fremont.

Music will include "Siegfried Idyll," Wagner's tender birthday gift to his wife, Cosima; Brahms' "Liebeslieder Waltzes"; Rachmaninoff's haunting "Vocalise"; Santori's "Con te Partiro" (Time to Say Goodbye); and special

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Soprano Hope Briggs. Photo courtesy of Hope Briggs



Soprano Nicolle Foland. Photo courtesy of Nicolle Foland



Dawn Harms, conductor and violinist. Photo courtesy of Dawn Harms

CALLING ALL SUPERHEROES

Extra! Extra! Read All About It!

Daily Planet

SPECIAL EDITION NO.1 FEF EXCELLENCE IN EDUCATION GALA 02/24/17

YOU'RE INVITED

TO HELP US HONOR

DR. JAMES MORRIS
FUSD HONOREE

&

IVY WU
COMMUNITY HONOREE

Gala Honors Local Superheros of Education

SUBMITTED BY THE
FREMONT EDUCATION
FOUNDATION

The Fremont Education Foundation (FEF) will be holding its annual "Excellence in Education Gala" on Friday, February 24 at the Fremont Marriott. The gala is the sole fundraiser for the foundation's

Innovative Education Grant (IEG) Program, which provides grants to teachers in the Fremont Unified School District (FUSD) for innovative teaching. Guests will be surrounded by local superheroes of education as FEF honors and recognizes a community member and FUSD staff member for their service to public education in the Fremont Unified School District.

Innovative Education Grant Coordinator Fahria Khan says, "Get ready to honor the Superheroes of FUSD, Dr. Jim Morris and Ivy Wu, at the annual FEF Excellence in Education Gala. Both of our honorees have shown their unfaltering commitment to our students and we are proud to recognize them at our gala. So, dust off your superhero capes and

masks and get ready for an incredible evening celebrating the superheroes of today as we raise funds for the superheroes of tomorrow."

This year, FEF will be honoring Ms. Ivy Wu as the 2017 Community Honoree. Wu is a longtime Fremont resident, and has supported the schools of the Fremont Unified School District in many ways over the years. She served as an FUSD School Board Trustee for eight years where she made

of a Tiger Mom," to share personal testimony of her parenting struggles in hope that people would also be able to come out of their cage of fear, guilt, shame and pride to live a joyful life freely.

Excellence in Education Gala Chair Sherea Westra has worked with Wu over the years and believes "that you will find no one with a bigger heart for our students and community. Ivy and I worked together to fundraise for our schools years ago during the



critical decisions that impacted the lives of tens of thousands of students. She is currently working with Fremont Unified Student Store (FUSS), a volunteer-based non-profit organization. Her continued volunteer work with FUSS helps raise funds and awareness about the diverse needs in the Fremont school community. Wu recently wrote a book, "Coming Out of Cage - Journey

toughest times for public education. It was then when I saw that Ivy had the determination and dedication to see that our students had what they needed to thrive. Since then, she continues to raise funds for important programs in FUSD. Her commitment to excellence continues years after serving on our Board of Education."

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Medical Quarterbacks: Why you need this essential health care helper and how to recruit one

BY LESLIE D. MICHELSON

Imagine having a symphony orchestra composed of the world's most talented musicians, but there's no conductor at the helm. Or a football team with no star quarterback to coordinate the other players and bring out their best. That's often how it is in medicine, the only team-performed function in which there's no leader. You could have the world's best physicians overseeing your care, but no quarterback to coordinate all their good work.

As the patient, you're always in charge. But it's a rare patient who can manage their own care amid the fear and confusion that comes up when you suddenly learn you have a serious health problem. When that time comes, you're going to need a trusted friend or family member to be your quarterback, someone who can look out for you on this medical journey and help you

partner with your doctors to achieve better outcomes.

If you woke up tomorrow to learn you had a serious illness, who would lead you through the tough days ahead? Now, while you're well, is the best time to make a list of the people you could reliably turn to for help, and ask one or more of them to be your quarterback.

I spend a lot of time thinking about the qualities that make excellent quarterbacks. In the best of all worlds, it's a trusted friend with a medical background. But I know that most people don't have a nurse or physician in their family. And that's okay. The main three things you need to be sure of are:

1. This is someone you trust. You're going to be at your worst, and you may feel vulnerable talking about your health issues. Be sure that you feel comfortable sharing personal details with your quarterback.

2. This person is a good communicator. S/he knows

how to make friends with the physician's front-office staff. S/he can explain your latest aches and pains and get answers for you when you're too sick to speak for yourself. And they should be able to do it with equal parts assertiveness and compassion.

3. S/he can commit for the duration of your illness. You don't know how long you're going to be sick, but during this time you'll be dependent on your helper. You don't want your spirits to suffer if that person moves away, backs out or is no longer available.

While there are plenty of opportunities for loved ones who live far away to lend a hand, your main support person should live nearby so they can get you to appointments, prepare your home after a hospital stay, and check on you after treatment. This will become crucial if you're suddenly dealing with complications and need immediate medical attention.

If it's not feasible for one person to take on this role,



Leslie D. Michelson is the author of *The Patient's Playbook* and host of *The No-Mistake Zone™* podcast. He is a highly sought-after expert who has spent the last 30 years guiding thousands of people through our complex health care system. Leslie will be a special speaker at the April 9, 2017, Annual Women's Conference at Washington Hospital. For more information about the conference, call (510) 608-1301.

having two or more can be a great solution. In my experience, the best quarterback teams possess three indispensable talents:

1. Methodical Organization. Who is the detail-oriented person in your life? That's your organization person. S/he can help you to update your records, manage prescriptions and take notes at doctor meetings. Lean on them to keep you on track.

2. Research and Data Collection Skills. Do you have a computer-savvy friend? That's your research and data person. S/he can set up Google alerts and emails from the disease-specific philanthropies to keep you abreast of the latest news on your illness.

3. Emotional Savvy. Who do you turn to when you just need to talk? That's your emotional

support person. Lean on them when your spirits are flagging.

If there's one person in your life who has all of these qualities—that's an amazing quarterback! But, if two or more folks encompass these traits, that's great too.

Sometimes people say, "How can I ask anyone to do this? I don't want to be a burden on anyone." But when you're stressed and overwhelmed, you have nothing left to give your children, spouse, siblings and friends—the very people you've supported over the years. Let a friend be a friend. And give them the comfort of knowing that you'll be there for them too, if the day comes that they need a quarterback.

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



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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
	2/7/17	2/8/17	2/9/17	2/10/17	2/11/17	2/12/17	2/13/17
12:00 PM	Nerve Compression Disorders of the Arm	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Community Based Senior Supportive Services	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Deep Venous Thrombosis	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Sports Medicine Program: Youth Sports Injuries
12:30 PM		The Patient's Playbook Community Forum: Getting to the No-Mistake Zone		The Patient's Playbook Community Forum: Getting to the No-Mistake Zone		The Patient's Playbook Community Forum: Getting to the No-Mistake Zone	
1:00 PM	Keys to Healthy Eyes	Minimally Invasive Options in Gynecology	Eating for Heart Health by Reducing Sodium	What Are Your Vital Signs Telling You?	Eating for Heart Health by Reducing Sodium	Relieving Back Pain: Know Your Options	Eating for Heart Health by Reducing Sodium
1:30 PM	Eating for Heart Health by Reducing Sodium						
2:00 PM	Kidney Transplants	Washington Township Health Care District Board Meeting January 11, 2017	Minimally Invasive Surgery for Lower Back Disorders	Washington Township Health Care District Board Meeting January 11, 2017	Turning 65? Get To Know Medicare	Knee Pain & Arthritis	Washington Township Health Care District Board Meeting January 11, 2017
2:30 PM							
3:00 PM	Colon Cancer: Prevention & Treatment	Arthritis: Do I Have One of 100 Types?	Vertigo & Dizziness: What You Need to Know	Hip Pain in the Young and Middle-Aged Adult	Shingles	Sports Medicine Program: Big Changes in Concussion Care: What You Don't Know Can Hurt You	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome
3:30 PM							
4:00 PM	Learn About Nutrition for a Healthy Life	Pain When You Walk? It Could Be PVD	Sideline by Back Pain? Get Back in the Game	Family Caregiver Series: Panel Discussion	Palliative Care Series: Interfaith Discussions on End of Life Topics	Menopause: A Mind-Body Approach	Don't Let Hip Pain Run You Down
4:30 PM							
5:00 PM	Cough and Pneumonia: When to See a Doctor	Palliative Care Series: How Can This Help Me?	Strengthen Your Back! Learn to Improve Your Back Fitness	Family Caregiver Series: Tips for Navigating the Healthcare System	Diabetes Matters: Straight Talk About Diabetes Medications	The Real Impact of Hearing Loss & the Latest Options for Treatment	Diabetes Matters: Medicare
5:30 PM							
6:00 PM	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Heart Health: What You Need to Know	Diabetes Matters: Gastroparesis	Voices InHealth: Medicine Safety for Children	Washington Township Health Care District Board Meeting January 11, 2017	Washington Township Health Care District Board Meeting January 11, 2017	Preventive Healthcare Screening for Adults
6:30 PM							
7:00 PM	Washington Township Health Care District Board Meeting January 11, 2017	Learn If You Are at Risk for Liver Disease	Washington Township Health Care District Board Meeting January 11, 2017	Palliative Care Series: Palliative Care Demystified	Not A Superficial Problem: Varicose Veins & Chronic Venous Disease	Heart Health: What You Need to Know	Strengthen Your Back
7:30 PM							
8:00 PM	Family Caregiver Series: Care for the Caregiver	How Healthy Are Your Lungs?	Learn More About Kidney Disease	Alzheimer's Disease	Do You Suffer From Anxiety or Depression?	Your Concerns InHealth: Senior Scam Prevention	Heart Healthy Eating After Surgery and Beyond
8:30 PM							
9:00 PM	Keeping Your Heart on the Right Beat	Citizens' Bond Oversight Committee Meeting January 18, 2017	Keeping Your Heart on the Right Beat	Citizens' Bond Oversight Committee Meeting January 18, 2017	Snack Attack	Voices InHealth: Cyberbullying - The New Schoolyard Bully	Raising Awareness About Stroke
9:30 PM							
10:00 PM	Inside Washington Hospital: Advanced Treatment of Aneurysms	Diabetes Matters: Type 1.5 Diabetes	Good Fats vs. Bad Fats	Family Caregiver Series: Recognizing the Need to Transition to a Skilled Nursing Facility	Keeping Your Heart on the Right Beat	Citizens' Bond Oversight Committee Meeting January 18, 2017	Keeping Your Heart on the Right Beat
10:30 PM							
11:00 PM	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST	Family Caregiver Series: Advance Healthcare Planning & POLST
11:30 PM							

Take This Advice to Heart

February Is American Heart Month

According to the American Heart Association (AHA), heart disease remains the number one cause of death in the U.S., killing more than 360,000 people a year. That represents one out of every seven deaths. Yet people who pay attention to certain risk factors can reduce their chances of developing heart disease.

“Some risk factors – such as a family history of heart disease – are unchangeable,” says Rohit Sehgal, MD, FACC, a cardiologist with Washington Township Medical Foundation and chief of Cardiology at Washington Hospital. “Nevertheless, many of the most common risk factors for heart disease can be managed, including high blood pressure, high cholesterol, obesity, diabetes and smoking. Smoking, fortunately, is in decline, but the combination of smoking and diabetes is particularly lethal because both of them weaken the blood vessels and increase formation of plaque in the blood vessel walls.”

Know the Numbers Related to Heart Disease

Blood pressure is generally recorded as two numbers, with the top number (systolic) measuring the pressure in the arteries when the heart contracts. The lower number (diastolic) measures the pressure in the arteries when the heart is at rest. The AHA recommendation for healthy blood pressure is 120/80 or lower, and high blood pressure (hypertension) generally is defined as 140/90 or higher.

“Some of the guidelines for when to consider medical treatment for high blood pressure have changed in recent years,” says Gurjeet Mahal, PA-C (certified physician assistant), in the same cardiology practice as Dr. Sehgal.

“The Eighth Joint National Committee (JNC-8) guideline for managing hypertension in adults calls for medical treatment to lower blood pressure to 150/90 in those age 60 and older, and to 140/90 for adults less than 60,” Mahal explains. “For all people age 18 and older with diabetes, the guidelines continue to recommend medical treatment for controlling blood pressure higher than 140/90. People with diabetes need tighter control of blood pressure because diabetes predisposes people to heart and kidney disease. As always, you should consult your physician or other health care provider as to what is a good blood pressure goal for you.”

There are two types of cholesterol: LDL, sometimes called the “bad” cholesterol, that causes fatty buildup in the arteries, and HDL or “good” cholesterol. Triglycerides are another type of fat in the blood. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol also is associated with heart disease.

Cholesterol is measured in levels of milligrams per deciliter of blood (mg/dL). In general, total cholesterol – which includes LDL, HDL and 20 percent of triglycerides, should be less than



Washington Hospital's Chief of Cardiology Rohit Sehgal, MD, FACC (left) and Certified Physician Assistant Gurjeet Mahal, tell patients that the most common risk factors for heart disease can be managed.

200 mg/dL. The optimal guideline level of LDL cholesterol is less than 100 mg/dL. For HDL, the recommendation is a level greater than 45 mg/dL, and the higher the better. In some cases, a high HDL level may help counter the effects of high LDL.

Your body mass index (BMI) is a useful measure of overweight and obesity. BMI is calculated based on your height and weight. The normal range for BMI is between 18.5 and 24.9. A person is considered overweight with a BMI between 25.0 and 29.0. A person is considered obese with a BMI of 30.0 or above.

For people with diabetes, controlling high blood sugar (glucose) levels is an important step in reducing heart disease risks. High levels of blood sugar can cause changes that lead to a hardening of the blood vessels. A normal sugar level is less than 100 mg/dL after not eating (fasting) for at least eight hours. A normal A1C level is below 5.7 percent. Many doctors consider the A1C test a better indicator because it measures average blood glucose over the past two to three months.

Lifestyle Changes Can Change Your Numbers

Dr. Sehgal observes that in many cases, people can manage these risk factors by making lifestyle changes. One of those changes is to exercise regularly. The AHA's basic recommendations for heart-healthy exercise include:

- At least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes each week, OR
- At least 25 minutes of vigorous aerobic exercise at least three days per week for a total of 75 minutes per week, AND
- Moderate- to high-intensity muscle-strengthening activity at least two days per week for additional health benefits, such as maintaining bone mass.

“The most crucial step is to get moving,” he says. “We know that people today lead hectic lives, especially here in the Bay Area, and sometimes it just doesn't seem possible to exercise every day. I tell my patients to try to at least exercise for two hours each week. That might mean exercising more

on weekends and less during the week, but some exercise is better than none at all.”

A recent study appearing in the online Internal Medicine publication of the Journal of the American Medical Association (JAMA) supports Dr. Sehgal's contention that concentrated exercise on two days may be almost as helpful as shorter exercise periods spread throughout the week. The study's author, noting that, “quality may be more important than quantity,” said that the “weekend warriors” in the JAMA study undertook mostly high-intensity exercise.

Another important means of controlling your risk factors is to follow a healthy diet that is high in fiber and low in caloric density, moderating your intake of saturated fats and eliminating trans fats.

“We are recognizing that not all fats are bad for you,” says Dr. Sehgal. “We do need some fat in our diet, but it is better to consume the ‘good’ fats found in food such as avocados, nuts and olive oil. We also have come to recognize that limiting dietary

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

Dear Doctor,
I am always reluctant to let my children get their vaccinations all at once and sometimes we don't get back in for the booster shots. Is it better to space them out?

Dear Reader,
The schedule of vaccinations is established by the American Academy of Pediatrics and has been tested to determine the best dose, age of delivery, timing and need for boosters. While most pediatricians will encourage the standard schedule, spacing out vaccines is very reasonable. Booster shots are reminders to the immune system and should be given as recommended to ensure a bold immunity to the disease.

Next time your little ones are getting vaccinated, bring along an icepack and place it on the skin for 5-7 minutes before they get their injection. It will help take the sting off and maybe even eliminate some fears and tears!

Mary S. Maish, MD




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



Free Community Seminar

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



**Symptoms of Thyroid Problems:
What You Should Know**

When your thyroid does not function, it can affect many aspects of your health. Undiagnosed thyroid problems can increase your risk of obesity, heart disease, depression, anxiety, hair loss, infertility and a host of other health problems. At this seminar you will learn more about thyroid problems and its treatment.

**Thursday, February 23, 2017
6 to 8 p.m.**

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

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

Retail & Commercial

V5 Systems, a Model of Innovation

By WILLIAM MARSHAK

It all began when a guy walked into Pacific Stereo in Fremont with a unique request. SUV owner Steve Yung wanted to protect his automobile with a security system that operated continuously whether the car was in operation or not. His neighborhood was experiencing break-ins due to rolling blackouts so he wanted a security system that would not only work during the power outages but have surveillance from a different vantage point than thieves would expect. Unbeknownst to Yung, the store representative, Mazin

didn't need to be tied to fixed power) could be a "game changer." Yung, impressed with the service at Pacific Stereo, returned to speak with Bedwan who revealed he was the owner of the store. Yung then spoke of his background as a Silicon Valley veteran, working with startups for the last 15-20 years. He discussed the need for a self-powered surveillance system similar to what had been installed in his SUV, adding "We can build it!"

Yung's contacts and engineering expertise combined with Bedwan's marketing and business skill was the foundation behind the formation of their joint

sound is analyzed and information of what, when and where is immediately relayed.

It took two years to bring a prototype to fruition. What started by Yung with a sketch and concept was soon delivered to the market; component level engineering and design were involved. All of this was done in rapid order, in, what Yung calls "dog years," achieved in two years instead of the typical fourteen for a new company. This is where Yung's expertise in Silicon Valley start-ups was critical. He says, "Right from the get-go, we had the right engineering and strategy and we were focused on execution."

The V5 solution is not simply a product, rather a computing platform that provides storage, software, memory, communications and power. This means that it can be used either as a turnkey product or platform for other third party software or hardware integration. At the moment, V5 Systems is focused on turnkey security products that allow outdoor portable self-sustaining surveillance where other systems require arduous permits, and costly trenching for external power. Yung says that surveillance of an indoor facility often begins outside as a critical layer of protection. Outdoor locations are not always close to power sources and may require flexibility if one's needs change. V5 Systems calls this 'the freedom of redeployment.'

"V5 has passed the R&D stage," says Bedwan. "Early on we had technology obstacles. We have overcome our initial R&D obstacles and now have a modular platform so we do not consider ourselves a start-up at this point. Our challenge now is to educate the market that this technology exists. We are changing the parameters of outdoor security and computing. V5 innovation is not just providing a security solution; it is impacting the quality of life in the areas where it is deployed."

Yung adds, "Our customers are those responsible for large areas that need coverage, such as shopping centers, college campuses, sporting venues, transit systems, etc." Yung adds that "when introducing a new technology, finding those with the proper skill sets can also be a challenge." Vice President of Global Marketing and Sales Nancy Hughes says that the market education process includes partnering with and building awareness through other companies by integrating their own software and hardware components on a V5 Systems platform.

Bedwan adds that "V5 Systems prides itself on driving technology and innovation. V5 products are built from the ground up, not a derivative of something else; an entirely new technology to the market. The V5 proprietary power system is completely unique; it can fit in the palm of your hand, creating 1000w of power and runs for 3-4 days from six hours of daylight. We not only created a technology that didn't exist, we've created an industry. We



V5 Systems Chairman & CEO Steve Yung, Vice President of Global Marketing & Sales Nancy Hughes, Co-Founder & President Mazin Bedwan

must continue to validate these new markets through sales and drive innovation so we can continue to lead."

Bedwan summarizes the advantage of V5 Systems, saying that not only is it compact and able to integrate with existing

"Our devices aggregate data and send it to an endpoint for actionable response," says Bedwan. He continues, "When our devices are deployed, we have all the attributes of a data center – computing, communication, storage and a perpetual power

center. They are smart and communicate in real time." Whatever the need, V5 is able to supply the answer: Edge Security, Edge Computing and Edge Power. The sky's the limit when you can take computing anywhere outdoors.

For additional information about V5 Systems, visit: www.v5systems.us



Bedwan, was not only a customer service representative but the owner as well. This request was completely outside the box but Bedwan was up for the challenge. After two weeks, the SUV was ready but Bedwan warned that the car's battery could be drained if parked too long. Sure enough, early the next morning, Yung was on the phone telling Bedwan that the battery was depleted, asking if there was a solution. Bedwan installed an auxiliary power system with a proximity sensor to activate the cameras only when they detected movement nearby.

The new system was validated when a break-in occurred at Steve's neighbor's house. During a neighborhood power outage when all existing surveillance was down, the car recorded the burglary; its high definition video resulted in an arrest. Comments from city officials and police led to a realization that technology of this sort (video surveillance that

enterprise, V5 Systems. The business relationship was formed in June 2013 and a Fremont facility was leased later that year. Research by Yung resulted in the company name, a medical term that identifies a portion of the human brain responsible for motion detection or "your own inherent security system," says Bedwan. This is appropriate since V5 Systems has created a self-powered platform that can run proprietary software and hardware independent of external wiring and fixed power. That platform can be customized with "senses" – sight, sound and smell – to analyze and transmit information to protective services personnel for immediate response. Rather than wait for data transmission and an analysis before taking action, security and law enforcement can get vital information in real time. For instance, if a gunshot is heard by V5's acoustic gunshot sensor, the



systems and other products, but it can be deployed quickly and easily without expensive trenching and permitting. As needs change, the system can be repositioned without complex preparation or IT involvement. V5 sensors, which include HD video, acoustic gunshot detection/location, chemical detection, GPS and temperature monitoring, are in constant communication with proactive personnel via WI-FI, cellular or radio frequency.

center. They are smart and communicate in real time." Whatever the need, V5 is able to supply the answer: Edge Security, Edge Computing and Edge Power. The sky's the limit when you can take computing anywhere outdoors.



continued from page 3

Take This Advice to Heart

February Is American Heart Month

cholesterol is not as important as limiting saturated fats. A diet that is high in carbohydrates and sugar may play a role in heart disease, too. High blood sugar levels require the body to make more insulin, and overly high levels of insulin in the body can contribute to buildup of plaque in the arteries."

Medications May Help

Sometimes lifestyle changes are not enough to lower your risks for heart disease sufficiently, but you might not realize that unless you consult your health care provider.

"It's really important to have a thorough physical exam once a year and to evaluate your BMI, cholesterol, blood pressure and blood sugar," says Mahal. "If your numbers remain high, various medications may help. For example, statins are often the drug of choice for reducing cholesterol, and they have proved beneficial for many people with heart disease. There also are medications to help lower blood pressure and to control high blood sugar levels. All of these medications should be carefully monitored by your medical care provider."

Dr. Sehgal notes that statins may have other benefits.

"In the past, we used statins primarily when patients had high LDL cholesterol, but now we know that statins also have been shown to reduce inflammation in blood vessels," he says.

"The indications for use of statins now have shifted away from looking only at LDL levels," he adds. "We now look at patients in terms of their overall risk

for coronary disease and use that information to decide whether to start them on statins or not."

Dr. Sehgal describes four categories of adult patients who would be candidates for using statins:

- People with diabetes
- Patients with a known history of coronary or vascular disease
- People who have an LDL cholesterol level of 190 mg/dl or higher
- Patients with an estimated 10-year risk of 7.5 percent or higher for developing coronary or vascular disease

"There are patients whose bodies do not tolerate statins well, and an exciting new development for these patients are the PCSK9 inhibitor medications," he says. "The PCSK9 protein binds to LDL receptors in our cells and causes an increase in blood levels of LDL. PCSK9 inhibitors block production of this protein. These are injectable drugs that patients can typically inject themselves every two weeks and are used to lower LDL cholesterol in statin-intolerant patients."

If you need help finding a primary care physician or physician assistant, visit the Washington Township Medical Foundation website at www.mywtmf.com and click on the tab for "Your Doctor."

For more information about heart disease risks, symptoms and treatments, visit the American Heart Association website at www.heart.org. A BMI calculator also is available at the AHA website.

Walking tour of Mission San Jose

SUBMITTED BY THE WASHINGTON TOWNSHIP MUSEUM OF LOCAL HISTORY

Join us Sunday, February 12 as we walk and learn the history of the land that the Ohlone College - Fremont Campus sits on. Our discussion begins in 1850, when the land came under American control as California became the 31st state of the United States of America.

Kelsey Camello will be leading the group and discuss the history of the land - noting wineries, beautiful estates, orchards, amusements parks, and more. Some of the surrounding neighborhood history may also be reviewed.

Come out, learn local history, and exercise all at once! Tour-goers will meet at 12 pm in the museum parking lot - 190 Anza


Street (across from Ohlone College). The tour will continue rain or shine, so bring an umbrella. This event is free.

After the tour, those attending will be treated to special open hours at the Louie Meager Art Gallery at the Ohlone Campus. The gallery is currently displaying a timeline-style history of the land Ohlone sits on, extending back to indigenous times.

This event is sponsored by the Washington Township Museum of Local History.

Walking Tour - Mission San Jose - Ohlone College
Sunday, Feb 12th
12 p.m. - 2 p.m.

Meet at 190 Anza Street (across from Ohlone College)
(510) 623-7907
museumoflocalhistory.org
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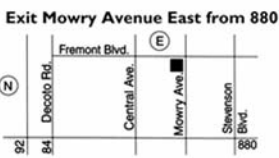
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continued from page 1

Gala Honors Local Superheroes of Education

The foundation is extremely pleased to announce that 2017 FUSD Honoree is Fremont Unified School District Superintendent Dr. James Morris. Dr. Morris began his career in education 36 years ago as a teacher in the Los Angeles Unified School District (LAUSD). Prior to being appointed Superintendent in Fremont in July 2010, he worked as the Chief Operating Officer and Chief of Staff in the LAUSD. During his career, he has served as a teacher, a principal, and a variety of other administrative positions including Assistant Superintendent of Instruction, and Superintendent of District 2 supervising over 100 schools with 103,000 students and families in the San Fernando Valley.

Khan states, "Dr. Morris has shown us time and time again how much he truly cares about Fremont students. His unwavering dedication is seen as he always makes time for our students, from attending as many student events as he can to getting his hands dirty as he volunteers alongside with our high school students for a service project for Make a Difference Day. His lifelong commitment to education is an inspiration to all those around him." Gala guests will mingle with superheroes from across the city of Fremont during the cocktail hour, which will include an opportunity to be photographed with Wonder Woman and Batman. FEF will have many raffle and silent auction items

for guests to take a chance at winning, including tickets to Disneyland, a free painting class for 20 at Art Blanc, tasting at Concannon, autographed photos from local sport teams, and more! The evening will begin with dancers from around FUSD who will remind everyone of what the funds from the evening are being raised for – the students. Dinner (chicken, salmon, or vegetarian dish) will be served, and through song by the Warwick Elementary School Choir and Irvington High School Choir we will be inspired to all be superheroes of education in Fremont. Tickets for the Excellence in Education Gala are on sale now at www.fremont-education.org until February 17. Tickets are \$80, with a special price for Fremont Unified School District Classified Staff and Teachers.

Excellence in Education Gala
Friday, Feb 24
5:30 p.m. – 9:00 p.m.
Fremont Marriott
46100 Landing Pkwy, Fremont
(510) 659-2561
www.fremont-education.org
Tickets: \$80

THEATRE

Charley's Aunt '66



SUBMITTED BY BOB MILLER
PHOTO BY TERRY SULLIVAN

The Douglas Morrisson Theatre (DMT) 2016-2017 37th Season continues with the world premiere of a wonderfully silly farce: "Charley's Aunt '66," freely adapted by Scott Munson from Brandon Thomas' classic "Charley's Aunt." DMT's production is directed by Craig Souza and features an outstanding ensemble of Bay Area performers: Kyle Goldman as Charley Wykeham, Michael Birr as Jack Chesney, Alan Coyne as Buddy Fancourt, Samantha Rasler as Amy Spettigue, Brooke Silva as Kitty Verdun, John Baldwin as Frank Chesney, Ron Talbot as Stephen Spettigue,

Dana Lewenthal as Donna Lucia d'Alvadorez, and Adrian Deane as Ela Delahay. Following the success of Munson's captivatingly clever new take on "An Ideal Husband," which premiered at DMT in 2013, Artistic Consultant and former DMT Artistic Director Susan E. Evans approached the San Jose-based playwright to take a fresh look at the classic 1892 farce by Thomas. In this world premiere, Munson transports the original play from the hallowed halls of Oxford to Stanford University in the psychedelic '60s, but the bones of the plot remain the same: two college guys scheme to get their gals (but this time Amy is Mills pre-law!) with a little help from a cross-dressing buddy.

DMT's "Charley's Aunt '66" is fresh, fast-paced and audiences will especially relish how Munson has re-fashioned and re-imagined the timeless farce, completely revamping the characters and jokes, as well as the dialogue – with the exception of one famously recognizable, recurring joke! The play's creative team is comprised of designers with credits from numerous Bay Area theatres and beyond, including American Conservatory Theater, San Diego Repertory Theatre, Oregon Shakespeare Festival, Theatre-Works, Marin Theatre Company, Cutting Ball, Aurora Theatre Co., and Shotgun Players. "Charley's Aunt '66" will have 15 performances, including one preview, February 9 through March 5. Tickets are \$10 – \$29 and are available through the Box Office at (510) 881-6777 or online at www.dmtonline.org.

Charley's Aunt '66
Thursday, Feb 9 – Sunday, Mar 5
8 p.m., matinees at 2 p.m.
Douglas Morrisson Theatre
22311 N. Third St, Hayward
(510) 881-6777
www.dmtonline.org
Tickets: \$10 – \$29



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continued from page 1

Fremont Symphony Orchestra presents

Valentine Concert

arrangements of Richard Strauss' "Rosenkavalier" trio; the "Habanera" from Bizet's "Carmen"; "Flower Duet" from Delibes' "Lakmé"; "Song to the Moon" from Dvorák's "Rusalka" and more.

Guest Conductor Dawn Harms has a diverse career as chamber musician, violin soloist, concertmaster, conductor, music educator, and recording artist. She was chosen as a Fellow at the exclusive American Academy of Conducting at the Aspen Music Festival. Harms has performed chamber music with Nadia Salerno-Sonnenberg, Frederica Von Stade, Eugenia Zukerman and Lynn Harrell, and plays a wicked "Orange Blossom Special." She designs and performs her own family show throughout the United States, New Zealand, and Japan and currently teaches at Stanford University.

Soloists on the program will include sopranos Hope Briggs

and Nicolle Foland. A critically acclaimed Verdi soprano, Briggs is known for the depth and beauty of her voluptuous voice. She has drawn rave reviews for her performances at San Francisco Opera, Frankfurt Opera, Festival Opera of Walnut Creek and many others, and is a Metropolitan Opera National Council Auditions Finalist and International Vocal Competition Award Winner.

An alumna of San Francisco Opera Center's Adler Fellowship program, Nicolle Foland sang many roles with San Francisco Opera, including Musetta in "La Bohème" and Violetta in "La Traviata." She has debuted other leading roles with New York City Opera, Opera Company of Philadelphia, and Santa Fe Opera. Orchestral appearances include the San Francisco Symphony, American Symphony Orchestra, and Los Angeles Philharmonic.

Prince of Peace Lutheran Church offers comfortable seating, easy accessibility, and plenty of free parking. Tickets to the concert are \$55 and \$65 for adults, \$20 for students and are available by calling (510) 371-4859 or visiting www.fremontsymphony.org. A reception after the concert, hosted by the Fremont Symphony Guild, will provide refreshments and a chance to meet and mingle with the musicians and fellow music lovers. Please join us for an evening of romance!

Valentine Concert
Saturday, Feb 11
7:30 p.m.
Prince of Peace Lutheran Church
38451 Fremont Blvd, Fremont
(510) 371-4859
www.fremontsymphony.org
Tickets: \$55 & \$65 adults,
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Spanish Music Concert

SUBMITTED BY
DOLORES M. FERENZ

A unique and rare performance of Iberian music will soon fill the air at the historic Old Mission San Jose church in Fremont. Ronald McKeon, music director at St. Joseph Parish in Fremont will perform the concert on a rare Rosales Opus 14 Organ on Saturday, Feb. 11.

Many cultures played a part in the creation of musical idioms and styles of Iberia. This program will highlight the influence of dance forms such as Fandango, Tarantelas, Passacale, and Zarabande. McKeon also will demonstrate the art of

improvisation using Mexican dance melodies brought to Europe from Mexico and Central America.

The historic Mission was the 14th of 21 missions built in California and was founded in 1797. After a renovation of the mission in 1986 an authentic Mexican style organ was built and installed in the reconstructed Mission Church. Rosales Organ Services in Los Angeles was chosen to build and install the instrument, which is only one of three known to exist in the country.

A 7 p.m. pre-concert talk will precede the performance which will start at 7:30 p.m. A reception

will follow in the Mission Museum. A free will offering will be taken to help fund needed repairs to the historic adobe walls of the Mission complex. For more information, call 510-657-1797

Spanish Organ Concert
"Dance: The Iberian Musical Experience"
Saturday, Feb. 11
7 p.m. pre-concert talk; 7:30 p.m. concert
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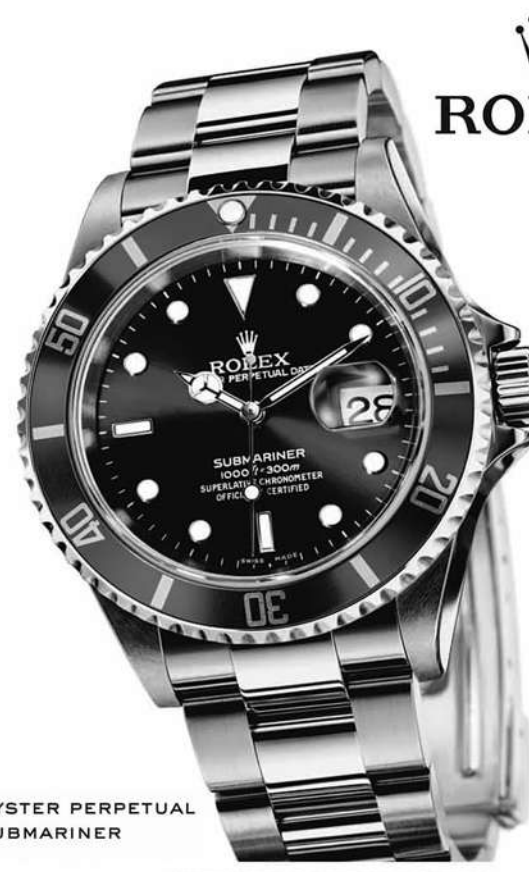
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BUSINESS

Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

Not JUST in your back yard

[This is a reprint of an article that was originally published in the 5/19/15 issue of Tri-City Voice. It appears here because the new City Council will benefit from participation by the residents.]

Why should all Fremont residents be concerned with the new housing being built throughout the city—not just what is going on nearby? How will the density, design, and location of the new developments affect your lives? And what can you do to shape them?

City Character

The look and feel of Fremont is changing; it is not just going to be “strategically urban” in the Downtown Center and around the Warm Springs BART station; it is also being urbanized near the historic town centers of Centerville, Irvington, Niles and Mission San Jose. All this is happening despite the adoption of the Community Character Element of the General Plan that is meant to focus “on the ways in which Fremont’s buildings, streets, and open spaces work together to define the City’s sense of place.” and “to strengthen its historic town centers.”

Most of the new housing is large three-story townhouses which cost just as much as traditional single-family houses. Little is being built that can be afforded by those of moderate income. When your children start out on their own, will there be a place for them in their hometown?

Stretching the Rules

When one developer is allowed an exception from the current zoning regulations, the next developer can claim the same right. Buildings get to be just a bit taller. A three-story house is allowed because it is

“two-story in character.” Buildings are set right at the street. Density limits are nudged upwards.

By stopping new rules from creeping into the regulations, you may help shape the next development that’s built right in your back yard.

Schools

If your local elementary school is not already overcrowded, it soon will be. When developments are built in areas whose schools are already full, the new students are sent to other schools around Fremont. The single elementary school being built in Warm Springs will not relieve the overcrowding of the existing schools from all the other housing units being built around the city.

By getting each new development to have less than the maximum number of housing units allowed, you may help retain the quality of Fremont schools.

Traffic and Parking

Many more cars will be travelling Fremont streets. When you drive your kids to school or shop or go to the doctor, you’ll be in heavier traffic. The streets will deteriorate at a faster rate. Even though Fremont is promoting its pedestrian-friendly Downtown Center, you need a car to get there. And where will you park?

The “open space” provided for the new residents tends to be tiny spots crammed into unusable corners. Those residents will most likely join everyone else at Central Park where parking is already impossible on the weekends.

Local Businesses

Developers can ask the City to change the land use designation of a single parcel and not just for a large area with a Master Plan. Commercial areas are being turned residential. The convenient shopping center nearby could become nothing but

housing thus forcing you to drive elsewhere for services.

Will it become too difficult for your favorite small shops to find affordable spaces and force them to close and leave folk out of work and you with fewer choices?

Water

The Alameda County Water District (ACWD) has planned ahead for the water use of the proposed developments, but they planned for it before this historic drought hit. New developments must now have water-efficient fixtures and the increase from personal use may well be minimal in the long run. However, establishing landscaping in the development—the trees, “open spaces” and around each house—will take a lot of water right now.

The city often allows mature trees to be cut down and replaced by new trees that are in locations more convenient to the developer. They say they’ll grow up just as tall very quickly, but not without a lot of water they won’t.

Voice Your Concerns

Attend developers’ Community Courtesy Meetings and express your views early on in the design process.

Shape Our Fremont has no Comments section because we feel that it is important that you contact the City of Fremont directly with your concerns. The City does not necessarily read Letters to the Editor or blog entries.

Send your comments to the City of Fremont at cof@fremont.gov or find other addresses on the Contacts page of www.ShapeOurFremont.com.

Complaining after the buildings go up won’t help shape Fremont. And don’t give into the belief that the City won’t listen to you anyway. If you don’t try at all, then the City really can’t have listened to you.

VITA tax program returns to the Tri-Cities

SUBMITTED BY SPARKPOINT FREMONT

February is here and tax season is heating up. Taxpayers should already be gathering documents to include with their state and federal income tax forms which must be filed by April 18.

While the flurry of paperwork can be daunting for some people, there is help available. A team of volunteer IRS-certified tax preparers are standing by to help low-income taxpayers who cannot afford professional tax help.

Tax preparers work with the Volunteer Income Tax Assistance (VITA) program which operates from January to April every year in the Fremont, Union City and Newark areas. VITA is a program created by the IRS to provide an option for low income households to file their taxes and realize potential Earned Income Credits. Taxpayers in the Tri-City Area with annual incomes of \$54,000 or less are eligible to have their state and federal tax forms prepared for free through the program.

VITA is offering services at several Tri-City locations through mid-April:

Fremont

Fremont Family Resource Center
39155 Liberty St., Building EFGH.
4 p.m. – 8 p.m. Wednesdays and Thursdays,
10 a.m. — 1 pm. Fridays, and
10 a.m. – 6 p.m. Tuesday, April 18.
Walk-in service; no appointment needed

Tri-City Volunteers

37350 Joseph St.
10 a.m. – 2 p.m. Mondays (closed Feb. 20)
Appointments required; call (510) 793-4583

Union City

New Haven Adult School
600 G St.
10 a.m. — 1:30 p.m.
Saturdays (closed March 4)
Walk-in and self-preparation services

Newark

Tri-Cities One Stop Career Center on the Ohlone College Newark Campus
39399 Cherry St.
11 a.m. — 3 p.m. Tuesdays
Appointments required; call (510) 742-2323

Among the documents taxpayers should bring to the VITA site when having their tax forms processed:

- A Social Security Card or individual taxpayer number for each person listed on the tax return
- Photo identification
- Routing account numbers for checking or savings accounts to enable automatic refunds
- Wage W2 forms
- Interest 1099-INT forms
- A copy of last year’s return

In addition, both spouses must be present to sign the tax return for a married couple.

The VITA program is sponsored by the IRS and the United Way of the Bay Area. Since 2002, VITA has served more than 19,000 families and garnered more than \$29 million dollars in refunds back to the community. The central VITA site in Fremont is the largest in Alameda County.

More details, including a complete list of documents taxpayers need to bring with them and detailed eligibility requirements can be found by visiting the VITA website at www.fremont.org.



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Washington Hospital Healthcare System: The Future of Healthcare in Our Community
Thursday, February 23, 11:30 a.m. Networking; 12:00 p.m. - 1:30 p.m. Program
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New Area Code for the East Bay

SUBMITTED BY
SUPERVISOR RICHARD VALLE

The California Public Utilities Commission (CPUC) will begin the process to introduce a new area code to the area now served by the 510 area code, as the 510 is expected to use up its available prefixes by June 2019. The telecommunications service providers have proposed to introduce the new area code through the overlay method. Adding a new area code to the area now served by the 510 area code will provide additional prefixes and new telephone numbers for the 510 customers. The proposed overlay, pending CPUC approval, will allow all customers

to keep their current phone numbers, including their area code. Customers will not be required to change their phone numbers or their area code. To avoid service disruption, the new area code will be added to the 510 area code by December 2017, six months before depletion of prefixes. In December 2017, customers requesting new phone numbers in the 510 geographic area may be assigned a new area code.

The area served by the 510 area code includes the western portions of Alameda and Contra Costa Counties. The 510 area code serves the cities of Alameda, Albany, Berkeley, Emeryville, Fremont, Hayward, Newark, Oakland, Piedmont, San Leandro

and Union City in Alameda County; and the cities of El Cerrito, Hercules, Pinole, Richmond, and San Pablo in Contra Costa County.

The CPUC will be holding local jurisdiction and public meetings on January 17 and February 15, 2017, to inform the local jurisdictions and the public, and to hear concerns about adding a new area code to the 510 area code.

CPUC Public Hearing
Wednesday, Feb. 15
2 p.m.
Hayward City
Council Chambers
777 B Street, 2nd Floor,
Hayward

Santa Clara County Sues Trump Administration

SUBMITTED BY LAUREL ANDERSON

On February 3, 2017, the County of Santa Clara, California, filed a lawsuit in federal court challenging President Donald Trump's January 25, 2017 Executive Order that seeks to punish cities and counties that do not assist him in the deportation of millions of immigrants by withholding all federal funds from those cities and counties. The executive order expands the federal government's deportation priorities to include millions of immigrants who have not been convicted of any crimes, places discretion on who to deport in the hands of federal agents instead of judges, and poses a serious threat to the safety of local communities.

"The President's order is an unconstitutional attempt to coerce state and local governments into assisting with mass deportation," said County Counsel James R. Williams. "We will resist any effort to illegally withhold funding for critical County services that support the health, safety, and wellbeing of all our residents."

The lawsuit was filed by the Office of the County Counsel and Kecker, Van Nest & Peters LLP, which is representing the County on a pro bono basis. The lawsuit challenges the Trump Administration Order on numerous grounds, arguing that coercing cities and counties to cooperate with federal deportation efforts by threatening to withhold unrelated federal funding violates the Constitution. Notably, the Order seeks to require counties to comply with "civil detainer requests" issued by ICE direct-

ing counties to hold certain immigrants in county jail beyond the time allowed by law, a practice that federal courts have held is unconstitutional.

President Trump's threat to withhold federal funding from Santa Clara County would jeopardize critical county services such as health care, mental health services, public safety and early childhood education programs.

"Santa Clara County, the home of Silicon Valley, is a welcoming community that embraces immigrants and we will resist any effort to divide us," said Dave Cortese, President of the Board of Supervisors. "Immigrants contribute to the very fabric of our nation and we will not stand by while the Trump Administration seeks to impose un-American and illegal policies that undermine our values."

"We will not stand idly by while President Trump threatens our public safety and the critical health care and social services we provide to our residents," said Jeffrey V. Smith, County Executive. "We stand with local governments across the nation that are protecting the rights upon which our country was founded."

The County's lawsuit seeks to enjoin the Trump Administration from withholding federal funds from states, cities, and counties that are targeted by the Order.

Documents are located at:
<https://www.sccgov.org/sites/opa/nr/Pages/Santa-Clara-County-Sues-Trump-Administration.aspx>

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Measure G was passed by voters in 2010 to provide \$349 million to replace, restore, and renovate buildings on the Ohlone College campus.

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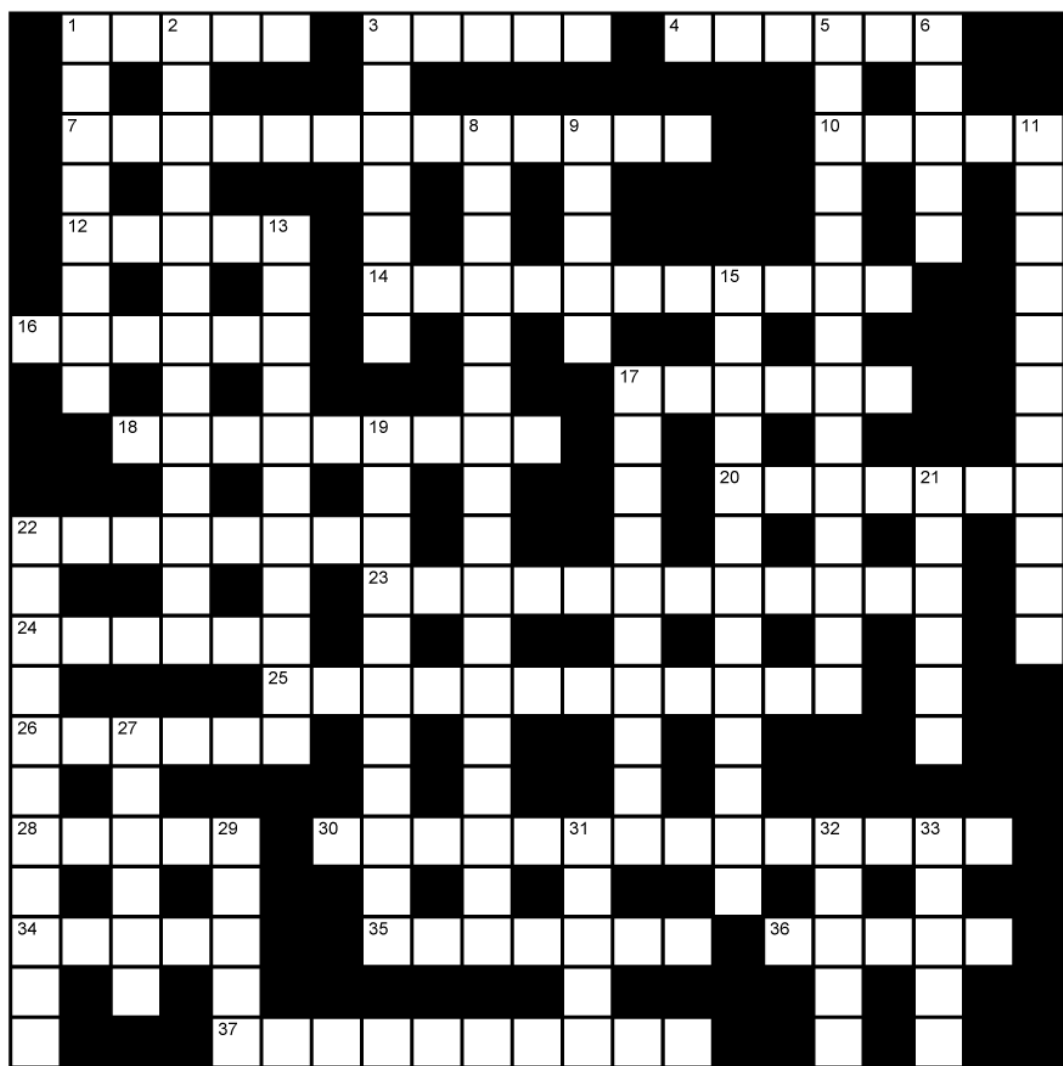
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Crossword Puzzle B 3816



B 380137

Across

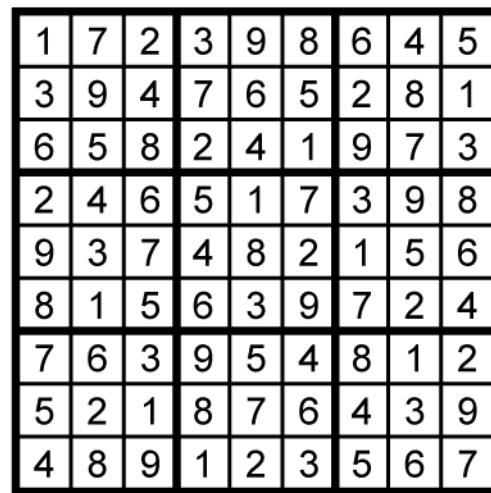
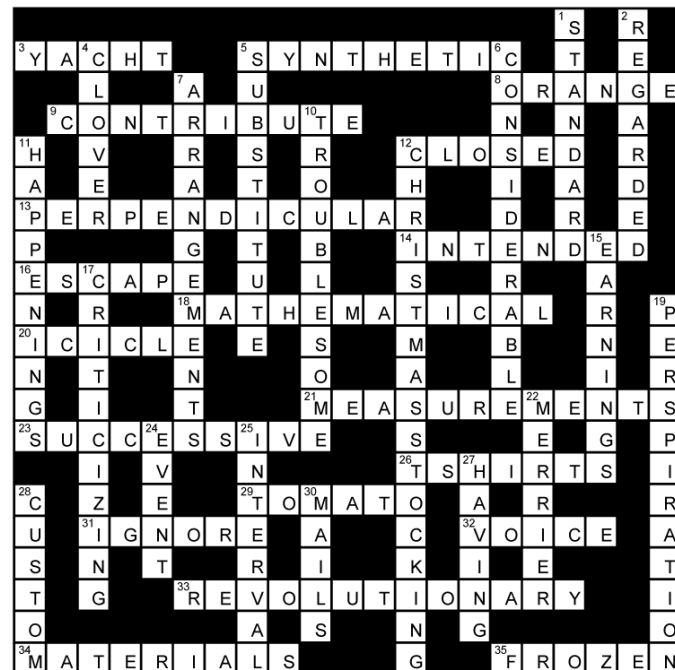
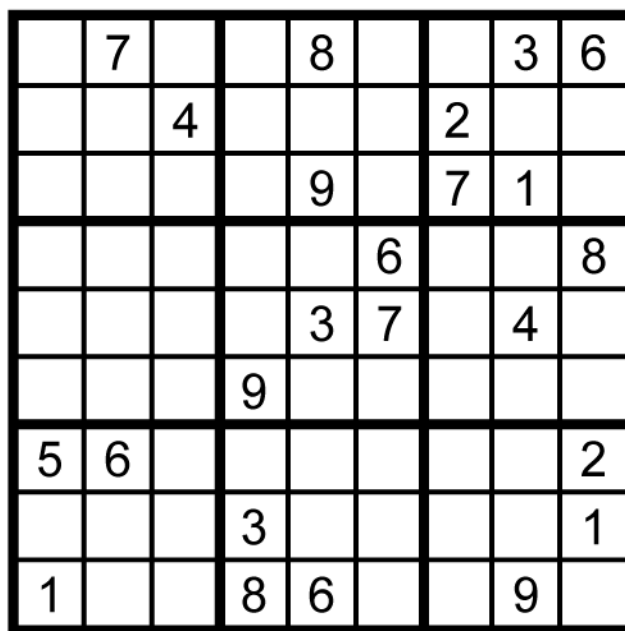
- 1 Nest components (5)
- 3 Prize money (5)
- 4 Stamp a stamp (6)
- 7 According to a preset program (13)
- 10 Aural artifact (5)
- 12 Cough tonic (var.) (5)
- 14 Adjacent (11)
- 16 Fix (6)
- 17 Polonius's specialty (6)
- 18 Metric weights (9)
- 20 Leaves for dinner (7)
- 22 Fiscal (8)
- 23 Commentaries (12)
- 24 Arch condition (6)
- 25 Waltzes, sonatas, symphonies, e.g. (12)
- 26 V.I.P. (6)

Down

- 28 Archetype (5)
- 30 Government personnel (14)
- 34 Accessory (5)
- 35 Clamming requires it (7)
- 36 Back and _____ (5)
- 37 Completely (10)

Sudoku:

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



Tri-City Stargazer FOR WEEK: FEBRUARY 8 - FEBRUARY 14

For All Signs: We have entered an eclipse "season" in which the Leo full moon eclipse of Feb. 10 is followed by a new moon eclipse in Pisces (Feb. 26). This year is loaded with tense and potentially explosive aspects. The Leo eclipse this week is in the sign of Kings, punctuating those tensions with an extra smack that has already begun and will likely continue through the year. Truths become apparent and houses built of cards are staggering toward a fall. That includes global, national, regional and personal arenas.

Even those who have built their houses of bricks will feel the brunt through others in their lives. Hold in mind that the things that collapse have become flawed. Because humans do not take action except in discomfort, this is what we get for our lassitude. Crises, while scary at the time, bring transformation for the good. The emphasis is different, depending upon your sun and your ascending signs. See below.

Aries the Ram (March 21-April 20): The new eclipse season will be opening your mind and heart to accept a larger circle of friends. You may become a leader or a strong supporter of a community network which has shared ideals. Certainly, you will continue to have the friendships you have built in the past. However, your attention may be focused on other goals.

Cancer the Crab (June 21-July 21): The full moon eclipse emphasizes your financial circumstances and shines a light on your resources. This may include your skills, your abilities, and your sense of self-worth. The new moon eclipse encourages you to learn more about the world of financial business and resources you share with others, e.g., spouse's income.

Libra the Scales (September 23-October 22): The results of contributions you have made to your community become apparent. "Your community" may include organizations to which you belong, your friends, and various connections you have made along the way. A new beginning occurs in the arena of romance or life with children, the territory of play.

Capricorn the Goat (December 22-January 19): The outcome of your management of any joint resources becomes obvious. That may include issues of debt, partner's income, insurance or stock holdings. Intimacy shared between you and partner becomes a topic. The condition of each of these things becomes reflected in your sense of self-worth and your desire to improve in the future.

told you what that would be.
Pisces the Fish (February 19-March 20): Circumstances at work may be in a state of flux, otherwise called a "zoo." The state of your health is prominent. Good or bad depends upon how you have been caring for yourself. A new seed is planted in your unconscious that will begin to develop slowly into materialization in your life.

Taurus the Bull (April 21-May 20): The full moon side of this eclipse season may bring fresh news to light about someone in the family. For example, a pregnancy is announced. The new moon calls upon you to take steps toward beginning something new in your career, even if it feels like a risk. Start your research.

Leo the Lion (July 22-August 22): The full moon eclipse may have brought you to the point of becoming firm about who you are and who you are not. An issue of identity and declaration of self is at hand. The new moon eclipse represents your inherent need to attend to relationships. Your partner may be starting something that affects both your lives.

Scorpio the Scorpion (October 23-November 21): The full moon eclipse shines brightly in your career or the way in which you contribute to the world. You may see the results of good works and/or the results of failure to produce. Meanwhile something deep within is searching for a sense of internal security. You may get in touch with family that you haven't seen or spoken to for a long time.

Aquarius the Water Bearer (January 20-February 18): The activities of your partner are on display. You must recognize and respect his/her moment in the sun. Meanwhile new seeds inside of you are just sprouting that eventually will become a change in your sense of identity. You would be astounded if someone

Gemini the Twins (May 21-June 20): The full moon brings to light whatever you need to know about relationships to siblings, roommates, neighbors. It also may bring attention to your vehicle in some way. A weird noise becomes a breakdown, for example. Meanwhile the new moon encourages new starts related to higher education, publishing, travel, and spiritual pursuits.

Virgo the Virgin (August 23-September 22): On this eclipsed full moon you may discover or reveal one or more secrets. Dreams and intuition are very strong. Issues of mental health are emphasized. The strength of the interplay between physical and emotional health is apparent. You likely will vow to change health habits that are destructive.

Sagittarius the Archer (November 22-December 21): The outcome of legal, travel, educational and publishing interests become apparent in this eclipse season. Your work and preparation in any of these areas may be on display. Meanwhile fresh circumstances are beginning related to siblings, neighbors, roommates, or your next vehicle.

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PRESENTS

Valentine Concert



Dawn Harms,
Guest Conductor



Saturday, February 11, 7:30 PM
Prince of Peace Lutheran Church
38451 Fremont Blvd., Fremont

Love, romance and passion are in the air with a program led by
guest conductor **Dawn Harms** to celebrate the arrival of
Valentine's Day. Includes familiar romantic works: **Siegfried's
Idyll**, Rachmaninoff's **Vocalise**, Santori's "Con te Partiro"
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Home & Garden

No-till Gardening

SUBMITTED AND PHOTOS BY
LALITHA VISVESWARAN

It is winter here in California. Are you wishing that you had a balcony garden instead of the sloshy, wet mess that you can see from your window? Do you have a lawn that has been dead due to the past year's water rationing? If you don't want to deal with the costly removal and reinstallation of front lawns (especially due to the unpredictable nature of future precipitation), then I have two words for you: No till.

No-till gardening is not a modern concept by any means.

section. Best of all, there is very little need to use pesticides or herbicides. A beautiful organic garden teeming with bees and beneficial insects can be yours for much less sweat equity.

Your blank canvas is that lawn in front of you. Perhaps it is a weedy patch. Maybe it hasn't been cultivated for a while. Maybe you have worked that soil before by tilling or digging. Regardless, we all start the same way: by smothering any existing vegetation.

1. Clearing Weeds: Whenever tilling or digging disturbs soil, it tries to heal itself by re-covering its wound with weed growth.



Left side shows weeds suppressed without tilling. Compare to right side, which still has grasses and weeds.

brown matter, you might be surprised to find that it won't be more than a few inches high. And that's a good thing! It means that your no-till bed has been alive the whole time and is a fertile bed full of organic matter, beneficial bacteria and decomposed rich compost.

You can shape the bed by forming a border with cinderblocks or wooden planks, but it isn't necessary. Use a light rake to lightly clean, pile, level, and tamp the top layer for planting. The less you disturb this soil, the better. For best results, sprinkle an inch of compost on top of your slightly raised no-till bed.

5. Scratch and seed! You can direct seed crops like radish, cilantro, and lettuce or you can transplant potted vegetables or herbs. Whatever you do, you must not disturb the soil too much!

This soil is now able to hold on to its structure and topsoil is less likely to be lost due to erosion. There is less surface moisture evaporation and the organic matter layers that we have created lock nutrients down.

Another benefit is carbon sequestration. Carbon can be siphoned from the atmosphere and trapped into the soil. More soil carbon means less global warming impact. Carbon has the ability to hold onto ions and more carbon in the soil means more nutrients are being held back by the soil. Recycling carbon is a win-win all around.

Are you ready? Gather newsprint, cardboard and all the fallen leaves, grass clippings, kitchen scraps you can find. Spring is just around the corner!

Lalitha Visveswaran is a full-time farmer at Jellicles Farm in the Sunol AgPark where she grows vegetables, herbs, flowers, and lavender. www.jelliclesfarm.com, www.facebook.com/jelliclesfarm, www.instagram.com/jelliclesfarm



Sometimes landscape cloth can be used to suppress weeds as a quick fix.

Soil is a complicated subject and for a farmer like me, what I truly grow is good, healthy soil. Grow rich soil and you can pretty much grow any kind of plant. In a garden you can adopt the same sustainable philosophy for growing anything you want with the added advantage of less weeding, less irrigation demands, and less back breaking work!

No-till gardening is pretty self-explanatory. It means that you don't have to dig, till, or disturb soil. You don't have to use electricity or gas to fuel garden machinery because you won't need anything more than a basic set of hand tools. It is especially great when you want to convert a dead lawn into your own little home scale produce

There is a very large weed seed bank underneath. Some weeds can stay dormant for years and with the right combination of light with water, they will return.

To clear this weedy canvas, we begin with light deprivation. Any plant, be it a weed or a crop, needs light to germinate when it is still a seed. When you smother the soil with any kind of light blocking barrier, the seeds will not have the right conditions to germinate. This is the first weapon in our arsenal against emerging weeds.

I prefer three to four layers of newsprint or cardboard sheets as this first layer. It is important to layer and overlap edges so everything is killed underneath. I allow the rains to wet and weigh it

down. You may also use stones.

2. Layering "Greens and Browns": Underneath all those layers, weeds are now breaking down, worms are feasting on the dark, moist soil to create rich lush organic matter. The cardboard and paper can be considered "brown matter." Other examples of brown matter include dried fallen leaves, pine needles, etc.

Next, alternate "green matter" with layers of brown matter. Green matter is your kitchen vegetable scraps, eggshells, well-chopped garden trimmings, grass clippings, etc. Keep layering brown and green matter until it is one to two feet tall. You can also sprinkle compost, topsoil, or manure between the green and brown matter layers. The last layer has to be compost or soil.

3. Waiting: Ideally, you should start your no-till beds during fall. In our area, we can get started sometime in late winter too. It will take at least six weeks to three months for organic matter to break down. This is "slow gardening" as decomposed material creates fertile beds for new growth.

As the days grow longer, worms and soil microorganisms work hard to create rich soil under the piles of brown and green matter. Wiggling earthworms in the tunnels aerate the soil and removes soil compaction. Worm castings make soil friable, oxygenating tiny air pockets that will facilitate roots to reach soil nutrients that will make crops less dependent on added inputs like fertilizers.

4. Plant! When it's time in mid-April or the first week of May when all danger of frost has passed, your no-till bed is ready for planting. Peel back the landscape cover if you have used a tarp or plastic. If you had piled one to two feet of green and



Hay can be used as cover and natural mulch after planting.

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Diamond sparkles even brighter!



SUBMITTED BY CAROL ZILLI
PHOTOS COURTESY OF CHARLOTTE DIAMOND & KEN SMITH

Music for Minors II (MFMI), the 501(c)(3) nonprofit keeping music in schools since 1988, presents renowned Parents' Choice award-winning children's recording artist Charlotte Diamond in Concert on Saturday, February 11 at Harbor Light Church in Fremont. This exciting, interactive performance is for the whole family and will also feature the MFMI Kids Choir who will perform several songs with Diamond. Songs from Diamond's new CD, "Diamonds By The Sea," will be enjoyed as well as some of children's all time favorites "Octopus (Slippery Fish)," "I Am a Pizza," and "Four Hugs a Day."

Diamond, a Canadian, has just received Canada's highest civilian honor by becoming a Member of the Order of Canada for over 30 years of outstanding achievement making an enduring



contribution to children's music and the community and nation. Writing, recording, and performing children's music that is both educational and fun-filled, touching the heart while developing the mind, Diamond has shown how music is foundational to literacy. A former educator who took her teacher's pension to begin sharing music with children, Diamond is a strong advocate for children's well-being, and that must include music in their classrooms and lives. She embodies the Music for Minors

II mission and also serves on the MFMI Advisory Council.

"The most beautiful sound is a young child singing or humming just for fun. Children love to express themselves musically, and Music For Minors II helps to make their musical dreams come true," says Diamond. "For over 30 years, I have written, recorded and performed my songs internationally for children and families. Bringing children, parents and grandparents together to sing, laugh, and hug is my inspiration. Music is magical and powerful in the education of young children. A Family Concert, such as my presentation on February 11 for Music for Minors II, builds long-lasting connections and musical memories. The Song is Just the Beginning!"

Diamond's music has changed the lives of thousands of children and their classroom teachers and parents as well. The concert becomes a sing-a-long as children cannot resist singing, signing, and moving to Diamond's lively beats and rhythms and beautiful melodies taught to them by MFMI's trained volunteer music docents who share weekly music lessons in their classrooms.

This is MFMI's main fundraiser for the year. Proceeds support MFMI's community volunteer docents. The goal is to sell 1,000 tickets as they have done for Diamond twice in the past. Hats off to our "Diamond" Concert Sponsor, the Fremont Bank Foundation (FBF), for its generous support of our community concert. The foundation has proven time and again that it greatly values the community it serves by its constant support of countless organizations and events that improve the quality of life in the area. Because of the FBF, concert proceeds will be increased, which directly benefit the children our volunteer music docents serve each week.

Be a part of this amazing and powerful musical experience!

For tickets, contact MFMI at (510) 733-1189 or visit www.musicforminors2.org.

Charlotte Diamond in Concert
Saturday, Feb 11
2 p.m.

Harbor Light Church
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www.musicforminors2.org
www.charlottediamond.com

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Poinsettia permanence?

BY PAT KITE

Eileen wants to know how to make her gift poinsettia bloom again. I told her it just doesn't happen in this area. Nobody I've met has ever succeeded, not even my friend Francine, the plant genius, who feeds her plants leftover yoghurt. At a local dinner that evening, for some reason, I opened la grande bouche (apologies to my French club), and restated it is not possible to get local poinsettias to re-bloom. This got me a look from Inez, who stated that she had seen poinsettias flowering nicely in Oakland. "Humph!" I said, not possible.

The next day, Inez contacted me. She had checked it out. Apparently, there is a very happy, six-foot tall, poinsettia bush right by Sacred Heart Elementary school, near Martin Luther King and 4th. Not willing to admit defeat, I asked my friend, Pat G,

also a plant aficionado, whether anybody she knew had ever gotten a poinsettia to re-bloom. "Oh," she replied, "Manny does it all the time."

O.K. I contacted Manny Fernandez. "I actually did nothing extraordinary," he replied. "Not wanting to waste worn out poinsettias, I repot them in a slightly larger pot using the regular potting soil. I trimmed the roots first and remove some of the leaves to keep a good balance of leaves and roots. Then I kept it watered more than usual until the new leaves begin to show. I also let the branches grow without trimming and so they grow in arches or twisted patterns like an old tree." (A lesson learned from Bonsai training.)

According to my references, in brief, re-blooming poinsettias "isn't an easy thing to do." They are light sensitive. In September, as day light changes, the plant

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

Fremont Senior Center Garden Club
 First Friday of each month, 1-2 p.m.
 Tanya Mendoza, Program Coordinator 510-790-6602

Fremont Garden Club
 The Fremont Garden Club meets the third Wednesday of each month, February - October, in members' homes & gardens, 6:30 p.m. - 8:30 p.m. Locations are posted on the Fremont Garden Clubs' web site at www.fremontgardenclub.org call Lynn at 510-604-8206

Gardens at the California Nursery Historical Park
 Every Thursday 10 a.m. - 12 p.m.
 36501 Niles Boulevard, Fremont
 Bring gloves and tools
 Park near entrance across from rose garden
 contact bart.balk@comcast.net for details
 Find us on Facebook:
www.facebook.com/FriendsofCaliforniaNurseryHistoricalPark

Pat Kite's Garden

already a bit sad. "Here," she



PAT KITE

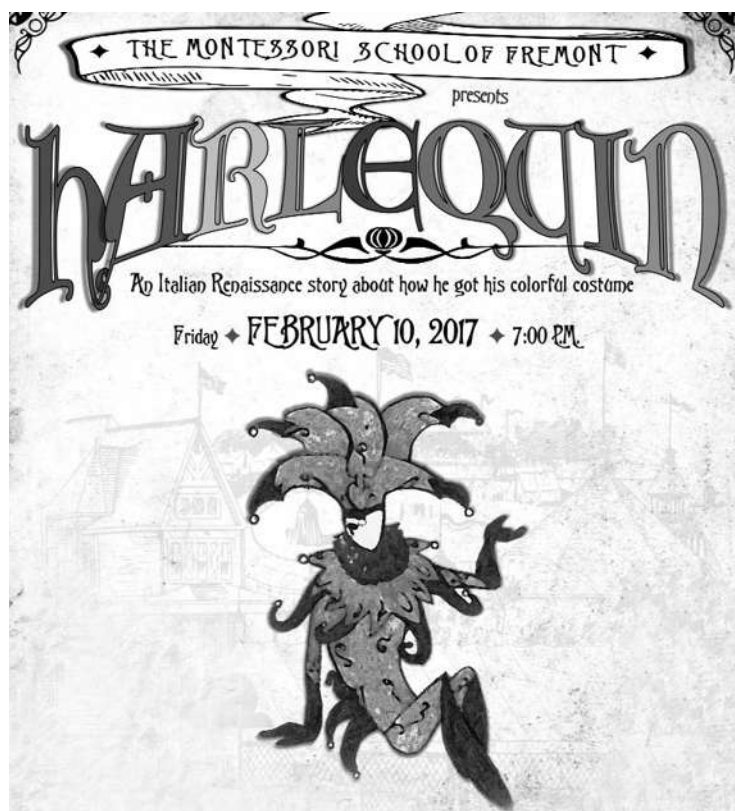
L. Patricia [Pat] Kite's several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore* and *Silkworms*. They may be found at Amazon.com and Alibris.com.

can be moved in and out of a closet on a daily basis. Or you can cover it with a box at sunset, and remove the box at daylight. Poinsettias apparently need about seven hours of daylight per day. Water as needed. Do not put the

plant outside during cold weather. It will catch pneumonia. Fertilize occasionally. Do not get discouraged. Buy a new one for the Holidays, just in case.

I reported to Eileen. She handed me the little poinsettia,

said. "You can do it." Poinsettia is now looking at me; with hope or with amusement, I don't know. But, of course, I will try.



Sensational student opera 'Harlequin'

SUBMITTED BY PARSA BASSERI, ISABEL CHIANG & VARNIKA DHANDIPANI

Prepare yourselves to be enchanted by the magic of theatre, beautiful costumes and scenery, song, dance, and the

excitement of the carnival in Renaissance Italy. The students of the Montessori School of Fremont have been working together to form breathtaking scenery and props for "Harlequin." Sanford and Judy Jones, who compose and choreograph the opera, have helped the students refine their performance.

"Among other things, 'Harlequin' is an opera about friendship and getting together to solve problems and enjoy life. Harlequin and his friends experience the pleasure of friendship when through empathy they are able to understand each other. On a different note, putting together and presenting an opera like 'Harlequin' provides an opportunity for creative expression and purposeful community activity, and everyone benefits," says Katherine Brunner, a teacher at the Montessori School of Fremont.

This opera is a tale of a young, poor boy named Harlequin who

longs to have a wondrous costume for Fat Tuesday, also known as Carnival. Harlequin's kind friends offer him scraps of their own costumes so he can hopefully make himself a costume for Carnival. He eagerly runs home to his mother and shows her the scraps he's acquired so she can make him a beautiful costume. At first, Harlequin despairs that the scraps cannot possibly make him a good costume, but then he sees possibility in the cloth pieces and his mother agrees to try it. Harlequin sleeps, and as he sleeps he dreams of himself as a king, but a nightmare quickly takes over the dream and Harlequin is a poor, teased boy again. When he wakes up, his mother has made him the most beautiful costume and he joins his friends at Carnival.

"Harlequin" is made possible by the combined efforts of the teachers, families, and present and past students of the Montessori School of Fremont, as well as Sanford and Judy Jones. Students audition for roles in the performance and this freedom

allows them to create goals and have fun. They enjoy the entire opera process and right before the performance, the excitement level reaches its apex. This wonderful experience helps students develop skills such as confidence, poise, singing, and dancing while having a great time and experiencing something that they won't forget in a jiffy!

Make sure you can spare some time to attend the enthralling production of "Harlequin." You won't regret it!

Harlequin
Friday, Feb 10
7 p.m.

Smith Center at Ohlone College Jackson Theatre
43600 Mission Blvd, Fremont

(510) 490-0919
msf.jhoana@gmail.com
Tickets: \$12 adults, \$10 kids

The oldest school principal of all?



ARTICLE AND PHOTOS SUBMITTED BY QUEENIE CHONG

Different classes and groups of Gomes Elementary, Fremont, celebrated the birthday of Principal Douglas Whipple on Monday, January 30. At recess, Mr. Whipple stepped out of the festively decorated school office only to discover a group of girl scouts ready to sing "Happy Birthday" to him... and this was just a beginning.

If hearing the song "Happy Birthday" sung for you once would make you a year older and wiser, Gomes would no doubt have the oldest and wisest school principal of all! On his birthday, Mr. Whipple also got to exchange birthday wishes with a sixth grader who shares his birthday. Happy Birthday to both of you!

Holy Family's Sister Camilla celebrating 100 years

SUBMITTED BY LINDA MICCICHE

After Sister Camilla graduated from high school, she found employment during the 1930s in Oakland and San Francisco. Soon thereafter, Sister Camilla enlisted in the United States Navy and became a member of the WAVES after the beginning of World War II. After her discharge, it became evident to her that her earlier conviction that she was called to Religious Life was beginning to come true.

She was accepted into the Sisters of the Holy Family in September 1952, ministering in religious education programs throughout California for many years. In later years Sister Camilla served at the Motherhouse as Secretary General and later became the Plant Manager of the Motherhouse. After her retirement Sister served in volunteer ministry as "Minister to the Ministers." Now, at the age of 100 she may be slowing down, but she hasn't stopped yet! She is celebrating her 100th birthday on February 12. Please join us!

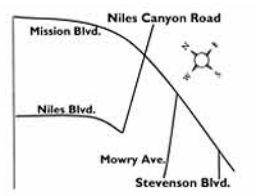
Sister Camilla Morris's 100th birthday
Sunday, Feb. 12
11:15 a.m. Mass followed by lunch
Holy Family Motherhouse
159 Washington Blvd, Fremont
RSVP Sister Angela Persano, SHE, (510) 624-4592
or angelap@holysisters.org

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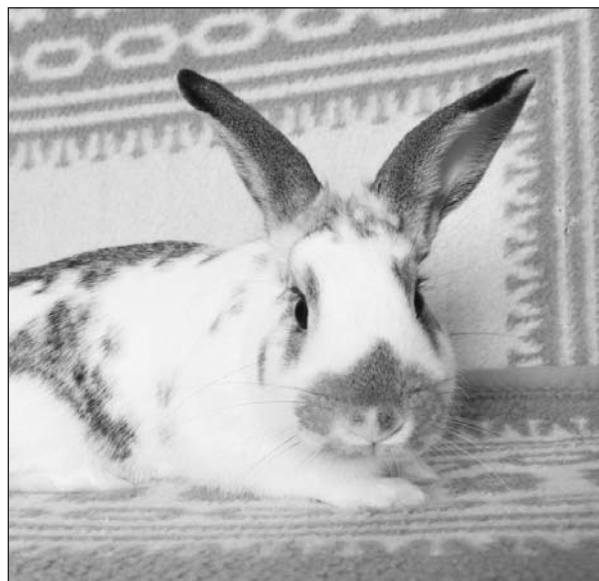
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All Fur Love pet adoptions

SUBMITTED BY CHRIS GIN

The Hayward Animal Shelter Volunteers and Assemblymember Bill Quirk invite the public to the All Fur Love pet adoption to be held Saturday, February 11 at Hayward Animal Services. Dogs, cats, and bunnies will be given free to good homes, though



a \$17 license fee applies to dogs residing in Hayward.
 There will be a photo booth (\$10 suggested donation) from 11 a.m. to 3 p.m. for you to have a picture with your furry new friend!
 Assemblyman Quirk is sponsoring the adoption fees for all pet parents, and free spay/neuter vouchers for residents of his district, which includes Hayward, parts of San Leandro and San Lorenzo. Go to the spay/neuter voucher table during the event to see if you qualify or RSVP at <http://asmcd.org/members/a20/>, or by phone at (510) 583-8818.

All Fur Love
Saturday, Feb. 11
11 a.m. - 5 p.m.
Hayward Animal Services
16 Barnes Ct, Hayward
<http://www.haywardanimals.org> or (510) 293-7200

Artists recognized at monthly meeting

SUBMITTED BY GAIL NOETH

The Golden Hills Art Association of Milpitas selected their Artists of the Month at their February 2, 2017 meeting. Members bring in their newest painting to the general meeting to be judged by the membership. The first place award went to Sunanda Sarker for her acrylic "Summer Robin," second to Lisa Blaylock for her watercolor "Morning Shadow," and Maria Lemery was awarded third for her colored pencil "Snapdragon."

Our next meeting will be Thursday, March 2 at 7 p.m. in the Community Room of the Milpitas Police Department. For more information, call (408) 263-8779.

Newark Memorial High
 Music Department presents

Le Jazz Hot

SUBMITTED BY SAMANTHA KOO-McCOY

The NMHS Music Department will host Le Jazz Hot, a musical dinner show on February 25.
 Tickets can be purchased at NMHS main office, from music students and Mrs. Joann Hong.
 Our music students from all choirs (Memorial Melodies, Lyrical Ladies, Choraliers), Concert Band and guitar class will be performing and serving dinners for you. Dinner will be provided by Dickey's BBQ and vegetarian meals are available upon request. The Newark Music Boosters will be hosting a raffle with many fabulous prizes including 4 one-day passes to Disneyland.

Le Jazz Hot!
Saturday, Feb. 25
6 p.m.
Newark Memorial High School Commons
39375 Cedar Boulevard, Newark
\$20 for adults; \$15 kids 4 - 12; \$70 for group of 4 and \$125 for table of 7. Kids under 3 are free
 For more info: samanthak70@att.net

Ohlone Humane Society



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39120 Argonaut Way #108, Fremont, Ca. 94538-1304
www.ohlonehumane.org

Shelter from the Storm

BY NANCY LYON

"It takes nothing away from a human to be kind to an animal"

Julie is self-confident, lives by her wits and is homeless; a tough existence for anyone. For Julie, like others in her situation, survival is always in question on a daily basis; her struggle often going unheeded.

Let I forget to mention, Julie is a social neighborhood cat who once had a family but now, whether lost or abandoned, she faces the world and the elements on her own. For the past four years, when weather permits, she has been an almost nightly drop-in dinner guest who quickly eats her repast and leaves when she is frightened off by other animals. Where she spends the rest of the night exposed to the winter elements is unknown.

There are others who also struggle to survive in the wet and freezing weather yet many are not enduring hard times on their own without a family. On stormy nights, how many of us have heard the distressing bark of the lonely neighborhood "outside only" dog? Unlike Julie, shelter is only a few steps away where their family is warm and comfortable seemingly unaware of the distress and danger to health facing their four-legged friend.

The answer is simple: the rule of thumb is if it's too cold or wet for you to be comfortable outside even for a short period then it's generally the same for your other-than-human family. Dogs by their nature are considered pack animals and their human family translates to "my pack"; backyard isolation with exposure to the wet and cold add up to a fundamentally lonely, eventually unhealthy and vocal dog crying for companionship and shelter.

So how do you protect family pets, neighborhood cats and others in months of increasingly unstable and changing weather? Here are a few basic tips to consider:

Indoor or Outdoor?

Take a moment and consider this: would a regular coat be enough to keep you warm in cold, wet weather? Probably not. The same applies to your animal companion, so bring them inside with you where it's warm and dry during the winter, especially at night. If your dog must be outside while you are at work be sure to provide a dry, warm and draft free shelter until you are back home. Remember, cats rely on body heat to stay warm, so during wet and freezing weather keep your kitty healthy and happy with you inside by the fire or other warm place. (See http://www.humane.org/animals/resources/tips/protect_pet_s_winter.html)

Snoozing Danger.

We've all heard about the sad situation where a heat-seeking outside cat has taken shelter under the hood of a car and curling up on the still warm motor and trying to find comfort during cold nights and mornings. A quick rap on the hood before

starting your car's motor to wake up a possible sleeping cat and giving her time to leave can prevent a terrible and potentially deadly mishap. A win-win that will make you both grateful.

Long-eared Friends

According to the Rabbit House, within reason, rabbits can deal with moderately cold weather as long as they have a warm dry area to shelter. A hutch above ground helps ensure some protection as long as the bed area is elevated enough and properly weatherized and sealed from drafts and rain. An important thing to remember is that rabbits do not hibernate, if your rabbit becomes limp or sleepy it is ill not hibernating for the winter, take her to the vet ASAP.

While rabbits are considered by many to be "outside only," we like to think that rabbits thrive best within the family home as house bunnies with emotional needs like your dog or cat. Check out the House Rabbit Society on living happily with your in-home bunny. (For more info email rabbit-center@rabbit.org)

Equine and Outside

Our rural past has faded into memory but we can still view horses grazing on hillsides but we often forget that they also need protection from harsh weather. The Horse Council advises that while horses and other equines can live outside in comfort year-round with a few amenities provided by their caregivers, winter horse protection requires increasing feed to produce greater body warmth, mud and hoof management and adequate shelter from the elements. Shelter comes in a variety of forms and the type used largely depends on the facility and available finances. Trees and low places can act as a natural wind barrier and can also provide some protection from rain and wind but a three-sided constructed shelter provides the best protection from winter precipitation for pastured horses. (See www.unwantedhorsecoalition.org/mission-and-goals/)

Neighborhood Felines

Neighborhood and community cats like Julie don't have the physical protections developed by their wild cousins over generations and are subject suffering and illness from stormy weather as much as your indoor cat. Caring for them generates both pros and cons but when feeding or sheltering, making sure it is accomplished with respect for your neighbors by preventing nuisance issues like rodents and attracting other critters can create an environment of cooperation. (See http://www.humane.org/issues/feral_cats/tips/caring_feral_cats_winter.html)

Speak out for animals

If you encounter an animal left out and exposed to wet and cold, let the owner know of your concern in an unchallenging way. Sometimes they are just unaware of the suffering and health risk winter can bring. If you are turned away or met with hostility, it is always best to report it to your local Animal Services agency and follow up on the action

Mother/Daughter STEM Day

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

The Fremont branch of the American Association of University Women will sponsor their thirty-sixth Mother/Daughter STEM Discovery Day. AAUW advances equity for women and girls through advocacy, education, philanthropy and research. The STEM promises to be both fun and educational while introducing third and fourth grade girls (along with their mothers) to careers in science, math and technology.

Nine classes are offered during the day:

Planetarium Show
Brain Science
Computer Talk-Binary Bracelet
Graph Paper Programming 2.0

Mad Science-Movie Special Effects
Tangrams-Chinese Puzzles
Robot Dance Party (bring laptop if you can)
Engineering for Kids
Build the Tallest Tower

Participants can attend five of the nine classes offered. There is limited seating per activity, so be sure to register early. Activities are assigned on a first come-first served basis; an alternate activity will be assigned if your requested activity is full. All activities are fun, so you will have a great morning regardless.

Beverages and snacks will be provided and there will be door prizes and fun stuff to take home. Adult participant may be mother, grandmother, aunt etc.

After online registration, participants will receive the

finalized activity list via email. That email will be the ticket to the event.

AAUW Mother/Daughter STEM Discovery Day
Saturday, Feb. 25
8:30 a.m. – to 12:45 p.m.
Hopkins Jr. High
600 Driscoll Rd., Fremont
\$25 per adult/3rd or 4th Grader pair; \$15 for a second 3rd or 4th grade sibling.
(Limited scholarships available for Title 1 students)
Registration opens on January 20, 2017

<https://www.eventbrite.com/e/aauw-fremont-stem-discovery-day-feb-2017-tickets-31270283259>
More info: 510-623-8483, lethastem@gmail.com or 510-683-9377, [mariamkel@comcast.net](mailto:miriamkel@comcast.net)

PAINTING EXHIBITION CELEBRATES CHINESE NEW YEAR

SUBMITTED BY LAUREL ANDERSON/ANNE CHANG

The County of Santa Clara, CA, USA/Hsinchu County, Taiwan Sister County Commission is hosting a painting exhibition to celebrate the 2017 Chinese Lunar New Year, including an opening ceremony and students awards presentation on Feb. 8. The posters created by the students from the Association of Northern California Chinese Schools (ANCCS) vividly portray the festivity of the Lunar New Year. Every year the ANCCS holds a poster contest inviting students to learn about the Lunar New Year tradition and to create artwork based on the animal of the coming New Year. 2017 is the year of the rooster.

The winning paintings of the Association of Northern California Chinese Schools' Annual Painting Contest will be displayed in the breezeway of the County of Santa Clara Government Center, from Feb. 8 to Feb.22.

Chinese New Year painting exhibition
Opening ceremony and student awards presentation
Wednesday, Feb. 8
4 p.m.
County of Santa Clara
Government Center breezeway, First Floor
70 West Hedding Street, San Jose
(408) 299-5119

F.U.N. Mothers' Club hosts Preschool Faire

SUBMITTED BY KAJAL SHETH

F.U.N. (Fremont, Union City and Newark) Mothers' Club is excited to announce our 13th annual Preschool Faire. This Tri-city wide Faire brings together, all under one roof, over 40 preschools, language schools and extracurricular programs designed for preschoolers and elementary aged kids. This is a unique opportunity to research what options are available to your child for preschool and beyond in our area. The Faire is open to all and there is no cost to attend. Bring your children - there will be plenty of activities to keep them entertained!

F.U.N. Preschool Faire
Saturday, Feb 25
9 a.m. - 1 p.m.
Kimber Hills Academy
39700 Mission Blvd, Fremont
FUNMothersClub.org
Free

Valentine's Day weddings

SUBMITTED BY GUY ASHLEY

The Alameda County Clerk-Recorder's Office is pleased to announce that it is now taking reservations for wedding ceremonies on Valentine's Day, Tuesday, February 14th, 2017, from 9:00 AM until 4:00 PM. Reservations will be available at both its main office location at 1106 Madison Street in Oakland and its satellite office at 7600 Dublin Boulevard in Dublin. The Oakland location offers a specially furnished Wedding Room, while the Dublin location features a charming outdoor courtyard for ceremonies.

Couples who would like to make reservations for their wedding ceremonies on Valentine's Day must obtain their marriage license by Friday, February 10th. While wedding ceremonies are available at both office locations, marriage licenses are sold exclusively at the Clerk-Recorder's main office location in Oakland.

Ceremonies are \$75 and appointments can be made when purchasing the marriage license or by calling the Clerk-Recorder's customer service staff at (510) 272-6362. Each appointment will last approximately 20 minutes. Walk-in service will also be available on Valentine's Day at the Oakland location on a first-come, first-served basis.

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Kid Scoop Together Proof It

Are you a careful reader? Read the article below and see if you can circle all seven errors. Then, rewrite the article correctly on the blank lines.

Flight of the Monarch

Replace the missing words. **SOUTH KINGDOM RETURN COLD ORANGE ONCE PLANTS**

An Amazing Migration Tale

While quite small, the beautiful _____ and black monarch butterfly makes one of the longest migrations in the animal _____.

Monarch butterflies live in Canada and Northern United States in the spring and summer. Every fall, when the weather turns _____, millions of monarch butterflies begin flying _____ to Southern California and Central Mexico.

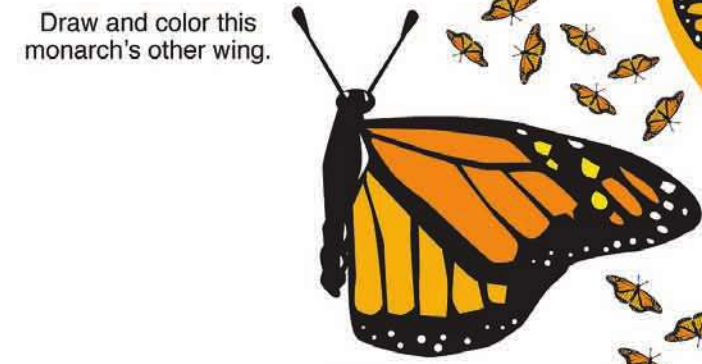


The butterflies _____ to the same forests each year, and some even find the same tree where their parents and grandparents wintered.

Scientists aren't sure how the monarchs know where to go _____ each year, since they each only make the trip _____.

The butterflies mate in the winter. The male then dies and the female heads back north, laying eggs on milkweed _____ along the way. The females all die before the next fall migration begins.

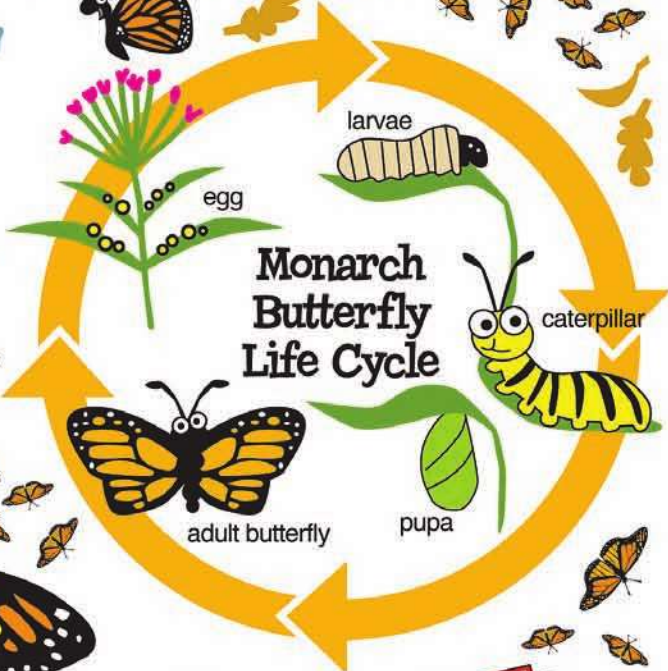
Draw and color this monarch's other wing.



How many butterflies can you find on this page?

In the fall, thousands of monarch butterflies clinging to trees blend in perfectly with autumn leaves, keeping them safe from predators.

We fly south each autumn and north each spring!



Picky Eaters

There is only one thing the larvae of a monarch butterfly will eat. To find out what it is, circle every third letter.

A B M K J I J S L V W K B
N W D R E C Q E F P D
M

Extra! Extra! Compound Words

Butterfly is one word made from two words (butter + fly). This is called a compound word. Look through the newspaper for words that can be combined to make a new word.

sun flower newspaper

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

Kid Scoop Puzzler

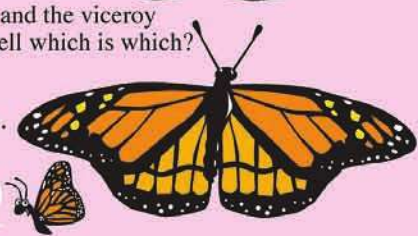
Monarch Copy Cat

The monarch butterfly is poisonous and birds recognize their orange and black wings and avoid them. The viceroy butterfly is a tasty snack for birds. It protects itself by looking almost exactly like a monarch butterfly. It **mimics** the monarch.



Look at the monarch and the viceroy butterflies. Can you tell which is which?

Label each butterfly with the proper name.



HINT: The viceroy has an extra black stripe on its lower wings.

Double Double Word Search

- MIGRATION
- MILKWEED
- MONARCH
- VICEROY
- MIMICS
- WINTER
- LARVAE
- BLACK
- AVOID
- NORTH
- SOUTH
- TEXAS
- PUPA
- COPY

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

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

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **MIMIC**

The verb **mimic** means to imitate or copy something.

The parrot could **mimic** the sound of his owner.

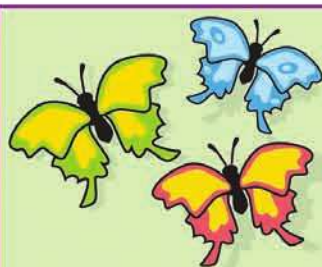
Try to use the word **mimic** in a sentence today when talking with your friends and family.

FROM THE LESSON LIBRARY

Natural News

Find and read a newspaper article about the environment. Write a short summary of the article. Be sure to indicate the *who*, *what*, *where*, *when*, *why* and *how* of the article.

Standards Link: Writing Applications: Write summaries of expository text.



Why wouldn't the butterflies go to the dance?

ANSWER: Because it was a moth ball.

Write On!

A Fly on the Wall
If you could be a fly on the wall, hearing and watching others without their knowing, where would you go and what would you like to watch?

Oakland Zoo's Conservation Speaker Series presents Ewaso Lions



SUBMITTED BY ERIN HARRISON
PHOTOS COURTESY OF OAKLAND ZOO

On Wednesday, February 8 from 6:30 p.m. to 9:30 p.m., Oakland Zoo's 'Conservation Speaker Series' welcomes the public to attend a presentation by Ewaso Lions, an organization dedicated to promoting the coex-

istent group of women stepping up for the cause. To inspire and connect children to their majestic natural heritage, local children attend a Lion Kids Camp. Ewaso also teaches herders how to build strong bomas (livestock enclosures) and work in partnership with the conservationists.

"Not many people know that lions are in serious trouble across Africa. In Kenya, we are finding



istence between local people and lions in Northern Kenya through education, employment, and advocacy. Guest speaker, Paul Thomson, Co-Founder of Ewaso Lions will be presenting the lecture at 7:00 p.m., preceded by a reception with light refreshments at 6:30 p.m.

Lion numbers across Africa have declined significantly, a main

surprisingly simple solutions that help local people live alongside lions. We have hope for the future of Kenya's lions," said Paul Thomson, Co-Founder of Ewaso Lions.

The evening will feature opportunities for the audience to Take Action for Wildlife at the event by bidding on a behind the scenes experience with Oakland



cause being direct conflict with humans. Lions in Northern Kenya are especially vulnerable to conflict because they live near areas inhabited by nomadic pastoralists and come into regular conflict with local people over livestock depredation. Conflict occurs when lions attack livestock and herders retaliate by fatally shooting, spearing or poisoning lions.

"Ewaso has created life as it should be when it comes to living with wildlife. With power, connection and heart, Ewaso Lions illuminates a clear path to co-existence of humans and animals," said Amy Gotliffe, Conservation Director at Oakland Zoo.

Ewaso Lions takes a unique approach to human-wildlife conflict that works. Employing local young men as warriors who respond to conflict and prevent loss of livestock to lions has had a profound impact on the local communities. Ewaso has also created the 'Mama Sambas', a pow-

Zoo's own lion coalition. This drawing will raise funds to send a child to Lion Kids Camp.

Oakland Zoo invites attendees to bring school supplies to the event to be donated to the Scouts, Warriors and Mama Simbas who are all studying to further their ability to create a sustainable livelihood for their own future and that of their lion neighbors. All proceeds from this event will be donated to Ewaso Lions.

**Conservation Speaker Series
Oakland Zoo, Zimmer Auditorium
(at the lower Zoo's entrance)
Wednesday, Feb. 8
6:30 p.m. reception;
7:00 p.m. presentation
\$12.00 - \$20.00 per person
Free parking**

**More information: Amy Gotliffe, Conservation Director,
at amy@oaklandzoo.org**

ÆGIS OF FREMONT PRESENTS CARING FOR THE AGING PARENT YOU LOVE

From needing a little assistance - to caring for an Alzheimer's parent, adults taking care of elders need support. Ægis Living of Fremont is proud to present this FREE monthly seminar series with compassionate experts.



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R. Dale Poland, M.Div., BCC
Bereavement Services Manager
VITAS Healthcare

It's a long journey. Degenerative disease can be confusing to loved ones and caregivers and lonesome for sufferers. Challenge yourself to get the best information available alongside others balancing work and life challenges.

Wednesday, Feb. 15th 11am-12:30pm
Every third Wednesday of the month

We offer peer support and deep expertise in convenient lunch-and-learn sessions.

Complimentary deli lunch served. Space is limited, so kindly RSVP to Fremont.Concierge@AegisLiving.com or call 510-556-5055

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3850 Walnut Ave.
Fremont, CA 94538
www.AegisofFremont.com

RCFE #015600335



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Celebrate Valentine's with an Elegant Affaire!



2017

Friday, February 10 6pm

**Doubletree by Hilton
3990 Balentine Drive, Newark**

**Hors d'oeuvres & Pre Dinner Complimentary Champagne
Live and Silent Auctions - Fantastic Prizes**

**Semi Formal/Black Tie Optional
\$85 per person or \$750/table of 10 - Seating limited to 180 guests**

**For Event and Ticket Information Contact:
League of Volunteers**

510-793-5683 or online at www lov.org



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 Capacity 300
 Call for information 510-797-2121 ext 4
 EventsAtTheLodge@gmail.com
38991 Farwell Drive, Fremont

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

Arts & Entertainment



CONTINUING EVENTS

Thursday, Jan 6 - Sunday, Feb 11

Beautiful Transformations Exhibit
 12 noon - 5 p.m.
Photography by Yao-pi Hsu
 Artist reception Friday, January 6 at 7 p.m.
 Olive Hyde Art Gallery
 123 Washington Blvd., Fremont (510) 791-4357
 www.olivehydeartguild.org

Tuesdays & Thursdays, Jan 10 thru Mar 2

Citizenship Class \$R
 12:30 p.m. - 3:00 p.m.
Discuss American Government and prepare for interview test
 Fremont Adult School
 4700 Calaveras Ave., Fremont (510) 793-6465
 www.face.edu

Wednesdays, Jan 11 - Feb 15

Hikes for Tikes \$R
 10:00 a.m. - 10:45 a.m.
Children explore local parks
 Ages 2 - 5
 Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward (510) 670-7270
 www.haywardrec.org

Wednesdays, Jan 11 thru May 10

Mindfulness Meditation for Healing- R
 10:30 a.m. - 12 noon
Physical and spiritual nutrition
 Dominican Sisters of Mission San Jose
 43326 Mission Blvd., Fremont (510) 933-6335
 http://bit.ly/2017Mindfulness

Fridays, Jan 13 thru Feb 10

Ballroom Dance Classes \$
 Beginners 7:00 p.m. - 8:00 p.m.
 Intermediate & Advanced 8:15 p.m. - 9:15 pm
Tango, Waltz and Samba lessons
 Fremont Adult School
 4700 Calaveras Ave., Fremont (510) 797-9594

Thursday, Jan 13 thru Sunday, Feb 11

The Hollow by Agatha Christie \$
 Thurs - Sat: 8:00 p.m.
 Sun: 12:15 p.m.
Murder mystery who-dunnit
 Douglas Morrison Theatre
 22311 N Third St., Hayward (510) 881-6777
 www.dmtonline.org

Wednesday, Jan 14 thru Sunday, Mar 5

Black Families of Fairview and Kelly Hill \$
 10 a.m. - 4 p.m.
Exhibit depicts families past to present
 Free reception Friday, Jan 20 at 5:30 p.m.
 Hayward Area Historical Society Museum
 22380 Foothill Blvd., Hayward (501) 581-0223
 www.haywardareahistory.org

Tuesdays and Thursdays, Jan 17 thru Mar 9

Citizenship Class \$R
 7:00 p.m. - 9:30 p.m.
Discuss American Government, prepare for interview test
 Fremont Adult School
 4700 Calaveras Ave., Fremont (510) 793-6465
 www.face.edu



Voted Best BBQ LIVE MUSIC/Dancing

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MUSIC CALENDAR

FRIDAY, FEBRUARY 10
Latin Dancing Night with DJ Prestige!

SATURDAY, FEBRUARY 11
Tia Carroll

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Mon.-Fri 2pm-6pm Great Prices
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\$10.⁹⁵ Rib & Chicken Combo
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3340 Mowry Ave., Fremont

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PIANO LESSONS Piano/Keyboard Guitar/Bass
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Hayward Music Center
 24249 Hesperian Blvd., Hayward 510-264-9669

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I need a Forever Home

Millie is a sweet, quiet bunny who's had a rough life and now just likes to take things easy. She loves munching on timothy hay, treating herself to some nibbles of parsley, and sprawling on a nice soft towel for a nap. She's spayed and ready to go home with you. Info: Hayward Animal Shelter. (510) 293-7200.

Nutmeg is 3 yr old American Staffordshire mix. She's a sweet girl who loves attention and hugs. She's active and enjoys playtime, tennis balls and squeaky toys. She has brindle color fur and gorgeous, soulful brown eyes. Good with kids 5 yrs and older. Info: Hayward Animal Shelter. (510) 293-7200.

ENRICH YOUR LIFE - BECOME A VOLUNTEER!

Hayward Animal Shelter
www.facebook.com/haywardanimalshelter
 510-293-7200
 16 Barnes Court (Near Soto & Jackson) Hayward
 Tuesday - Saturday 1pm - 5pm

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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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 (Behind FOOD SOURCE)
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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

Tri-City Little Singers

Spring Semester for grades 3 - 6



Free Auditions - Feb 8, 3:00pm
"www.pathwaycommunity.info/little-singers"
for more info and to register (required)

Fridays, Jan 20 thru Mar 3

Domestic Violence Counselor Training - R

9:30 a.m. - 4:30 p.m.
Certification to work with victims
 Mandatory attendance at all classes
 Safe Alternatives to Violent Environments
 1900 Mowry Ave, Fremont
 (510) 574-2256
 www.save-dv.org

Thursday, Jan 19 - Saturday, Mar 4

Looking Forward

11 a.m. - 3 p.m.
Artwork from A.R.T. Inc. members
 Artist reception: Saturday, Jan. 21 at 1 p.m.
 Adobe Art Center
 20395 San Miguel Ave.,
 Castro Valley
 (510) 881-6735
 www.adobegallery.org

Thursday, Jan 19 - Saturday, Mar 25

Children's Book Illustrator Exhibit

1 p.m. - 4 p.m.
Artist reception: Saturday, Feb. 11 at 1 p.m.
 Sun Gallery
 1015 E St., Hayward
 (510) 581-4050
 www.sungallery.org

Friday, Jan 20 - Saturday, Mar 3

People, Places and Pets

10 a.m. - 4 p.m.
Variety of pictures from 25 photographers
 Foothill Gallery
 22394 Foothill Blvd., Hayward
 (510) 538-2787
 www.haywardartscouncil.org

Saturday, Jan 21 - Sunday, Apr 8

California Dreaming Exhibit

10 a.m. - 5 p.m.
Wildlife and landscape photos by Tony Iwane
 Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward
 (510) 670-7270
 www.haywardrec.org

Thursdays, Jan 26 thru Mar 30

Bingo \$

1 p.m.
Games, refreshments and door prizes
 Newark Senior Center
 7401 Enterprise Dr., Newark
 (510) 578-4840
 www.newark.org

Fridays, Jan 27 thru Mar 31

Mahjong

9:15 a.m.
Tile game
No experience necessary
 Newark Senior Center
 7401 Enterprise Dr., Newark
 (510) 578-4840
 www.newark.org

Mondays, Jan 30 thru Mar 27

Bunco

10 a.m.
Dice game
No experience necessary
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 7401 Enterprise Dr., Newark
 (510) 578-4840
 www.newark.org

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(Fremont Plaza - Next to PETCO)

3750 Mowry Avenue, Fremont

Monday, Jan 30 - Friday, Mar 31

10th Street After-School Program

4 p.m. - 6 p.m.
Sports, arts and crafts, games and special events
 Drop-in program, no day care
 10th Street Community Center
 33948 10th Street, Union City
 (510) 675-5488
 www.unioncity.org/departments/community-recreation-services

Tuesdays, Jan 31 thru Mar 28

Bridge 1

9:30 a.m. - 10:30 a.m.
Set up, bid play and score keeping
 Newark Senior Center
 7401 Enterprise Dr., Newark
 (510) 578-4840
 www.newark.org

Tuesdays, Jan 31 thru Mar 28

Bridge 2

10:45 a.m. - 11:45 a.m.
Mastering game strategy
 Newark Senior Center
 7401 Enterprise Dr., Newark
 (510) 578-4840
 www.newark.org

Tuesday, Jan 24 thru Friday, Feb 17

ART-bots Exhibit

8 a.m. - 1 p.m.
Artfully recycled treasures
 Milpitas City Hall
 455 E. Calaveras Blvd., Milpitas
 (408) 499-2561
 www.blackdogdesignstudio.com

Tuesdays, Jan 31 thru Apr 11

Free Quality Tax Assistance- R

11 a.m. - 3 p.m.
Tax help for low income households
 By appointment only
 Ohlone College Newark Campus
 39399 Cherry St., Newark
 (510) 742-2323
 www.fremontvita.org

Wednesday, Feb 1 thru Friday, Apr 14

Free Quality Tax Assistance

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



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www.DriversForSurvivors.org



Everyone is Welcome to Enjoy Sunday Brunch at the Fremont Elks Lodge

Sunday, February 12
 9:00am to Noon
 Fremont Elks Lodge, 38991 Farwell Drive

ENJOY POPULAR BRUNCH FAVORITES:

Carving Station
 Eggs Benedict, Omelets, Scrambled Eggs,
 Belgian Waffles, Potatoes, Linguica, Bacon, Biscuits & Gravy,
 Fruit, Salad, Homemade Desserts
 Coffee, Tea & Orange Juice

Adults: \$16.00, Seniors (65+): \$14
 Children 7 through 12: \$8.00
 6 & under: Free

Reservations Suggested: 510-797-2121 ext. 2

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ANY X-LARGE PIZZA \$3 OFF
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510-727-0532
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BOOKMOBILE SCHEDULE

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

Tuesday, Feb 7
 4:45 – 5:30 Baywood Apartments, 4275 Bay St., FREMONT
 5:50 – 6:30 Jerome Ave. & Oholones St., FREMONT

Wednesday, Feb 8
 1:00 – 2:00 Del Rey School, Via Mesa & Via Julia, SAN LORENZO
 2:30 – 2:55 Eden House Apartments, 1601 165th Ave., SAN LEANDRO
 3:30 – 4:00 Baywood Court, 21966 Dolores St., CASTRO VALLEY
 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, Feb 9
 12:30 – 1:00 Stellar Academy, 38325 Cedar Blvd., NEWARK
 2:30 – 3:00 Graham School, 36270 Cherry St., NEWARK

Friday, Feb 10
 1:45 – 3:00 Hillside School, 15980 Marcella St., SAN LEANDRO

Monday, Feb 13 No Service

Tuesday, Feb 14
 1:45 – 2:30 Fremont Hills Senior Living, 35490 Mission Blvd., FREMONT
 3:50 – 4:20 Mission Gateway Apts., 33155 Mission Blvd., UNION CITY
 4:50 – 5:30 Mariner Park, Regents Blvd. & Dorando Dr., UNION CITY
 5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, Feb 15
 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

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

Wednesday, Feb 15
 1:50 – 3:00 Friendly School, 1991 Landess Ave., MILPITAS
 3:30 – 4:00 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

Wednesdays, Feb 1 thru Apr 26
Walk This Way
 9:30 a.m. - 11:00 a.m.
Integrate walking, flexibility and strength
 Ruggieri Senior Center
 33997 Alvarado Niles Rd., Union City
 (510) 675-5495
 ruggieriseniorcenter@unioncity.org
 www.unioncity.org

Friday, Feb 3 thru Sunday, Feb 19
Star Trek 50 Artists 50 Years \$
 10 a.m. - 5 p.m.
Variety of artwork celebrating Star Trek
 Chabot Space & Science Center
 10000 Skyline Blvd., Oakland
 (510) 336-7300
 www.chabot.space.org

Saturdays, Feb 4 thru Apr 15
Free Quality Tax Assistance
 10:00 a.m. - 1:30 p.m.
Tax help for low income households
 New Haven Adult School
 600 G St., Union City
 (510) 574-2020
 www.fremontvita.org

Wednesday, Feb 8 thru Friday, Mar 3
Chinese Brush Painting Display
 8 a.m. - 5 p.m.
Artworks by the Milpitas Senior Center
 Phantom Art Gallery
 Milpitas Community Center
 457 E. Calveras Blvd., Milpitas
 (408) 586-3409
 http://www.ci.milpitas.ca.gov/government/recreation/phantom_art.asp

Mondays, Feb 6 thru Apr 17
Free Quality Tax Assistance – R
 10 a.m. - 2 p.m.
Tax help for low income households
 By appointment only
 Tri-City Volunteers
 37350 Joseph St., Fremont
 (510) 598-4068
 www.fremontvita.org

Tuesday, Feb 7 - Friday, Apr 14
AARP Tax Aide Volunteers – R
 10 a.m. - 2 p.m.
Assistance with tax returns
 Appointment required
 Fremont Senior Center
 40086 Paseo Padre Parkway, Fremont
 (510) 790-6600

Tuesdays, Feb 7 thru Apr 25
Toastmasters Meeting
 7:00 p.m. - 8:30 p.m.
Enjoy public speaking and snacks
 Baywood Court
 21966 Dolores St, Castro Valley
 (510) 566-9761

Wednesdays, Feb 8 thru Apr 12
AARP Tax Assistance – R
 9:15 a.m. - 12:15 p.m.
Volunteers provide assistance with taxes
 Newark Senior Center
 7401 Enterprise Dr., Newark
 (510) 578-4845
 www.newark.org

Thursday, Feb 9 - Sunday, Mar 5
Charley's Aunt '66 \$
 Thurs - Sat: 8 p.m.
 Sat & Sun: 2 p.m.
Comedic farce about love in the 1960's
 Douglas Morrison Theatre
 22311 N Third St., Hayward
 (510) 881-6777
 www.dmtonline.org

Thursday, Feb 9 - Sunday, Mar 19
Luzia by Cirque du Soleil \$
 Tues - Thurs: 8:00 p.m.
 Fri & Sat: 4:30 p.m. & 8:00 p.m.
 Sun: 1:30 p.m. & 5:00 p.m.
A walking dream of Mexico
 Taylor Street Bridge
 Hwy. 87 and Taylor St. Lot E, San Jose
 www.cirquedusoleil.com/luzia

THIS WEEK

Tuesday, Feb 7
Stroke Education Series – R
 6 p.m. - 8 p.m.
Minimize risk factors for stroke
 Washington Hospital
 2500 Mowry Ave., Fremont
 (800) 963-7070
 www.whhs.com/seminars

Wednesday, Feb 8 - Saturday, Feb 11
American Red Cross Blood Drive – R
 Wed & Thurs: 11:30 a.m. - 6:15 p.m.
 Fri & Sat: 8:00 a.m. - 3:00 p.m.
Call to schedule an appointment
 Drop-ins welcome
 Fremont-Newark Blood Center
 39227 Cedar Blvd., Newark
 (800) 733-2767
 www.redcrossblood.org

Wednesday, Feb 8
Union City Youth Commission
 4 p.m.
Teens advise on recreation programs
 Holly Community Center
 31600 Alvarado Blvd., Union City
 (510) 675-5806
 www.unioncity.org/departments/community-recreation-services

Thursday, Feb 9
ACWD Public Hearing on Proposed Rate Increase
 6 p.m.
Board will take public comment on rate increase
 Alameda County Water District
 43885 S. Grimmer Blvd., Fremont
 (510) 668-4200
 www.acwd.org/rateproposal

Friday, Feb 10 - Saturday, Feb 11
Live Blues Music
 9 p.m.
Various artists
 Smoking Pig BBQ
 3340 Mowry Ave., Fremont
 (510) 713-1854
 www.smokingpigbbq.net

Friday, Feb 10
An Elegant Affaire \$R
 6 p.m.
Dinner, drinks and silent auction
 LOV benefit for art in schools
 Doubletree Hotel
 39900 Balentine Dr., Newark
 (510) 793-5683
 www.lov.org

Friday, Feb 10
Teen Night Out!
 5:30 p.m. - 8:30 p.m.
Play pool, air hockey, video games
 Ages 12 – 17
 Union City Teen Center
 1200 J St., Union City
 (510) 675-5600
 http://www.ci.union-city.ca.us/departments/community-recreation-services

Friday, Feb 10
6th Grade Valentine's Day Dance Party \$
 7 p.m. - 9 p.m.
Music, dancing, games and refreshments
 Fremont Teen Center
 39770 Paseo Padre Pkwy., Fremont
 (510) 494-4344
 www.RegeRec.com

Friday, Feb 10
Valentine's Day Celebration \$
 7 p.m. - 9 p.m.
Food, entertainment, interactive tours, crafts
 McConaghy Victorian House
 18701 Hesperian Blvd., Hayward
 (510) 581-0223
 www.haywardareahistory.org

Friday, Feb 10
Animal Attractions \$
 7 p.m. - 9 p.m.
Discuss animal courtship and mating
 Wine, appetizers, dessert
 Must be 21+
 Sulphur Creek Nature Center
 1801 D. St., Hayward
 (510) 881-6700
 www.haywardrec.org

Friday, Feb 10
Friday Teen Festivities \$
 4:45 p.m.
Movie and hot cocoa hot
 Silliman Activity Center
 6800 Mowry Ave., Newark
 (510) 578-4620
 www.newark.org

Friday, Feb 10
Aquatic Movie Night \$
 5 p.m. - 8 p.m.
Enjoy a poolside movie
 Finding Dori rated PG
 Silliman Activity Center
 6800 Mowry Ave., Newark
 (510) 578-4620
 www.newark.org

Friday, Feb 10
Harlequin Youth Opera \$
 7 p.m.
A poor boy dreams of a Carnival costume
 Smith Center
 43600 Mission Blvd., Fremont
 (510) 490-0919
 msf.jhoana@gmail.com

Saturday, Feb 11
Spanish Organ Concert
 7 p.m.
Unique sounds of 17th century music
 Old Mission San Jose
 43300 Mission Blvd., Fremont
 (510) 657-1797

Saturday, Feb 11
All Fur Love Pet Adoption Event
 11 a.m. - 5 p.m.
Kittens, cats, puppies, dogs and bunnies
 Spay and neuter vouchers available
 Hayward Animal Shelter
 16 Barnes Ct., Hayward
 (510) 293-7200
 www.haywardanimals.org
 http://asmdc.org/members/a20

Saturday, Feb 11
School Age Storytime
 11:00 a.m. - 11:30 a.m.
Volunteers read to preschoolers
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1421
 www.aclibrary.org

Saturday, Feb 11
Fun With Felting \$
 10:30 a.m. - 11:30 a.m.
Create a toy from sheep's wool
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Feb 11
Stitching Knit and Crochet Club
 12:30 p.m. - 2:30 p.m.
Practice and learn new skills
 Bring needles or hooks
 Newark Branch Library
 6300 Civic Terrace Ave., Newark
 (510) 284-0684
 btelford-ishida@aclibrary.org

Saturday, Feb 11
Beginning Embroidery \$
 12:30 p.m. - 1:30 p.m.
Decorate cloth with basic stitches
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Feb 11 - Sunday, Feb 12
Discovery Days
 10:30 a.m. - 3:30 p.m.
Hands-on exploration and crafts
 Parent participation required
 Coyote Hills Regional Park
 8000 Patterson Ranch Rd., Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Feb 11
Learn the Ropes Hay Hoisting \$
 2 p.m. - 3 p.m.
Use antique pulleys to stack hay
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

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Saturday, Feb 11

Fremont Symphony Valentine Concert \$
7:30 p.m.
Variety of romantic works
Prince of Peace School
38451 Fremont Blvd., Fremont
(510) 371-4859
www.fremontsymphony.org

Saturday, Feb 11

Experience Dyslexia: A Learning Disabilities Simulation - \$R
9 a.m. - 11 a.m.
Hands-on activities for parents and teachers
Stellar Academy for Dyslexics
38325 Cedar Blvd., Newark
(510) 797-2227
www.stellaracademy.org

Saturday, Feb 11

Chinese New Year Parade
5:15 p.m. - 8:00 p.m.
Floats, dancers, marching bands and acrobats
Downtown San Francisco
Market and Second St
Between Kearny and Jackson St., San Francisco
(415) 982-3000
www.chineseparade.com

Saturday, Feb 11

Charlotte Diamond Family Concert \$
2 p.m.
Children's recording artist performs live
Harbor Light Church
4760 Thornton Ave., Fremont
(510) 744-2216
www.musicforminors2.org

Saturday, Feb 11

Black History Month Observance
12 noon - 6 p.m.
Food, entertainment, displays, vendors
Newark Community Center
35501 Cedar Blvd., Newark
(510) 792-3973
www.aachsi.com

Saturday, Feb 11

Bob Dylan Music Jam
2 p.m. - 5 p.m.
Bring your own instrument
All levels of musicians welcome
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Saturday, Feb 11

Stewardship Day - R
9:30 a.m. - 12 noon
Volunteers weed and clean up trash
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x 361

Saturday, Feb 11

Intro to Geo PDF Maps
10:30 a.m. - 12 noon
Navigate refuge via smart phone GPS
Docent instruction at Visitors Center
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Feb 11

Volunteer Orientation
2 p.m. - 3 p.m.
Discuss mission and goal of the refuge
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Feb 11

Jr Refuge Ranger with Nature Play - R
1:00 p.m. - 2:30 p.m.
Hand-on activities to earn ranger badge
Ages 8 - 11
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513 x 104

Saturday, Feb 11

Spring Gardening - R
2:30 p.m. - 4:30 p.m.
Expert discusses composting and garden prep
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 284-0677
btelford-ishida@aclibrary.org

Saturday, Feb 11

Valentino for Valentine's Day \$
7:30 p.m.
The Eagle, Cartoon Factory, Studio Stampede
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Feb 11

For the Birds Volunteer Project - R
9 a.m. - 12 noon
Clean existing bird houses and install new houses
Garin Regional Park
1320 Garin Ave., Hayward
(888) 327-2757

Saturday, Feb 11

Documentary Film
1:30 p.m.
The Best Democracy Money Can Buy
Niles Discovery Church of Fremont
36600 Niles Blvd., Fremont
(510) 797-0895
www.nilesdiscoverychurch.org

Sunday, Feb 12

Sweet, Spicy and Scented \$
11 a.m. - 12 noon
Create scented sachets
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 12

Gorilla Gardening \$
9:30 a.m. - 11:30 a.m.
Volunteers remove invasive plants
Earn community service hours
Ages 16+
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Feb 12

Meet the Chickens \$
2:00 p.m. - 2:30 p.m.
Interact with chickens in the coop
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 12

Curious Caterpillars \$
12:30 p.m. - 1:30 p.m.
Discover the life cycle of butterflies
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 12

Geology Rocks
11:00 a.m. - 12:30 p.m.
Discover Earth and rock basics
Ages 7+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Feb 12

Tortoise Trekker Hike
9 a.m. - 1 p.m.
Slow paced discovery walk
Ages 7+
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Feb 12

Gala Celebrating the Arts \$
1 p.m.
Flute Ensemble, Fremont Senior Tappers, Kennedy Voices
Live performances and refreshments
Benefit for LOV
Thornton Jr. High
4357 Thornton Ave., Fremont
(510) 793-5683
www.lov.org

Sunday, Feb 12

Walking Tour of Mission San Jose
12 noon - 2 p.m.
Docent led tour and history of Ohlone land
Museum of Local History
190 Anza Street, Fremont
(510) 623-7907
www.museumoflocalhistory.org

Sunday, Feb 12

Laurel and Hardy Talkie Matinee \$
4 p.m.
Hi Neighbor, Our Wife, Me and My Pal
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Monday, Feb 13

Bingo Luncheon \$
12 noon
Food, raffle and bingo
Eagles Hall
21406 Foothill Blvd., Hayward
(510) 782-8187

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Monday, Feb 13

Virtual Villages Live Webinar
2 p.m.
Assistance for seniors to stay in their homes
Hayward City Hall
777 B St., Hayward
(510) 208-0410
http://www.edenareavillage.org/

Monday, Feb 13

Milpitas Rotary Club Meeting
12 noon - 1:30 p.m.
Milpitas High School speech contest
Dave and Busters
940 Great Mall Dr., Milpitas
(408) 957-9215
http://www.clubrunner.ca/milpitas

Monday, Feb 13

Family Caregiver Education Workshop - R
10 a.m. - 12 noon
Caring for loved ones with Parkinson's disease
Fremont Senior Center
40086 Paseo Padre Parkway, Fremont
(510) 790-6600
fsharifif@fremont.gov

Tuesday, Feb 14

ASL Storytime
7 p.m. - 8 p.m.
Presented by California School for the Deaf

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

Tuesday, Feb 14

Senior Lunch and Entertainment
12 noon
Valentine's Day love songs and lunch
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Friday, Feb 17

Crab Feed \$
6 p.m.
Benefit for Fremont Senior Center
Purchase tickets in advance
Elks Lodge
38991 Farwell Dr., Fremont
(510) 790-6600
ajaper@fremont.gov

Saturday, Feb 18

Crab Feed \$
4:30 p.m. - 11:00 p.m.
Food, music, raffle, silent auction
Benefit for Our Lady of Guadalupe School
Fremont Holy Spirit Church
37588 Fremont Blvd., Fremont
(510) 657-1674

Bay Area youth sought for Original Musical

SUBMITTED BY LAURIE RUBIN

Ohana Arts Youth Theatre Company invites talented youth between the ages of 6 and 18 from the Bay Area to audition to be part of the cast of the 2017 West Coast tour of the new musical "Peace On Your Wings," based on the true story of Sadako Sasaki and her thousand paper cranes. The production will travel to Seattle, WA, for outreach school performances and public performances at the Cornish Playhouse on September 29-30, and to San Jose, CA, for outreach school performances and public performances at the Hammer Theatre from October 4-8. Rehearsals will take place during the months of August and September in Palo Alto. General auditions will take place on March 4 in San Francisco and March 5 in San Jose. Callbacks will take place on the afternoon of Monday March 6 in Palo Alto.

"Peace On Your Wings" is an original musical inspired by the life of Sadako Sasaki, the inspiration for the Children's Peace Monument in Hiroshima, Japan. Set in post-war 1950's Japan, the musical explores the lives of students at a middle school in Hiroshima as they face the terminal illness of their friend amidst their own adolescent dramas. The musical score combines modern musical theater and Japanese styles, including Taiko, to create a unique, uplifting, and inspiring show.

"Peace On Your Wings" is the inaugural production of the recently launched Ohana Arts Youth Theatre Company, which aims to commission and produce works for all-youth casts based on important historical events or adapted from literary works.

To sign up for an audition time and location, please visit: <https://ohanaarts.wufoo.com/forms/r10j4vfuidvcl1u/> by March 1. For more information on Ohana Arts Youth Theatre Company, visit www.ohanaarts.org.

Summer Job Fair

SUBMITTED BY CITY OF FREMONT

Are you looking for a summer job that is fun and exciting? Come to the City of Fremont Recreation Services Job Fair on Thursday, March 9 at the Teen Center in Central Park. This is an excellent opportunity for anyone looking for a summer job. Positions include recreation leaders, sports instructors, camp specialists, lifeguards, swim instructors, and more. Be a part of our winning team and apply today.

Visit our Recreation Jobs page at: <https://fremont.gov/336/Jobs> for information or to download an application. If you are unable to attend the job fair, you may submit an application in person or by mail to: City of Fremont Recreation Services, 3300 Capitol Ave., Bldg. B, Fremont, CA 94538 or email: RegeRec@fremont.gov

Summer Job Fair

Thursday, Mar 9

5:00 p.m. to 7:30 p.m.

Teen Center, Central Park

39700 Paseo Padre Pkwy, Fremont

(510) 284-4000

<https://fremont.gov/336/Jobs>

RegeRec@fremont.gov

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Fremont Senior Center to host upcoming events

SUBMITTED BY CITY OF FREMONT

The Fremont Senior Center is a welcoming community for local seniors to gather, learn, and simply enjoy life through a full range of social and health services, leisure activities, and events. Throughout the year, the Fremont Senior Center offers numerous trips, workshops, classes, and support and interest groups.

AARP Tax Aide volunteers will be at the Fremont Senior Center on Tuesdays and Thursdays starting Tuesday, February 7 through Thursday, April 14 to help seniors with their 2016 Federal and State Income Tax Returns. Call the Fremont Senior Center at (510) 790-6600 to schedule your appointment.

The Fremont Senior Center is excited to welcome Tri City Volunteer Food Bank's Mobile Food Pantry. The Pantry will provide adults 55 and older with a selection of fresh produce and shelf stable items. Tri City Volunteer

Food Bank's Mobile Food Pantry will be at the senior center on the second and fourth Thursday of each month from 1:30 p.m. to 2:30 p.m.

Everyone is invited to the Fremont Senior Center birthday party as we celebrate our February birthday celebrants. Come by the second Friday of the month from 1 p.m. to 2 p.m. Join us for some live entertainment by various local entertainers. Cake, music, and special gift certificates will be provided. All this for free, so please come and enjoy and feel free to bring a friend.

The Fremont Senior Center is breaking new ground by forming the first ever 55 and older Gay Straight Alliance. This group will be for adults 55 and older who identify as LGBT and anyone else who supports LGBT equality. The theme for this group is 'Action for Happiness'. Each month we'll chat about one of the keys to happier living and then plan ways to incorporate it into our lives. The ten keys are Giving, Relating, Exercising, Appreciating,

Trying Out, Direction, Resilience, Emotion, Acceptance, and Meaning. Join us on the second Thursday of every month from 11 a.m. to 12 p.m. Please feel free to stay for lunch. This program is hosted by LIFE ElderCare.

Join us for an exciting and fun Rock 'n' Roll Aerobics class designed to get your heart pumping and your energy level up. The music includes hard rocking, 1950s and early 1960s Rock 'n' Roll, Rockabilly, Do Wop, and Surf toe tappers. Class will be held Mondays, 11:30 a.m. to 12:15 p.m. by our instructor, Mike Quebec. Class starts January 30 through April 10. Come by the Fremont Senior Center to sign up for this fun class.

The Fremont Senior Center is proud to serve as a second home for all of the seniors in the surrounding community. To find out more about membership, benefits, and events, please stop by the Senior Center at 40086 Paseo Padre Pkwy., Fremont or call at (510) 790-6600.

It's Not Too Late to Get Vaccinated

BY DR. JACOB ASHER,
ANTHEM BLUE CROSS
MEDICAL DIRECTOR

Since flu season began in October, five children across the country have died from the virus, with two dying during the week of Jan. 8 alone, according to the Centers for Disease Control (CDC). One of those five children was in California, reports the California Department of Public Health. CDC data also show that hospitalizations related to the flu are also on the rise with 2017 rates more than triple last year's rate.

But it's not too late to protect you and your loved ones. While every year is different, last year's flu season peaked in early March, which means you still have plenty of time to protect yourself with the flu vaccine. Public health officials continue to encourage people to get vaccinated as quickly as possible. It generally takes about two weeks for the body to develop protective antibodies after vaccination.

The CDC recommends that every-

one six months and older get the flu vaccine annually. The flu vaccine greatly reduces your chances of getting the flu and can reduce severity if you do. It's proven to prevent flu-related hospitalizations for both the recipient and their loved ones with weaker immune systems, such as young children and the elderly.

Unfortunately, the CDC recently advised that the nasal spray vaccine proved ineffective in treating the flu last season. At least for this year, the CDC recommends injectable flu vaccines.

The good news is that the flu vaccine is covered under most individual insurance plans, Medicare, Medicaid and plans purchased through your employer when administered at your primary care doctor's office.

Don't be lulled into a false sense of security if you got a flu shot last year. Viruses change and immunity decreases over time so an annual vaccination is needed to ensure the best possible protection against influenza.

Finally, it's important to take day-to-day precautions to protect yourself

from viruses, including avoiding close contact with sick people, keeping hands away from the face, washing hands with soap and water, getting plenty of sleep, being physically active, managing stress, drinking plenty of liquids and eating nutritious foods.

Anyone with flu symptoms should contact their doctor to determine if antiviral treatment would assist in their recovery. Antiviral drugs are prescription medicines that fight against the flu in your body. According to a CDC study, early treatment could cut the duration of a hospital stay for older adults and reduce their risk of needing extended care after discharge.

Some years, the flu season doesn't end until late May. While getting a shot is never fun, it's nothing compared to the misery of getting the flu and spreading it to your loved ones.

For more information about the dangers of flu and the benefits of vaccinations, talk to a health care provider or visit www.cdc.gov/flu.

LINCOLN ELEMENTARY HOLDS SUCCESSFUL HEALTH AND RESOURCE EXPO

SUBMITTED BY ANGELA EHRLICH

Lincoln Elementary School in Newark held their Health and Resource Expo on January 22. The event was well attended by students and families from Newark Unified School District (NUSD) and the community. Forty-two agencies hosted booths and the Expo was opened by the Mayor of Newark, Mr. Alan Nagy. This event was sponsored in part by NUSD and Newark Betterment Corporation.

SPORTS

Chabot's De'Zire Hall



SUBMITTED BY PHIL JENSEN

Chabot College sophomore De'Zire Hall did not play organized basketball until she was 13-years-old, and had to work on the skills that many teammates already possessed.

"I stuck to it and stayed in the gym and worked hard," Hall said. "When people told me to quit, it motivated me to do better."

Since that time, Hall has been a star on the court. This season, the 5-foot-10 forward is averaging 21.3 points and 12.3 rebounds per game so far.

"She is good at putting the ball on the floor and attacking the rim," Chabot coach Mark Anger said.

"She's had a great year."

Defensively, Hall loves blocking shots ... she is averaging 1.7 blocks per game to date. "I like everything about the game - practice to game time," Hall said. "It's like a stress reliever for me."

The 20-year old regularly battles inside with players much taller than her with impressive results. "It's a little difficult, but I've learned to get around them," Hall said. "I'm not bothered [by contact] because I know basketball is a contact sport."

She also said that she wants to work more on her dribbling and her shot. "I know at the next level I will have to play guard," she said.

Hall's basketball career has

been a journey. After playing for the Mt. Eden High School varsity team as a freshman, she transferred to Castlemont. She averaged double-figure scoring and rebounding all three of her years on the Knights' varsity team, and was first-team all-Oakland Athletic League as a senior.

She signed with UC Merced, but suffered a knee compression fracture and did not play at all before leaving the school in February of 2015. "I knew I wanted to play basketball again, but I wanted to play local," Hall said. "The closest JC to me was Chabot. I got in touch with Mark [Anger]."

Hall said that the Gladiator squad has "a bond." "We are building chemistry," she said. "We motivate each other. That's what I really like."

Through 24 games, the Gladiators had a 17-7 overall record and 5-2 Coast-North mark. They fell 93-65 on January 27 to powerful City College of San Francisco, the only team in the conference to beat them.

"We just need to keep our heads up and keep working together as a team," Hall said.

Local grapplers face stiff competition at tournament

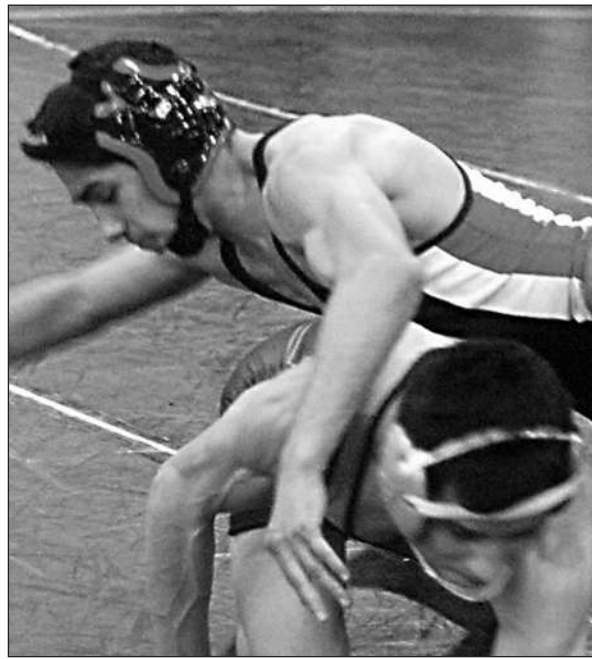
Wrestling

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Local high school wrestlers faced 69 of the best teams in the state at the 42nd Mission San Jose Invitational Wrestling Tournament on February 3rd and 4th. Local Mission Valley Athletic League teams fared well; here is how they placed:

SCHOOL RANK

James Logan (Union City)	4
San Leandro	17
American (Fremont)	20
Arroyo (San Lorenzo)	37
Mission San Jose (Fremont)	44
Newark	53
Washington (Fremont)	55
James Logan B Team	58
John F Kennedy (Fremont)	59



Lady Cougar Haylee Nelson reaches 1,000 point milestone



SUBMITTED BY DARRYL REINA

On Tuesday night, January 31, the Newark Memorial High School Girls Basketball Program acknowledged junior Haylee Nelson for reaching the 1,000 point milestone of her high school basketball career. Haylee's parents, Ron and Cecilia Nelson, celebrated the accomplishment in a pre-game award ceremony at the Newark Memorial High School Event Center. The Lady Cougars then went out and defeated the Kennedy Titans 45-26, as Haylee scored a game-high 18 points, leading her team to victory.

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Viking Hall of Fame induction

SUBMITTED BY MICHELLE STONE

For their continued character and integrity, leadership and dedication as a true Viking, six Irvington/coaches/staff or alumni will be inducted into our Athletic Booster Hall of fame. The ceremony will be Friday February 10 at Halftime (approx. 8 p.m.) of the Varsity Boys Basketball game. A dessert reception will be held at Bronco Billy's after the game (approx. 9 p.m.) Family, friends, alumni are invited to come to the game and then Bronco Billy's to congratulate the inductees.

Inductees are:

- Bill Foltmer - Irvington class of 1972- three sport athlete and coach for 30 years in his community.
- Bob Spain - Irvington Class of 1984- Irvington English teacher for 15 years /coach football 19 years
- Kim Martin - Irvington PE teacher

for 23 years. Coached girl's volleyball and softball.

- Wayne Stone - Current coach of JV Football and Head Coach track and field - 20 years
- Wai-Pan Chan - Teaching at Irvington for 15 years. Coach of track and field; dedicated staff member supporting all Viking sports.
- Larry Harrington - Coached baseball at Irvington for 15 years.

Viking Hall of Fame Induction
8 p.m.

Irvington High School
41800 Blacow Rd, Fremont

Hall of Fame Reception
9 p.m.

Bronco Billy's Pizza Palace
41200 Blacow Rd, Fremont
(510) 438-0121

Ohlone College Celebrates a 'Turf' Decision

SUBMITTED BY OHLONE COLLEGE

While some might say the California drought is over and there is no longer a need to conserve water, the reality is, water conservation needs to remain as a way of life statewide. And Ohlone College is doing its part with its new baseball and softball fields.

On February 8, Ohlone College will host a ribbon-cutting grand opening event for its two newest baseball and softball playing fields. Recently completed along with a field house, the turf in the new facilities is 100% artificial. Clean, green, and requiring no water, pesticides, or weeding, it is virtually maintenance-free. The savings in staff time, resources, and supplies will be significant.

Along with the playing fields, there are new batting cages, bullpens, dugouts and team rooms. The new field house will serve as a hub for the college's maintenance staff and athletics trainers.

The fields are part of a major campus renovation made possible by the district's voter passage of the Measure G Bond in 2010. Well underway, the campus upgrades include a multi-level parking structure, site utilities infrastructure replacement, and the construction of three new Academic Core buildings.

For more information about Ohlone College Measure G plans and accomplishments, visit www.ohlonebond.com.

Cougars induct five into Ring of Honor

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Following a tradition designed to "preserve the legacy of Newark graduates who have excelled in athletics and professionals and to inspire our current Newark students," five outstanding individuals were honored on January 28, 2017 by induction into the Newark Ring of Honor Athletics Hall of Fame. Current Cougars Athletic Director Rachel Kahoalii noted that the new inductees are exceptional for giving their "time, talent and treasure over the years to build the strong legacy of exceptional educational athletics at Newark."

New inductees included:

- Ami Forney, NMHS (98) who earned all-state basketball honors as a junior and senior. She played all four years at Cal Berkeley and was the top returner in 01-02 for points, rebounds, blocked shots and field goal percentage.
- Letty Olivarez, NMHS (06) was Athlete of the Year as a senior at Newark and earned All-East Bay honors four times and all-state honors as a senior in Softball. Letty earned nine varsity letters, competing in volleyball, basketball, softball and tennis. She played collegiate softball for



Dennis Frese



George Johannes



Letty Olivarez and Rachel Kahoalii

the Wisconsin Badgers earning Third Team All-Big Ten honors in her senior season. She has coached at Wisconsin, Stanford, Arizona State and Cal State

Northridge.
• Newell Roche, NMHS (68) who played varsity football for three years and was named 1st Team All League all three years,

Alameda County All Star Team as a senior, two years varsity basketball (Honorable Mention as a junior and 1st Team All-League as a senior), All-League three years in baseball. Attended Weber State on a football scholarship and transferred to Utah State on a scholarship as a starter in his senior season.

• George Johannes, score-keeper for over 35 years at many NMHS athletic events. George has been an invaluable volunteer for NMHS and League of Volunteers. In 2003, George gave 520 hours of service to LOV and in 2016, a total of 427 hours helping NMHS softball, baseball, wrestling, basketball and football.

• Dennis Frese, coach and Athletic Director involved in 11

League Championships (72-93) for basketball, badminton, baseball and softball. He has earned Coach of the Year honors, State Athletic Director of the Year, Western Region Athletic Director of the Year and finalist for National Athletic Director of the Year honors. He has served as Cal State Hayward Head Coach Women's Basketball.

The credentials of these honorees are indicative of the talent and character of those who have attended NMHS, current students and future talent that will attend the campus. It was an honor to witness the induction of these truly exceptional individuals into the Newark Memorial Ring of Honor.

Mariners subdue Colts on the hardwood

Men's Basketball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Moreau Catholic Mariners (Hayward) beat the James Logan Colts (Union City) varsity basketball team 69-56 on January 31st and grabbed a share of first place as both teams have the same Mission Valley Athletic League 8-1 record. This game demonstrated how good league play can be as the game was exciting and close throughout. The score vacillated between both teams until the fourth quarter when the mariners played their best defensive quarter of the season, shutting down the Colts offense and won the battle under the basket to pull out an important victory.



Women's Soccer

Mariners and Titans contest ends in scoreless tie

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Moreau Catholic Mariners varsity and John F. Kennedy Titans contest on January 31 had a few exciting moments even though none of them resulted in scores. Mariners Zabrina Aviles was named Moreau Catholic Player of the Game for her efforts.



Government Briefs

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

City Council/Public Agency MEETINGS

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

CITY COUNCILS

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

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

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

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

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

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

WATER/SEWER

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

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

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

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

SCHOOL DISTRICTS

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

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

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

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

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

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

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

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

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

Ohlone College seeks bond oversight committee member

SUBMITTED BY
OHLONE COLLEGE

A local businessperson is being sought to take a seat on the Citizens' Bond Oversight Committee at Ohlone College.

The member will join the committee in attending quarterly meetings to review reports of bond fund expenditures by the Ohlone Community College District. The committee also presents the Board of Trustees with reports outlining their activities and conclusions regarding Measure G Bond proceeds, and informs the public of the District's progress on Measure G activities.

Measure G is a \$349 million bond measure, passed by voters in Nov. 2010, which authorizes funding for needed repairs, upgrades, and construction

projects primarily on Ohlone College's Fremont campus.

All bond measures for educational facilities in the state are required to have an oversight committee comprised of independent citizens that review and approve expenditures of bond funds to ensure that they are spent according to the provisions of the bond. The Citizens' Bond Oversight Committee is appointed by the Ohlone College Board of Trustees to work with the college.

An application for the seat can be downloaded at www.ohlone.edu/go/bondapply.

The deadline to submit completed applications is March 31. They can be mailed to Ohlone Community College District, Administrative Services Office, 43600 Mission Blvd., Fremont, CA 94539 or sent via e-mail to <mailto:lperez16@ohlone.edu>.

Alameda County Water District public hearing on proposed water rate increases

SUBMITTED BY SHARENE GONZALES

The Alameda County Water District Board of Directors will consider a proposed 2-year water rate increase — 25 percent beginning March 1, 2017 and 5 percent beginning March 1, 2018, to both the bimonthly service charge and water consumption charge at a public hearing on February 9 at 6 p.m.

For the average residential customer using 16 units of water bi-monthly (200 gallons per day) and with a 5/8 or 7/8 inch meter, the proposal would result in an increase of \$11.94 per month in 2017 and \$2.98 in 2018.

The board will take public comment on the proposed increases during the public hearing and all members of the public and media are encouraged to attend.

**Water rate increase hearing
Thursday, Feb 9
6 p.m.**

**Alameda County Water District Headquarters
43885 S Grimmer Blvd., Fremont**

Additional information about ACWD's proposed water rate increases is available at <http://www.acwd.org/rateproposal>.

FUSD Board meeting and Measure E Bond Program update

SUBMITTED BY
ROBIN MICHEL
IMAGE COURTESY FUSD

At the January 25, 2017 meeting, one of the most important tasks on the agenda for the Board of Education to discuss and take action on was to select a project option and authorize funds for the construction of a new science laboratory building at Washington High School (WHS). The current student enrollment at the high school is 1,895, which includes a four-percent increase over the prior year. Based on analysis of the enrollment growth pattern, it is estimated that by the 2023-24 school year, the Washington High School enrollment will be 2,221.

At the December 14, 2016 Board meeting, the Board approved installation of temporary classrooms at several sites, including three at Washington. The Board also recommended the addition of four permanent modular science laboratories and asked staff to bring back options to consider, including an evaluation of the cost and advantages of permanent site built construction in lieu of permanent modular buildings.

Prior to board discussion of the six different options and estimated costs to consider, public comment (including remarks by a student, parents and WHS staff) voiced

preference for Option 1B, which includes six science laboratories and six standard classrooms.

During a thorough discussion about the various options and funding sources, the Board noted:

The preference is to construct permanent buildings over temporary

Enrollment growth necessitates more classrooms at Washington High School

It is better to use restricted funds before other funding sources

The Board approved Option 1B, estimated at \$13.3 million, and authorized use of Measure E contingency for funding the new Washington High School Science Building project.



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Takes from Silicon Valley East

Bay Area leads nation in 2016 biomed investments

BY GREGORY THEYEL

The San Francisco Bay Area is the place to be for the biomedical industry as evidenced by the large share of investment capital and deals going to Bay Area biopharmaceutical, medical device, and diagnostic companies.

Silicon Valley Bank (SVB) (www.svb.com/healthcare-investments-exits-report/) recently released an informative report highlighting how the San Francisco Bay Area is the leading location for investment in the biomedical industry. SVB's report outlines biomedical industry investment trends in the U.S. and across the world.

In 2016, California, and the SF Bay Area in particular, was the leading location for biotechnology and pharmaceutical investment with 63 deals and over \$2.2 billion. Seven of the top 20 biotechnology and pharmaceutical investors were corporations, and the majority of investment was focused on oncology.

There are over 600 biotechnology and pharmaceutical companies in the SF Bay Area, with the largest concentration in South San Francisco. Only the top 10 percent of these companies have more than 25 employees, so the majority of these industry sectors is made up of small, entrepreneurial ventures, most high risk, but many with innovative, high-potential technologies. In 2017, SVB projects that the biotechnology and pharmaceutical sectors will keep up with the accelerated pace of overall venture investing that occurred between 2013 and 2016.

The SF Bay Area has over 700 medical technology (devices and equipment) companies, with the largest number of companies based in Fremont, San Jose, and

Sunnyvale. Most of these companies are small and have new, untested, but often innovative technology. In 2016, the SF Bay Area was a top location for investment in medical devices with 37 deals totaling \$1 billion, and diagnostics, with 26 deals, totaling over \$1.5 billion.

The most active medical device and diagnostic tool investors grew more diverse—corporate venture, angel groups, incubators and accelerators, and private equity—all seeking to fill the void left by traditional healthcare venture funds. University and lab research, corporate innovation, and incubator/accelerator programs, such as IndieBio in San Francisco and the UCSF QB3 Rosenman Institute, have spurred these investment opportunities. Looking ahead to the next two years, SVB expects investments in medical technology companies to level off at \$10.5 to \$11 billion annually through a combination of venture, corporate, and other investors.

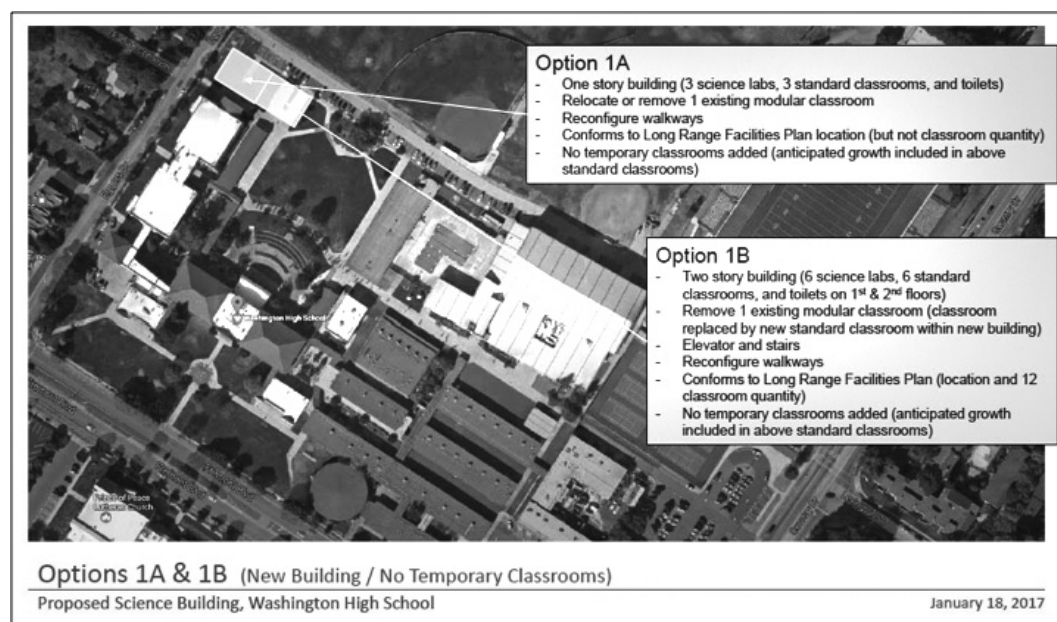
The SF Bay Area is likely to remain the most attractive biomedical region in the world because of the resources available for entrepreneurial ventures, and also because of the region's access to cutting edge innovation in related and supporting industries that are also emerging. Disruptive emerging industries and technologies such as artificial intelligence, robotics, block chains, augmented reality, and the Internet of Things, are centered in the SF Bay Area. More and more start-ups and investment opportunities involve the integration of the biomedical industry and these emerging industries. Regional resources and integration opportunities with other cutting edge industries will continue to make the SF Bay Area the place to be for the biomedical industry.

The Board of Education also took the following action on agenda items pertaining to the Measure E Bond Program:

Authorized staff to enter into an agreement with Bockmon & Woody Electric Company Inc., in the amount of \$1,815,950, for the construction of Priority 2, Package 4 – Information Technology (IT) Upgrades Project at Washington High School

Authorized staff to amend the agreement with SVA Architects, Inc., in the amount of \$1,345,638, for the Horner Middle School Conversion Project

Regular meetings are tentatively scheduled for the second and/or fourth Wednesdays of each month. The next regular board meeting is scheduled for February 8, 2017, at 6:30 p.m. Please check the District website at www.fremont.k12.ca.us for agenda and any time and/or location changes. Information about Measure E, the \$650 million school facilities bond approved by Fremont voters in June 2014, may also be found on the District website: click on Quick Links/Measure E.



OPINION

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WILLIAM MARSHAK

Progression

Looking back at previous appointments to city council, they have favored individuals well ensconced in an agenda controlled by particular and well-defined interests. Now, Mayor Mei has selected two individuals for planning commission who have been actively involved in planning matters but without the previously sought credentials. This will change the composition and tenor of planning commission meetings and could, alter the composition of future city councils as well.

Alice Cavette has been an energetic commentator on planning issues and, with her husband Chris, authored the Shape Our Fremont column in this paper. She has often spoken at council meetings to inform and critique planning issues. Her comments have been reasoned and, while not always persuasive to the council, are given in a calm and rational manner.

Kathryn McDonald, favored by Councilmember Bacon and Mayor Mei to fill the vacant council seat now to be occupied by David Bonaccorsi, has also been an advocate in the community. Attention to detail and conformity with the General Plan are of paramount importance to both individuals and have prepared them for participation on the commission.

The usual progression of the faithful and politically correct has at least hit a

pause and may be abandoned in favor of independent minds. It remains to be seen how this injection of new thought will affect the direction of Fremont, but this appears to be a logical and measured response to a change of voter attitudes. Councilmember Bonaccorsi and the new planning commission members are also a signal to staff that perfunctory approval by the commission and council is a thing of the past.

It will be interesting to listen to council comments on these referrals. The temporary stalemate between Councilmember Salwan/Vice Mayor Jones and Mayor Mei/Councilmember Bacon during the vote for David Bonaccorsi to fill the vacant council seat may be a factor here as well. It appears, however, that those who favor the previous selection criteria are in a tenuous position. A progression is in play and it may not favor the status quo.



William Marshak
PUBLISHER

Progression

A continuous and connected series: sequence

Until now, appointments to Planning Commission have been carefully orchestrated with vetting to make sure that the majority of those who participated would pass a litmus test of political party affiliation and proper thought. After all, planning commissioners are considered by some to be councilmembers-in-training. With the upset of an incumbent mayor in the last election, the selection of Planning Commissioner David Bonaccorsi to fill a vacancy on council and an additional vacancy on the Fremont Planning Commission, newly elected Mayor Lily Mei has the ability to change that paradigm.

Mariners and Titans JV squads battle to a scoreless tie

Women's Soccer

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Moreau Catholic Mariners junior varsity and John F. Kennedy Titans both showed great defense as they frustrated offensive attempts by their opponent throughout their meeting on January 31st. The game ended in a 0-0 tie.



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Obituaries



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Helen "Merina" Gibson

RESIDENT OF PIONEER
August 19, 1951 – January 26, 2017

Charles "Chuck" Campbell

RESIDENT OF FREMONT
May 17, 1962 – January 27, 2017

Juan E. Castillo

RESIDENT OF LIVERMORE
November 2, 1927 – January 29, 2017

James M. Herget

RESIDENT OF FREMONT
October 21, 1931 – January 30, 2017

Adeline G. Caldeira

RESIDENT OF NEWARK
June 17, 1914 – January 31, 2017

Sharon Lee Gibellini

RESIDENT OF SPARKS, NV
August 9, 1935 – February 1, 2017

Yvonne N. Lonero

RESIDENT OF DAYTON, NV
October 14, 1934 – February 1, 2017

Virgie Marie Norman

RESIDENT OF FREMONT
October 16, 1926 – February 1, 2017

Diane M. Salvatore

RESIDENT OF FREMONT
September 10, 1959 – February 1, 2017

John R. Shaffer

RESIDENT OF FREMONT
December 21, 1934 – February 1, 2017

Helen C. Sterbenk

RESIDENT OF FREMONT
December 25, 1939 – February 2, 2017

Luella H. Robertson

RESIDENT OF FREMONT
September 2, 1920 – February 4, 2017



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www.fremontchapeloftheroses.com



Robert L. Dutra

RESIDENT OF FREMONT
January 26, 1924 – January 25, 2017

Roma P. Whitehead

RESIDENT OF FREMONT
January 2, 1924 – January 27, 2017

Nga Thi Dinh

RESIDENT OF UNION CITY
January 1, 1922 – January 30, 2017

Henry T. Allen IV

RESIDENT OF FREMONT
February 24, 1947 – January 30, 2017

Joseph Vierra

RESIDENT OF NEWARK
September 17, 1928 – January 31, 2017

James Y. Sakane

RESIDENT OF FREMONT
December 13, 1952 – January 30, 2017

Eufemia F. Ramirez

RESIDENT OF FREMONT
April 7, 1927 – January 31, 2017

Yvonne T. Sun

RESIDENT OF FREMONT
March 29, 1958 – January 31, 2017

Eda J. Rost

RESIDENT OF NEWARK
September 20, 1933 – January 31, 2017

Juanita "Jeannie" Dabney

RESIDENT OF MODESTO
October 30, 1921 – January 26, 2017

Pandurangam Vanaprthy

RESIDENT OF FREMONT
June 4, 1933 – February 4, 2017

Jon C. Culwell

RESIDENT OF NEWARK
November 27, 1933 – February 5, 2017

Trevor J. Horry

RESIDENT OF DUBLIN
September 11, 1994 – February 3, 2017

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Obituary

Granddaughter of Italian War Hero Passes Away

Georgina Mary Seidler

July 10, 1928 – January 26, 2017

Resident of Newark

Georgina Mary Seidler returned to her heavenly home at the age of 88 January 26th 2017. She was greeted by her husband Rod, her parents, and grandson J-R.

Georgina was born July 10th 1928 in Oakland, California. She grew up in Oakland with her three brothers Bill, Frank, and Bob in a home shared with her grandparents. As a teenager she enjoyed taking her brother Bob to the movies in downtown Oakland.

After high school she met the love of her life Rod. At that time she was working as a bookkeeper for Wells Fargo Bank in San Francisco, California. She would take the train across the bay bridge to work. In 1947 they were married and Georgina became a homemaker. Soon after they were blessed with their first of 5 children; Susan, Nicholas, Connie, Christopher, and Rand. During this time she began her walk with The Lord. Georgina enjoyed going to church and teaching Sunday school.

By 1968 they were living in Fremont, California and were still very involved with the church. As their children grew older Georgina and Rod found time to square dance, spend time with friends and continue the tradition of Sunday dinners.

In 1984, Rod and Georgina made the decision to move to Pine Grove, California. They purchased a home on 3 acres where they made many happy memories with their children and the many grandchildren.



Throughout her life Georgina was a devoted wife and mother. She always had so much love to give opening her home to many foster children. Being a strong woman and having a true love for nature, she remained in Pine Grove for many years after her husband passed away in 1991. Georgina loved to garden and take walks in the forest.

In 2007 she came back to the Bay Area and moved in with her son Rand where she spent the last 10 years of her life filling his house with love. By this time her family had grown to a total of 15 grandchildren and 16 great-grandchildren. Up until the end, her faith was strong and we shall all find comfort in knowing she is home and through Jesus Christ we will see her again.

Fremont Chapel of the Roses
510-797-1900

Obituary

Helen Constance Sterbenk

December 25, 1939 – February 2, 2017

Resident of Fremont

Helen C. (Dias) Sterbenk passed away on February 2nd, 2017. She was born to the late Manuel and Mary Gularte on December 25th, 1939 in Atascadero, CA.

Helen was a very loving, caring, and giving wife, mom, sister, grandma, great grandma, godmother, and friend to many. She had many lifelong friends that were family to her.

Helen's artistic talents crossed media, oil painter, watercolorist, toll painter. She was also a very talented cosmetologist for many years. She loved to work in her garden and spend as much time with her grandchildren and great grandchildren as possible.

The family wishes to thank all those who cared for her over the past few years.

Helen is survived by her husband of 25 years



Ron Sterbenk of Fremont; daughters: Gina Dias of San Jose, Juanita Epps (Jeff) of Lake Tahoe, Theresa Nogueira (John) of Sherwood, OR, Diane Lagau of Clayton, and Noreen Wernswing (Mike) of Boise, ID; son:

Kenneth Dias (Christina) of San Jose; and 13 grandchildren: Daniel, David, Nicholas, Ethan, Jennifer, Monica, Brian, Laura, Alexa, Matthew, Roman, Gabriel, and Hayley. She is also survived by many great grandchildren and several nieces and nephews.

A Memorial Mass will be celebrated on Tuesday, February 7th, 1pm at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. The family asks that in lieu of flowers donations be made in memory of Helen to: Alzheimer Association, 2290 N. First St. Suite 101, San Jose, CA 95131 or call 408 372 9900.

Fremont Chapel of the Roses
510-797-1900

Obituary

Marie Norman

October 16, 1926 – February 1, 2017

The Lord called Marie Norman of Fremont home on Wednesday morning February 1, 2017 while residing at Fremont Hills Senior Living.

Marie grew up on a farm in Doniphan, Missouri and was

married to Ted Norman, now deceased. She taught school in a one room school house before moving to California in 1948. She lived in San Martin, Gilroy, and Morgan Hill before moving to Fremont in 1964. She worked

as a secretary for the Fremont Unified School District and as a bank teller for Security Pacific Bank. She was an active member of Alder Avenue Baptist Church.

She was a beloved mother to her daughters Beverly Burns and

Leigh Chase and beloved mother-in-law to Allen Chase and Richard Burns—all residents of Fremont.

The family wishes to extend their gratitude to Hayward Kaiser Hospice for all the care they gave to Marie in her final days.

A private family burial will be held at Cedar Lawn Cemetery.

Fremont Chapel of the Roses
510-797-1900



Obituary

Charles "Chuck" Campbell

May 17, 1962 – January 27, 2017

Resident of Fremont

Charles "Chuck" Campbell passed peacefully in his sleep after a brave battle with esophageal cancer on Friday, January 27th, 2017 at 54 years of age.

Devoted to his family and friends, Chuck would do anything for his loved ones no matter what, with no questions asked. He became involved in his son Justin's activities by becoming a Cub Scout Leader, baseball coach and went on to spend years volunteering at Mission San Jose Little League and Fremont American Little League maintaining the fields, which he took great pride in. Chuck road his motorcycles every chance he got, a love that began as a teenager. He will be remembered for his wonderful sense of humor and giving nature. Chuck accepted the Lord Jesus Christ into his heart, and is now in God's presence.

He is survived by his wife of 26 1/2 years Corina Campbell; son Justin Campbell; brother Ken Campbell (Jacque); sister Kathy Maria (Rick); mother DeLores Campbell; nieces:



Danielle, Katie, Jessica, Kendra, and Jowelle; and great nephews: Ty and Ricky. Preceded in death by his father Robert Campbell, and his sister Kimberlee Campbell.

A Memorial Service will be held on Friday, February 10th, 2pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. In lieu of flowers, donations may be made in memory of Chuck to Resonate Church, 44244 Fremont Blvd., Fremont, CA 94538.

Fremont Memorial Chapel
510-793-8900

Obituary

Juan Castillo

November 2, 1927 – January 29, 2017

Resident of Livermore



turo Castillo; and nieces and nephews. Predeceased by his son Anthony Castillo.

Juan enjoyed time with his family, he adored his grandchildren and great grandchildren. He will be in our hearts forever.

Visitation will be held on Wednesday, February 8th, from 5-8pm with a Vigil at 6:30pm at Fremont Chapel of the Roses, 1940 Peralta Blvd., Fremont, CA 94536. Funeral Mass will be celebrated on Thursday, February 9th, 11am at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. Burial will follow at Holy Sepulchre Cemetery in Hayward, CA. In lieu of flowers, donations may be made in memory of Juan to the Dementia Society of America, dementiasociety.org.

Fremont Chapel of the Roses
510-797-1900

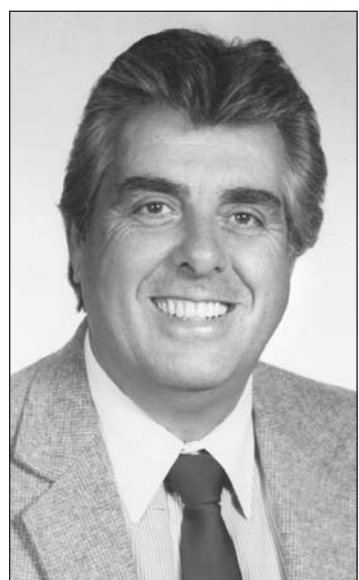
Born on November 2nd, 1927 in Pearsall, TX, and entered into rest on January 29th, 2017 in Pleasanton, CA at the age of 89. Survived by his wife of 66 years Carmen Castillo; children: Stella Epding, Oscar Castillo, Albert Castillo, Delma Castillo, and Cindy and Cliff Hurt; 10 grandchildren; 16 great grandchildren; brother: Arnulfo Castillo, and Ar-

Obituary

George Raymond Silveira Jr.

September 25, 1932 – January 27, 2017

Resident of Fremont



sister Marlene Steneck; brother-in-law Bobby Rose; sister-in-law Kathy Silveira; and several nieces and nephews. Preceded in death by his parents: George and Elsie Silveira; brother Richard Silveira; and sister Dolly Rose.

George was a member of the 19th Hokers golf club in Fremont, Niles rotary, Fremont Philharmonic, and numerous classic car clubs. He was the fleet manager of Fremont Ford for 50 years.

A Memorial Mass will be celebrated on Monday, February 6th, 11am at St. Joseph Catholic Church, 43148 Mission Blvd., Fremont, CA 94539. Donations may be made in memory of George to Ohlone Animal Rescue in Newark, CA.

Fremont Chapel of the Roses
510-797-1900

Born on September 25th, 1932 in San Jose, CA, and entered into rest on January 27th, 2017 in Fremont, CA at the age of 84. Survived by the love of his life Ida Lou Mezzetti; Ida Lou's daughter and son-in-law: Shaundra Palmer and her husband Chris; grandchildren: Natalie and Brooke Palmer; brother Jack Silveira (Sharon);

Obituary

Rodney Stewart Ricciarelli

Rodney Stewart Ricciarelli was born October 12, 1928 Bells, TN, age 88, died January 26, 2017 at Fremont Village peacefully with his daughter at his side.

Mr Ricciarelli is survived by his children Lynda Myers (Ciro), Douglas Ricciarelli (Kay), Janet Kirby and two step daughters Linda Ibbara (Jess) and Gloria Ice, and many grandchildren and great grandchildren.

Rodney was predeceased in death by his loving wife Eva of



from them. He had a love for flying, Rodney taught flying and rebuilt his Cessna in his back patio of his home. Even took the plane for a test run down his street to see if it was working right. Rodney was the founder of the alumni for Commerce High School in San Francisco. Rodney was a volunteer at the Shinn House where he started to restore the trolley car. He restored the Ruud Water Heater which stands in the kitchen in the Patterson house, and Ardenwood house. He was a volunteer at the Train Museum. Rodney was instrumental setting up the Hiller Aviation Museum in San Mateo, CA also was a docent there.

Rodney was a veteran of WWII served with the US Navy from August 1, 1946 to September 29, 1949. With Rank of ET3. Aircraft Electrical Technician earned the medals of World War I Victory Medal and Good Conduct Medal.

Interment will be at Lima Family Milpitas Fremont Mortuary Cemetery, 48800 Warm Springs Blvd, Milpitas-Fremont, 94539

Graveside service will be February 10, 2017 at 1pm. In lieu of flowers please give to the charity of your choice in honor of Rodney Stewart Ricciarelli.

Contact Rodney's daughter Lynda Myers, P O Box 134, Pahrump, CA 89041



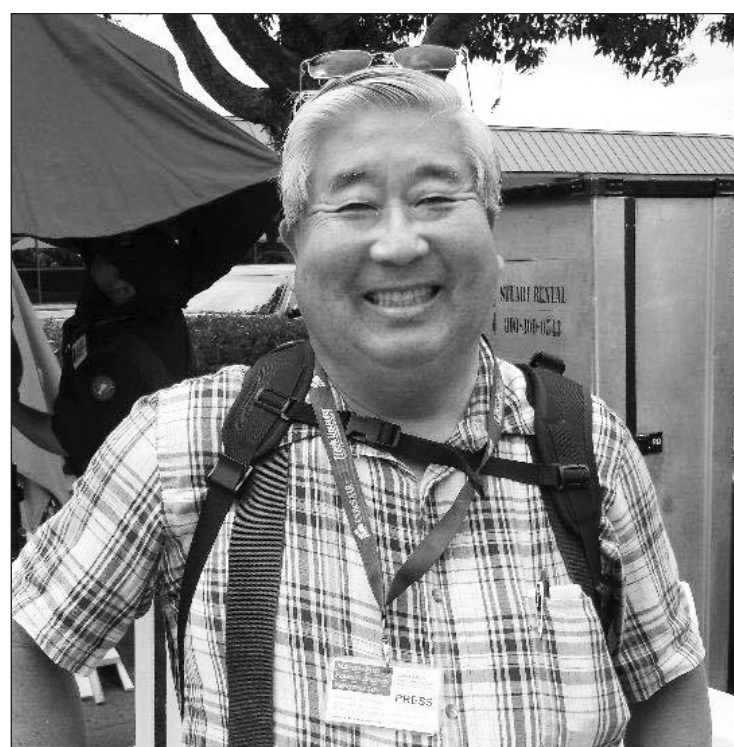
39 years, who died in 2013. His parents Tuillo and Ada Ricciarelli, brother Stanley, sisters Beatrice and Alice, two step daughters Terry and Cathy.

Rodney grew up in San Francisco and then moved to Fremont, CA. Rodney was a resident for 45 years. Rodney worked for the FAA 26 years as a Avionics Technician and retired

Obituary

James Yoshio Sakane

1952 - 2017



terest in photography. Jim loved photography and had won many awards for his work. Not only was he a freelance photographer, he was also contracted by the Bay Area News Group. His work was shared with many community organizations and friends. Jim was also a long time Member of the Fremont Rotary. Jim is survived by his mother Helen Sakane of San Jose, wife Kathleen Sakane, son Michael Sakane, daughter Colleen Sakane-Montgomery, grandsons Austyn, Jacob & Sean, son-in-law Ron Montgomery, all from Fremont. His sister Joan Kusumoto, niece Jennifer Kusumoto and brother-in-law Mack Kusumoto of Campbell. Jim was loved by so many people. He was a very intelligent and

Jim was 64 years old at his time of death. On January 30, 2017 he died in the ER at Kaiser Hospital in Fremont, CA. Heart and respiratory complications were the cause of death. Jim was born in San Jose, CA on Dec. 3, 1952. His parents were Yoshio and Helen Sakane, also of San Jose. Jim attended Piedmont Hills High School where he flourished in photography and was also a member of the National Honors Society. Later he attended San Jose State University, where he majored in Administration of Justice as well as becoming a member of the San Jose Police Cadet Program. After College Jim attended the police academy. He joined the Fremont Police Department in 1976. In 1979 he left the FPD and started Sakane Lock and Key. The business flourished for more than 35 years. Jim had many hobbies. His hobbies once included RC aircraft, amateur



radio as well as transmitter hunting. It is safe to say that one of his earliest interests/hobbies took hold of him again in the late 90's to early 2000's, as Jim once again took up his childhood in-

talented man, and gave so much to his community. He will be missed.

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THEATRE REVIEW

'Rumors'



BY JULIE GRABOWSKI

Chanticleers Theatre opens their 2017 season with a bang. Literally.

Ken and Chris Gorman arrive at the house of their friend Charlie Brock, deputy mayor of New York, for his 10th anniversary party. They are not met by their friend however, but a gunshot, which leads them to discover Charlie in his room with a bleeding earlobe. The servants are gone, no food has been prepared, and Charlie's wife, Myra, is nowhere to be found. Having taken Valium, Charlie is unable to explain what's going on, and the Gormans are frantic over what to do as more guests arrive.

Aiming to avoid scandal, they decide not to tell anyone the state of affairs, and concoct varied explanations to cover it up. But as the evening goes on and more couples show up and get involved, it becomes too difficult to keep the deception going and soon everyone is in the know. In addition to the mysterious circumstances, everyone has brought their own issues to the party: Chris desperate for the cigarettes she has given up, Lenny suffering whiplash from a car accident that happened on the way over, Cookie has back trouble which flares up in sudden spasms, and Cassie suspects her state-senate bound husband of cheating and only finds comfort in her crystal. Rumors are also swirling about infidelity between Charlie and Myra.

A second gun shot, a final pair of late guests and the arrival of two police officers complicate matters further, leaving everyone to wonder how they will make it out of the evening unscathed.

This chaotic party gone wrong is Neil Simon's "Rumors," a 1988 farce whose only aim is laughter. Chanticleers Director John Maio generates a lively, quick-paced production with an appealing and able-bodied cast who do bring laughs, but not to the degree that one anticipates of farce. All of the evening's mishaps happen offstage, so the majority of humor comes from convoluted cover-up stories and personal sufferings of the characters. The second act actually begins to feel a little heavy as explanations and panicked characters become more

tiresome than funny.

Alicia von Kugelgen and Randy Anger are the power couple of the evening as Claire and Lenny Ganz. Von Kugelgen is sharp and on perfect point as the gossipy Claire, and Anger is magnetic and natural as Lenny. The two seem to have the best lines and share an easy rapport which makes them supremely fun and watchable. While Anger is in top form from the start, his long, elaborate explanatory monologue in Act II is an excellent caper to his great performance.

Michael Sally (Ken) and Katina Letheule (Chris) put high energy into their characters, but the couple ends up feeling overplayed and unbelievable. Julia Etzel adds color as Cookie with her dog cushion and 60-year-old Russian dress from her grandmother, and Andrea Lea Martzian is an enjoyable live wire as the angry and combative Cassie. Martzian and Jason Berner (Glenn) are well-paired and contribute an enjoyable spark as a feuding husband and wife.

Maior's set design is eye catching and modern in its gray, red, and black color palate, with plenty of doors (six) to accommodate and punctuate the action. A nice touch is the Picasso, Pollock, and Piet Mondrian paintings on the wall by the talented Georgia Lee. Costumer Stephanie Lauck does a great job of dressing these professional, well-to-do characters in attractive evening wear; the ladies dresses are beautiful and suited to each one's personality (that excellent Russian dress!).

While "Rumors" isn't quite the laugh fest one anticipates, it showcases some fine acting and provides a light and amusing evening that will surely make you feel better about any of your own failed dinner parties.

Note: This production contains adult language and may not be appropriate for younger audience members.

Rumors

**Friday, Feb 3 – Sunday, Feb 26
8 p.m., Sunday matinees 2 p.m.**

**Chanticleers Theatre
3683 Quail Ave, Castro Valley
(510) 733-5483**

http://chanticleers.org

Tickets: \$25 general,

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The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style.
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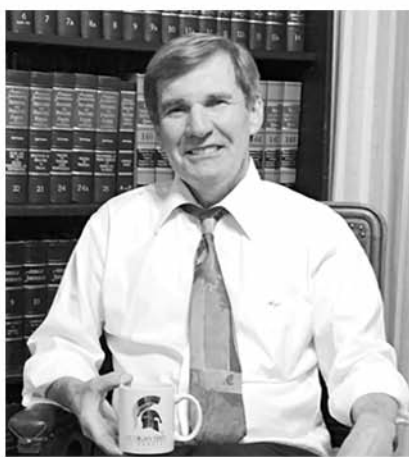
Quoted by Ralph Nader in his book "No Contest" (1996)

Instructor Stanford Univ. Advanced Trial Advocacy 1995 - Present

Faculty, Santa Clara University School of Law 1987

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Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Monday, Jan 23

Officers Carter and Berrier responded to a report of a disturbance in the 46600 block of Mission Blvd. It was determined that someone damaged another person's car by throwing a rock at it. The suspect fled before officers arrived at the scene.

Officer Carter investigated a grand theft from a business in the 45500 block of Fremont Blvd. The suspect is an ex-employee and impersonated a current employee to get access to the building. Taken were numerous computer items.

At 4:55 p.m. Officer Latimer was dispatched to Ulta at the Hub for security holding a shoplifter. He arrived at the scene and arrested a 44-year-old woman on suspicion of shoplifting and having outstanding arrest warrants.

Tuesday, Jan 24

At 6:41 p.m. A man called 911 after he and his roommate got into a verbal argument that escalated when the roommate brandished a handgun. Officers responded and met with the victim outside the residence. The victim said he did want to pursue criminal charges against the

roommate. Sgt. Romley, Officers Manrique, Rodriguez, and Scherer, approached the residence and contacted the suspect, who agreed to come outside. Officer Manrique interviewed both parties and subsequently arrested the 31-year-old man on suspicion of brandishing a firearm. A 9mm handgun was seized as evidence.

A man called 911 after two suspects robbed him of three drinks he had just purchased. The first suspect physically assaulted the man and took the drinks, then got on a blue bike and rode off. The second suspect ran away on foot. Both were last seen northbound on Fremont Boulevard running from Sundale Drive. Officers checked the area but didn't find the pair. The first suspect was described as a black male, 16-years-old, about six feet tall with a thin build and clean-shaven. He was wearing a black hoodie and black pants and had a gray metal folding knife in his pant pocket. The second suspect was described as a white male, 16 to-17-years-old with a thin build and wearing a beanie with undetermined clothing.

Officer Harvey made a pedestrian stop on a 27-year-old man in the area of Fremont Boulevard and Country Drive. The man was found to be in possession of items from Target store at the Fremont Hub shopping center. It was determined that the items were stolen with video surveillance

confirmation. The man was arrested on suspicion of shoplifting and probation violation.

Wednesday, Jan 25

Traffic officer Tran investigated a collision involving four vehicles and a big rig at Alvarado Boulevard and Deep Creek Road. One driver had a visible injury to the head.

A suspect entered the Smart and Final store on Walnut Avenue and attempted to steal merchandise. An employee stopped the suspect and the suspect threatened to shoot her. No gun was seen. The suspect was described as a black woman in her 30s dressed in a black coat and black pants. Video surveillance is pending on the case which is being investigated by Officer Dubowy.

Officers investigated a commercial burglary of four units at the Public Storage business on Peralta Boulevard. The suspects entered the facility by cutting through a chain link fence along the railroad tracks.

Following a car stop near the Fremont BART station, Officer Gregory arrested two men on suspicion of possessing illegal drugs and being under the influence of illegal drugs

Following a car stop in the area of Whitehead and Paseo Padre Parkway, Officer Perry arrested a man on suspicion of possessing illegal drugs and driving on a suspended license.

Union City Police Log

SUBMITTED BY LT. MATIAS PARDO, UNION CITY PD

Wednesday, Jan 25

At around 9:10 a.m. Officer Rivas was dispatched to the 34600 block of Skylark Dr. on a trespassing call. A nude man was in the property complex's hot tub. After he put on his clothes, the 24-year-old Union City resident was arrested for trespassing and violating the terms of his probation.

Friday, Jan 27

At around 2:50 p.m. Officer Perry was in the area of Dyer Street and Alvarado Niles Road when he located a vehicle that had been reported stolen from

of Union City. The driver, who was driving erratically and collided with a parked car, abandoned the vehicle in Fremont but was located nearby. Khanh Ho, a-year-old Union City resident, was arrested on suspicion of vehicle theft and possession of stolen property.

At around 1:45 a.m. Officer Wilson was doing patrol check in the area of Red Cedar Lane and Dagget Avenue and , located a vehicle reported stolen from Fremont, with a man sleeping inside. A search of the vehicle uncovered "shaved" keys and stolen property. Arrested on suspicion of vehicle theft, possession of burglary tools and stolen property was Kenneth Chahin, a 25-year-old Union City resident.

Saturday, Jan 28

While patrolling along Dyer Street around 1:15 p.m. Officer

Rodriguez noticed a man walking on the sidewalk and carrying what appeared to be a brand-new chainsaw, with the price tag still attached. The chainsaw was determined to be stolen from Lowe's. James Delacruz, a 27-year-old Union City resident, was arrested on suspicion of possessing stolen property.

Sunday, Jan 29

At about 4 p.m. Officer Bellotti was dispatched to Union Landing shopping center on the report of a robbery. Four suspects attempted to rob one victim, but were unsuccessful. Then they moved to another victim and took her purse before fleeing in a 1990s gold Nissan Maxima. The suspects were described as black males between 14 and 18-years-old.

Domestic dispute ends in death

SUBMITTED BY SGT. DAN LEJA, SAN LEANDRO PD

Shortly before midnight on Wednesday, Feb. 1 numerous 911 emergency calls started coming in to the San Leandro Police Department regarding a loud verbal

argument in a residential neighborhood.

One caller reported that a woman had been struck by a vehicle and that the vehicle was still there. Officers arriving on the scene in the 400 Block of Ruth Court found an unresponsive woman trapped under a car. Paramedics were called and pro-

nounced the woman dead.

Early reports from police indicate there was a domestic dispute that ended with the victim's boyfriend running her over with his car at around 11:50 p.m. The investigation is continuing with detectives are interviewing the boyfriend and witnesses.

Newark Police Log

SUBMITTED BY CMDR. MIKE CARROLL, NEWARK PD

Thursday, Jan 26

At 3:28 p.m. Officer Knutson responded to a call about a shoplifter in custody at Macys in NewPark Mall. He accepted a citizen arrest of a 19-year-old Newark woman. She was given a citation and released.

Friday, Jan 27

At 10:18 p.m. While conducting a security check in the a parking lot of a bar at 5660 Thornton Ave. Officer Simon observed bar security fighting with a 25-year-old Newark man and intervened. The man was arrested on suspicion of battery, obstructing a po-

lice officer and disorderly conduct. A second man, age 26, from Newark also was arrested on suspicion of disorderly conduct and being intoxicated in public. Both suspects were booked into the Fremont jail.

Saturday, Jan 28

At 6:12 p.m. Community Service Officer Parks investigated a window smash auto burglary in the Ranch 99 parking lot at 35219 Newark Blvd. Taken was a purse containing a wallet and credit cards.

At 9:08 p.m. Officer Johnson investigated a strong arm robbery in the parking lot at NewPark Mall. Taken was a woman's purse.

Sunday, Jan 29

At 3:23 p.m. Officer Slavazza investigated an injury- accident involving two vehicles on Cherry Street at Smith Avenue. The injured party was taken to a local hospital for treatment.

Monday, Jan 30

At 3:34 p.m. Officer Slavazza investigated a grab and run shoplift from Victoria's Secret at NewPark Mall. The investigation is ongoing.

Wednesday, Feb 1

At 12:35 a.m. Officers responded to a disturbance on the 6200 block of Mayhews Landing Road. A 45-year-old Newark man was arrested on suspicion of violating a court order, resisting arrest and probation violation. The suspect was booked into Santa Rita Jail.

At 7:48 a.m. Officer Pacheco responded to a minor injury accident on Mowry Avenue at Cherry Street. One person was taken to a local hospital for treatment.

At 3:23 p.m. Officer's Pacheco and Horst recovered a Ford F250 pickup truck that was reported stolen in San Jose. The registered owner was notified of the recovery.

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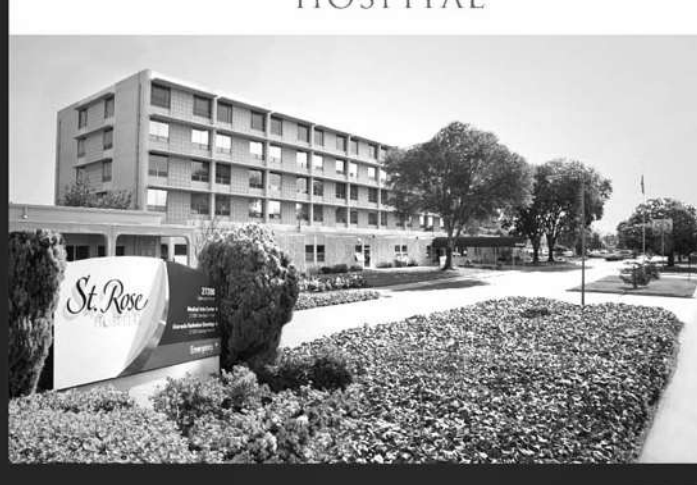
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PUBLIC NOTICES

continued on page 37

1/31, 2/7, 2/14, 2/21/17
CNS-297024#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Boss Customs Design, 39370 Civic Center Dr., Apt. #518, Fremont, CA 94538, County of Alameda... Registrar(s): Sayed Abbas Asalati, 38370 Civic Center Dr., #518, Fremont, CA 94538...

CNS-2968139#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): G.G. Skewers, 3625 Thornton Ave, Fremont, CA 94536, County of Alameda... Registrar(s): LZ Zhang LLC, 1999 Harrison St. Ste #1800, Oakland, CA 94612, California...

CNS-2968027#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Soley House, 4022 East Ave., Livermore, CA 94550, County of Alameda... Registrar(s): Tian Yuan Yang, 380 Tropicana Way, Union City, CA 94587...

CNS-2967873#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Rulion Flooring, 34321 Torrington Ct, Fremont, CA 94555, County of Alameda... Registrar(s): Silvestre Ruiz Lomeli, 34321 Torrington Ct, Fremont, CA 94555...

CNS-2967840#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): IS Accounting, 4358 Birmingham Way, Union City, CA 94587, County of Alameda... Registrar(s): Sukmay Lee, 4358 Birmingham Way, Union City, CA 94587...

CNS-2967540#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s):

Direct Line, 4038 Clipper Court, Fremont, CA 94538, County of Alameda... Registrar(s): SMG Extol Inc., 4038 Clipper Court, Fremont, CA 94538, California...

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)

CNS-2967510#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Pioneer Investment Company, 320 Yampa Way, Fremont, CA 94539, County of Alameda... Registrar(s): Paul B. Thottungal, 43055 Olive Common, Fremont, CA 94539...

CNS-2967422#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Snowflakes Montessori, 5373 York Dr Fremont, CA 94536, County of Alameda... Registrar(s): Hema Kuppusswamy, 5373 York Dr Fremont, CA 94536...

CNS-2967399#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Moore And Moore Arts, 43255 Mission Blvd., Fremont, CA 94539, County of Alameda... Registrar(s): Garret M. Moore, 43344 Mission Blvd., Fremont, CA 94539...

CNS-2966399#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): All Bay Dump Trucks, 36672 S Port Sailwoods Dr, Newark, CA 94560, County of Alameda... Registrar(s): Angelica Patricia Ballestero, 36672 Port Sailwood Dr, Newark, CA 94560...

CNS-2966117#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): All Bay Dump Trucks, 36672 S Port Sailwoods Dr, Newark, CA 94560, County of Alameda... Registrar(s): Angelica Patricia Ballestero, 36672 Port Sailwood Dr, Newark, CA 94560...

1/17, 1/24, 1/31, 2/7/17
CNS-2965525#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Kumon Math & Reading Center of Union City 1 East 3472 Alvarado Hills Road, Union City, CA 94587, County of Alameda... Registrar(s): Incredible Learners Inc. 769 Lippert Ave., Fremont, CA 94539, CA...

CNS-2965522#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Best Property Referrals, 4009 Mission Blvd, Fremont CA 94539, County of Alameda... Registrar(s): Best Property Management, Inc., 200 Sand Creek Rd, Suite D Brentwood CA 94513, Contra Costa...

CNS-2965346#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): The Sparrows Group, 898 Kramer Street, San Leandro CA 94579, County of Alameda... Registrar(s): Julia Murray, 898 Kramer Street, San Leandro CA 94579...

CNS-2965095#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Oksania, 4994 Seneca Park Loop Fremont CA 94538, County of Alameda... Registrar(s): Oksana Pashitskychenko, 4994 Seneca Park Loop Fremont CA 94538...

CNS-2965087#

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

The following person(s) has (have) abandoned the use of the fictitious business name: AK Badminton & Tennis, 7691 Thornton Ave Newark CA 94560...

CNS-2964567#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): Top Results, 240 Francisco Ln. Unit 14222, Fremont CA 94539, County of Alameda... Registrar(s): Al Marquez, 240 Francisco Ln. Unit 14222, Fremont CA 94539...

clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner...

CNS-2964562#

FICTITIOUS BUSINESS NAME STATEMENT

Fictitious Business Name(s): AK Badminton & Tennis, 37481 Maple St Ste L, Fremont, CA 94536, County of Alameda... Registrar(s): Alex Chang, 2636 Teal Lane, Union City, CA 94587...

CNS-2964541#

GOVERNMENT

PUBLIC NOTICE

Pursuant to Elections Code section 9502 the Registrar of Voters of Alameda County HEREBY GIVES NOTICE that the following measure will appear on the ballot throughout the Hayward Unified School District on Tuesday, May 2, 2017...

PUBLIC NOTICE

Pursuant to Elections Code section 9502 the Registrar of Voters of Alameda County HEREBY GIVES NOTICE that the following measure will appear on the ballot throughout the Hayward Unified School District on Tuesday, May 2, 2017...

CNS-2974058#

INVITATION TO BID

2017 John Deere 1550 Terrain Cut Commercial Front Mower The City of Newark invites sealed bids for the purchase of a 2017 John Deere 1550 Terrain Cut Commercial Front Mower...

CNS-2973952#

CITY OF FREMONT PUBLIC HEARING

Notice is hereby given that the City of Fremont City Council will hold a public hearing to consider the following proposals. Said public hearing will be held at 7:00 p.m., Tuesday, February 21, 2017, Council Chambers, 3300 Capitol Ave., Bldg. A, Fremont, CA, at which time all interested parties may attend and be heard:

CNS-2973685#

CITY OF UNION CITY DEPARTMENT OF PUBLIC WORKS CITY PROJECT NO. 16-21 NOTICE TO CONTRACTOR

Sealed proposals for the work shown on the plans entitled: UNION CITY FIRE STATION 31 GENERATOR UPGRADE, CITY PROJECT NO. 16-21 will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until TUESDAY, MARCH 7, 2017, 2:00 P.M. at which time they will be publicly opened and read in the Council Chambers of said building.

CITY OF UNION CITY DATED: February 7, 2017 2/7, 2/14/17

CNS-2972219#

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF TARSEM SINGH JOSEN CASE NO. RP17847869

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Tarsem Singh Josen A Petition for Probate has been filed by Anmol Kaur Josen in the Superior Court of California, County of Alameda.

A hearing on the petition will be held in this court on March 7, 2017 at 9:01 a.m. in Dept. 201 located at 2120 Martin Luther King, Jr., Way, Berkeley, CA 94704.

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

Attorney for Petitioner: Robert Lowell Johnson, Esq., 38750 Paseo Padre Park Way, A-4, Fremont, California 94536, Telephone: (510) 794-5297 2/7, 2/14, 2/21/17

NOTICE OF PETITION TO ADMINISTER ESTATE OF MICHELLE JANINE THORNE-METCALF CASE NO. RP17845589

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Michelle Janine Thorne-Metcalf A Petition for Probate has been filed by Heather Arthur in the Superior Court of California, County of Alameda.

A hearing on the petition will be held in this court on February 22, 2017 at 9:31 a.m. in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

SUSAN GAUTHIER, CITY CLERK

CNS-2973373#

COMMUNITY BULLETIN BOARD

**10 lines/\$10/ 10 Weeks
\$50/Year**

510-494-1999 tricityvoice@aol.com

Shout out to your community

Our readers can post information including:

- Activities**
- Announcements**
- For sale**
- Garage sales**
- Group meetings**
- Lost and found**

For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY in the TCv printed version and continuously online.

TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance.

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

The "NO" List:

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

Tri-City Bike Park Community group of mountain bikers and BMX bikers.

Come enjoy this activity for adults, teens and toddlers. Help us get this park built! www.newarkparks.org

<p>Let's Do Lunch! Volunteer for LIFE ElderCare – Meals on Wheels Mon – Fri, 10:30-12:30 Choose your day(s) Call Tammy 510-574-2086 tduran@fremont.gov www.LifeElderCare.org</p>	<p>ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. Spin A Yarn Rest. (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org</p>	<p>FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont All are welcome, come join us www.fremontcoinclub.org 510-792-1511</p>	
<p>League of Women Voters Fremont-Newark-Union City www.lwvfnuc.org Free meetings to inform the public about local, regional and statewide policy issues. Participate in non-partisan in-depth, discussions with guest speakers at our meetings. All sites are wheelchair accessible</p>	<p>Help with Math & Reading You can make a difference by helping Newark children with Math and reading. If you can give one hour a week, you can give a life-long gift of learning to a child. CALL Tom 510-656-7413 TKFEDERICO@SBCglobal.net</p>	<p>Scholarships for Women! Our Fremont Philanthropic organization, PEO, sponsors scholarships for women entering college, earning another degree, or returning to school after 2 + years. Low interest education loans. www.peocalifornia.org (Apply online for these.) 510-794-6844 for more info</p>	<p>Tri-City Society of Model Engineers The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas. We meet Fridays 7:30-9:30pm. Please visit our web site: www.nilesdepot.org</p>
<p>Make a senior's life a bit easier Volunteer for LIFE ElderCare – VIP Rides Drive seniors to appts/errands Flexible weekday scheduling Call Valerie 510-574-2096 vdraeseke@fremont.gov www.LifeElderCare.org</p>	<p>First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all services. Reading Room Open Tuesday - Wednesday 1-3pm 1351 Driscoll Rd., Fremont 510-656-8161</p>	<p>East Bay Self Employment Association Calling all Unemployed and Retired, Men & Women, for FREE COUNSELING one to one, on alternate self employment. Call : 408-306-0827</p>	<p>Our Savior Preschool Come learn & play with us 858 Washington Blvd. Fremont Students: 2 1/2-5 years Part time classes 9am-12pm Full time classes 7am-6pm Licensed Facility #010204114 Call Marianne: 657-9269 oslpfremont@gmail www.oslps.com</p>
<p>Come Join Us Tri Cities Women's Club Meets on the third Tuesday Elk's Club on Farwell Dr. 9:30 – Cards, 12:00 – Lunch 1:00 – Program and Meeting We also have bridge, walking, Gourmet dining groups, And a book club. For info. Call 510-656-7048</p>	<p>Fremont Cribbage Club teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues. 6:15pm at Round Table Pizza 37480 Fremont Blvd., Centerville Email:Accgr43@gmail.com American Cribbage Congress www.cribbage.org</p>	<p>New Dimension Chorus Men's 4 Part Vocal Harmony in the "Barbershop" style Thursdays at 7pm Calvary Luther Church 17200 Via Magdalena SanLorenzo Contact: ndchorus.org 510-332-2481</p>	<p>Newark Demonstration Garden Join a group of Newark residents to spearhead a demonstration garden in Newark. We're currently selecting a site. We need your help! Angela at info@newarkparks.org https://www.facebook.com/groups/NewarkDemonstrationGarden/</p>
<p>Mission Peak Fly Anglers Fishing Club Meets 4th Wed. each month @7pm - Silliman Aquatic Center 680 Mowry Ave., Newark Call Steve 510-461-3431 or 510-792-8291 for more information www.missionpeakflyanglers.org</p>	<p>SAVE's Domestic Violence Support Groups FREE, compassionate support Domestic violence survivors Drop-in, no reservations needed Every Tues & Thurs 6:45-8:45 pm Every Friday 9:15 to 11 am 1900 Mowry Avenue, Fremont (510) 574-2250 or 24-hour Hotline (510) 794-6055 www.save-dv.org</p>	<p>SAVE's Empowerment Ctr. Services FREE for domestic violence survivors. Need support, a place to heal, or referrals? SAVE can help! Advocacy, workshops, counseling & more 24-hour Hotline: (510) 794-6055 Advocate: (510) 574-2256 1900 Mowry Ave., #201, Fremont www.save-dv.org</p>	<p>Little Lamb Preschool Open House Sat. March 4 Drop-in between 1-4pm Free Ice Cream Meet the Teachers Visit the Classrooms Registration Info Available www.littlelambpreschoolbcc.org</p>
<p>SAVE's Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE's 24-hr Hotline (510) 794-6055 for details www.save-dv.org</p>	<p>SAVE's Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE's 24-hr Hotline (510) 794-6055 for details www.save-dv.org</p>	<p>SENIORS IN SCHOOLS Senior Volunteers are needed to help Newark school children with reading and basic math in their classrooms. If you can volunteer one or more hours a week, you can give a life-long gift of learning to a child. To help CALL Tom 510-656-7413 or email tkfederico@sbcglobal.net</p>	<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 to serve Hayward, Castro Valley & San Lorenzo area. Public outreach meeting held 1st Friday each month - 2pm Hayward City Hall 777 B Street, Hayward</p>
<p>Struggling with Mental Health Challenges? Get Support ! NAMI the National Alliance on Mental Illness of Alameda County offers free support groups and classes about living and coping with mental illness. Contact Kathryn at (408) 422-3831 Please leave a message</p>	<p>Interested in Taking Off Pounds Sensibly Join our TOPS Support Team Thursdays - 10am 35660 Cedar Blvd., Newark We are a friendly and fun non-profit support group, sharing the same goals. co-ed group ALL are welcome! Contact Shirley at Shirley3163@sbcglobal.net</p>	<p>Fremont Garden Club Join enthusiasts from Tri-City area Meets Feb. - Oct. 3rd Wednesday of the month at various locations Social time: 6:15 pm Presentation: 7-8:30 pm Annual dues: \$30 indi, \$50 couples Call Lynn: 510-604-8206 californiagardenclubs.com/content/fremont-garden-club</p>	<p>A-1 Comm. Housing Svcs 1st Time Home Buyers Workshop Learn the process of homeownership. Saturday, Jan 21, 2017, 10am-1pm or every 3rd Saturday 22693 Hesperian Blvd. #150 Hayward, CA 94541 Please register www.a1chs.org or call 510-674.9227</p>
<p>FLEA MARKET SAT. APRIL 8 9AM-3PM Hayward Veterans Bldg. 22737 Main St., Hayward Hosted by: American Legion Auxiliary for more info contact Elizabeth Parshall 510-749-9733 Email: anlizbeth@juno.com</p>	<p>Attend Free Classes Become A Travel Trainer & teach others how to travel at wholesale Prices. Tax Benefits & Free Health Care Reserve your seating. Arleen 510 695 7278 insidertravel4u@gmail.com</p>	<p>Soiree Seniors For People Over 60 Many Activities Potluck Dinners, Dancing, TGIF's, Birthdays and more Call Dianne for information (510) 581-9008</p>	<p>Runners of All Ages Do you love to run? It's more fun to run with a group! Join the Mission Peak Striders We meet at different locations in Fremont several times a week. For more information check us out www.mpstriders.com or email: abemaz@pacbell.net</p>
<p>Attend Free Classes Become A Travel Trainer & teach others how to travel at wholesale Prices. Tax Benefits & Free Health Care Reserve your seating. Arleen 510 695 7278 insidertravel4u@gmail.com</p>	<p>Attend Free Classes Become A Travel Trainer & teach others how to travel at wholesale Prices. Tax Benefits & Free Health Care Reserve your seating. Arleen 510 695 7278 insidertravel4u@gmail.com</p>	<p>Soiree Seniors For People Over 60 Many Activities Potluck Dinners, Dancing, TGIF's, Birthdays and more Call Dianne for information (510) 581-9008</p>	<p>CRAB FEED on Sat. March 11, 5-11pm at Holy Spirit Church 37588 Fremont Blvd., Fremont Dinner, Dancing, Raffles & more! Proceeds support Athletic Programs at American High School For tickets call 510-206-7872 or http://ahs-fusd-ca.schoolloop.com/crabfeed</p>

PUBLIC NOTICES

continued from page 35

(1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code...

CNS-2971119#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction: On the 13th day of February, 2017at or after 11:45am pursuant to the California Self-Storage Facility Act...

CNS-2970253#

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE TS No. CA-14-630930-RY Order No.: 140159994-CA-MAINOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR...

SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association...

purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy...

CNS-2971073#

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 0000005604772 Title Order No.: 160232982 FHA/VA/FMI No.: ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY APPLIES ONLY TO COPIES PROVIDED TO THE TRUSTOR...

CNS-2968909#

NOTICE OF TRUSTEE'S SALE TS No. CA-16-734896-BF Order No.: 5924955 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR...

NOTICE OF TRUSTEE'S SALE TS No. CA-16-734896-BF Order No.: 5924955 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR...

CNS-2967236#

Obituary

Adeline Gloria Caldeira

June 17, 1914 – January 31, 2017

Resident of Newark

Adeline Caldeira passed away peacefully at her home in Newark, California at the age of 102 with family and caretakers at her side. She was born in Faial, Portugal on June 17th, 1914.

enjoyed the sounds of laughter and good old stories.

She is survived by her granddaughter Santy Castro Llaneza, grandson Leando Llaneza, nieces and nephews, Linda Grielho, and Sparky!

Visitation will be held on Thursday, February 9th, from 5-8pm with a Vigil at 6:30pm at Fremont Chapel of the Roses,

1940 Peralta Blvd., Fremont, CA 94536. Funeral Mass will be celebrated on Friday, February 10th, 10:30am at St. Edward's Catholic Church, 5788 Thornton Ave., Newark, CA 94560.

Fremont Chapel of the Roses 510-797-1900

HARD seeking Citizen's Advisory Committee Members

SUBMITTED BY KERRILYN J. ELY

The Hayward Area Recreation and Park District (HARD) is accepting applications from interested residents of Hayward, Castro Valley, San Lorenzo and unincorporated Alameda County for committee positions on the District's Citizen's Advisory Committee (CAC).

To obtain a CAC application or additional information please call (510) 881-6704 or visit www.haywardrec.org to download an application.

To learn more about the District CAC or for additional information please visit www.haywardrec.org.

THE ROBOT REPORT

By FRANK TOBE

A new Advanced Robotics Manufacturing Innovation Hub has been awarded \$250 million to help revitalize American manufacturing.

Headquartered in Pittsburgh, Pennsylvania, the new institute is made up of governments, industry, academia, and non-profit organizations from across the country.

The new ARM institute is part of the Manufacturing USA network.

The ARM Institute's mission is to create and then deploy robotic technology by integrating the diverse collection of industry practices and institutional knowledge across many disciplines — sensor technologies, end-effector development, software and artificial intelligence, materials science, human and machine behavior modeling, and quality assurance — to realize the promises of a robust manufacturing innovation ecosystem.

Technologies ripe for significant evolution within the ARM Institute include, but are not limited to, collaborative robotics, robot control (learning, adaptation, and re-purposing), dexterous manipulation, autonomous navigation and mobility, perception and sensing, and testing, verification, and validation.



The ARM Institute joins the Manufacturing USA institute network, a program with industry, academia, and government participants who co-invest in the development of cutting edge manufacturing technologies and capabilities.

Each of the 14 new Manufacturing USA institutes focus on a technology area critical to future competitiveness and include advanced tissue biofabrication, advanced functional fabrics, photonics, digital manufacturing and design, advanced composites, flexible hybrid electronics, biopharmaceuticals, advanced semiconductor components, molecular level technologies, smart manufacturing

Advanced Robotics Manufacturing Institute

and an accelerator. The federal government has committed over \$1 billion, matched by over \$2 billion in non-federal investment, across the Manufacturing USA network.

ARM will be led by a newly established national non-profit called American Robotics (not to be confused with a Boston agricultural startup with the same name), which was founded by Carnegie Mellon University and includes a national network of 231 stakeholders from industry, academia, local governments and nonprofits.

Courtesy of The Robot Report. For more information, visit www.robotreport.com.

Tinder for apes? Dutch orangutans test out computer dating

ASSOCIATED PRESS

THE HAGUE, Netherlands (AP). How does a primate find a date when they're confined to an urban jungle?

Orangutans in a Dutch zoo may get a high-tech helping hand thanks to a research project that is being likened to a Tinder dating app for apes.

The research at the Apenheul primate park, on the outskirts of the Dutch city of Apeldoorn, is investigating the emotional responses of orangutans and bonobos to images of the same species they are shown on a touch screen.

Biologist Thomas Bionda said last week the screen could help determine an ape's preference between prospective mates as part of a breeding program.

"We want to help our animals and maybe other zoos' animals to make a choice," Bionda said in a telephone interview. "Animals have to like each other."

Bionda hopes that having apes check out images on a computer screen could help determine the compatibility of a prospective pair.

In the meantime, the primate park has another problem — building an orangutan-proof touch screen. The screen in the primates' sleeping area was recently destroyed by a young female called Samboja.

Park It

BY NED MACKAY

First Flowers

With all the rain we've been experiencing, the first wildflowers are beginning to appear, although not in profusion. Tiny manzanita blossoms in pink and white always show up during winter-time. Good places to see them include the Ridge and Chaparral Loop trails at Black Diamond Mines Regional Preserve in Antioch, and Huckleberry Regional Preserve on Skyline Boulevard in the Oakland hills.

Another plant that's an early bloomer is Indian warrior, which grows under the manzanita. Indian warrior draws some of its nourishment from the manzanita roots. Looking a bit like a bandsman's pompon, it's a magenta flower with fernlike green leaves. Besides the Ridge Trail, another good place to view lots of Indian warrior is the Manzanita Loop Trail at Sobrante Ridge Regional Preserve. Enter the preserve from

the end of Heavenly Ridge Lane or Coach Drive in El Sobrante.

Other early arrivals on the wildflower scene include buttercups, miner's lettuce and shooting star. It looks like this spring is going to be a really good one for wildflowers.

While you're at Black Diamond Mines, you can join naturalist Kevin Dixon for a **setting sun walk up a hill from 5 to 7:15 p.m. on Friday, Feb. 10.** The plan is to watch a subtle shadow fall over the face of the rising moon in a rare penumbral eclipse.

Black Diamond Mines is at the end of Somersville Road, 3 miles south of Highway 4. Meet Kevin at the uppermost parking lot for the moonwalk. For information, call 888-327-2757, ext. 2750.

There's something for everyone during programs on Feb. 11 and 12 at Big Break Regional Shoreline in Oakland. It all starts

with **Dawn Chorus Yoga from 7 to 8 a.m. on Saturday, Feb. 11.** Bring a yoga mat, wear comfortable clothing, and prepare to stretch and meditate indoors or out, depending on the weather.

Then there's **Tales on Trails from 10 to 11:30 a.m.** the same day. It's a short hike with the interpreters, who will tell stories inspired by plants and animals of the Delta.

Boundless Birds are the topic from 2 to 3 p.m. on Sunday, Feb. 12, with lots of facts about our feathered friends.

Big Break is on Big Break Road off Main Street in Oakland. For information, call 888-327-2757, ext. 3050.

This is the mating season for frogs, salamanders, and newts. Naturalist Virginia Delgado will lead a one-mile nature walk in search of the amorous amphibians from 1 to 3 p.m. on Sunday, Feb. 12 at Briones Regional Park.

Meet Virginia at the trailhead at the end of Briones Road off Alhambra Valley Road near Martinez. Briones Road is a left

turn about 100 yards west of the Alhambra Valley Road/Reliez Valley Road intersection. For information and directions, call 888-327-2757, ext. 2750.

There's a lot going on at Tilden Nature Area near Berkeley too. You can **join naturalist Trail Gail Broesder for a walk from 1:30 to 3:30 p.m. on Saturday, Feb. 11 in search of Tilden's wildlife.** Or you can accompany naturalist Anthony Fisher on a newt hunt from 10 to 11:30 a.m. Sunday, Feb. 12. Anthony also plans a wild salad safari from 1 to 2:30 p.m. **Sunday, Feb. 12 to find some edible wild plants and eat them.**

And naturalist Trent Pearce will lead a **Valentine-themed program for adults 21 and older from 4 to 7 p.m. on Sunday, Feb. 12. It includes nature exploration stations, food and drink for sale, and late-night trivia,** and will be at the Grizzly Bar and Grill at the Tilden Park Golf Course.

For Gail's and Anthony's programs, meet at Tilden's Environmental Education Center, which is at the north end of Central

Park Drive. For information on any of the four programs, call 510-544-2233.

Crab Cove Visitor Center at Crown Beach in Alameda is hosting a **Love the Bay Beach Clean-up session from 10:30 a.m. to noon on Sunday, Feb. 12,** led by naturalist Morgan Dill.

Bring your own gloves and bucket or borrow them from the park to help clean up the shoreline. Meet at the visitor center, which is at the end of McKay Avenue off Central Avenue. For information, call 510-544-3187.

Geology is the theme of a program from 11 a.m. to 12:30 p.m. Sunday, Feb. 12 at Coyote Hills Regional Park in Fremont. Learn the basics from interpretive student aide Myasha Nicholas, and bring your own favorite rock for show and tell. The program is for ages seven and older.

Meet at the park visitor center. It's at the end of Patterson Ranch Road off Paseo Padre Parkway. For information, call 510-544-3220.

For more information on all the regional parks and programs, visit the district web site at www.ebparks.org.

Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

OpenCounter makes it easier to start a new business

The City of Fremont is proud to announce the launch of OpenCounter, a web-based tool



designed to help emerging businesses and entrepreneurs start their business here in Fremont. This new tool will make it easier for new businesses to get up and running. The local Fremont economy depends on its diverse businesses, from ice cream shops to advanced manufacturing/industrial enterprises.

When users visit the site, www.Fremont.OpenCounter.com they are asked a series of questions about the business they are interested in opening. Based on their responses to those questions, the site provides them with the necessary City requirements and permit fees. The OpenCounter interface is streamlined, easy-to-use, and can be accessed anywhere, any time.

Using OpenCounter, new businesses are able to make decisions early on in the process—potentially saving them time and money—and create a business plan that is aligned with City requirements. OpenCounter also gives the City new insight into the economic trends and needs of the community and helps develop relationships between the City and local businesses.

Another useful tool the City is able to offer through OpenCounter is ZoningCheck, <https://Fremont.ZoningCheck.com>. This portal lets users know if the business they want to open is allowed at the location they are interested in. If users do not have a site in mind, it will show them where in the city the business

could be located.

So, if you are thinking of opening a new business in Fremont, get the process started by visiting www.Fremont.OpenCounter.com. And if you want to see where in Fremont you can open your new business, visit <https://Fremont.ZoningCheck.com>. For more information, visit www.Fremont.gov/OpenCounter or call the City's Planning Division at 510-494-4440.

Thursday, August 24
Wednesday, November 8

Special Saturday classes will be held from 9 a.m. to 12 p.m., with hands-on training starting at 12:15 p.m., on the following dates:
May 13
September 16

All classes will be located at the Fremont Fire Training Tower, located at 7200 Stevenson Blvd., west of Interstate 880.

To register for a free PEP class, please call 510-494-4244 or send an email to FirePubEd@fremont.gov.

If you are part of a group and would like to schedule your own personal group PEP class at your location, please contact Chuck Guaraglia, Public Education with the Fremont Fire Department, at 510-792-3473 or guaragliac@comcast.net.

Fremont Fire Explorer Program

Are you interested in a career as a firefighter or paramedic? Come learn about the exciting career opportunities in the fire service by becoming an Explorer. The Fremont Fire Explorer Program includes many exciting opportunities to serve the community, such as monthly training, business meetings, and community involvement projects.

Fremont Fire Explorer Post #173 is a career development organization open to anyone who is:

Age 15 through 21 and has completed the eighth grade.
Maintaining a 2.0 or better grade point average.

Interested in exploring a career in the fire service.

The Explorers augment the Fremont Fire Department at major emergencies and assist with

Personal Emergency Preparedness Class

The City of Fremont's Fire Department is offering a free Personal Emergency Preparedness (PEP) class, which will teach you how to take care of yourself and your family before, during, and after a disaster.

In just a single three-hour class, you will become an expert in:

Earthquake and Disaster Awareness

Gas, Electric and Water Shut-off
Hazardous Material Awareness
Fire Extinguisher Types
Smoke Detector Placement
Sheltering In-place

Classes are held from 7 p.m. to 10 p.m. on the following dates:
Wednesday, February 15
Tuesday, May 2



special projects. If you would like to join or find out more information about the Explorers, please contact Explorer Coordinator Zack Trask at ztrask@fremont.gov.

Volunteer Income Tax Assistance Program

The Fremont Family Resource Center's (FRC) free tax preparation service is now open. Since 2002, the FRC has helped more than 21,800 families receive over \$32 million in refunds!

The VITA (Volunteer Income Tax Assistance) program provides

January 30 to April 17*
Mondays, 10 a.m. to 2 p.m.
*Closed Monday, February 20, 2017

Tri-Cities One-Stop Career Center, Ohlone Campus, Newark (Appointment only)
39399 Cherry St., Rm. 1211
January 30 to April 17
Mondays, 10 a.m. to 4 p.m.

We are also offering Facilitated Self Assistance (FSA or Self-Help) services at the New Haven Adult School. This service is available with no income restrictions for



free quality tax preparation and e-filing services for qualified individuals and families with an annual household income of \$54,000 or less. You may qualify for up to \$6,242 of additional refund through the Earned Income Tax Credit. The Volunteer Income Tax Assistance program is sponsored by the Internal Revenue Service and the United Way of the Bay Area Earn It! Keep It! Save It! Coalition.

Paid tax preparers charge anywhere from \$35 to \$500 for tax preparation services. If we can help your clients, family, and/or friends save money, please tell them about our free tax services

This year, we have four locations to serve customers:

Fremont Family Resource Center, Fremont (Walk-in only) 39155 Liberty St., Building EFGH

January 25 to April 14
Wednesdays, 4 p.m. to 8 p.m.
Thursdays, 4 p.m. to 8 p.m.
Fridays, 10 a.m. to 1 p.m.
Tuesday, April 18, 2017
10 a.m. to 6 p.m.

New Haven Adult School, Union City (Walk-in and Self-Prep)
600 G St. (Entrance on H Street)
January 28 to April 15*
Saturdays, 10 a.m. to 1:30 p.m.
*Closed Saturday, March 4, 2017

Tri-City Volunteers, Fremont (Appointment only)
37350 Joseph St.

those taxpayers who feel comfortable preparing their own taxes. Computers will be provided, and trained IRS-certified tax coaches will be available to answer questions.

For more information about VITA, contact SparkPoint Fremont at 510-574-2020, or visit www.Fremont.gov/SparkPointFRC or www.fremontvita.org.

Summer Job Fair

Are you looking for a summer job that is fun and exciting?

Come to the City of Fremont Recreation Services Job Fair on Thursday, March 9 from 5 p.m. to 7:30 p.m. at the Teen Center in Central Park, located at 39700 Paseo Padre Pkwy. This is an excellent opportunity for anyone looking for a summer job. Positions include recreation leaders, sports instructors, camp specialists, lifeguards, swim instructors, and more. Be a part of our winning team and apply today.

For information or to download an application, visit www.Fremont.gov/RecJobs. If you are unable to attend the job fair, you may submit an application in person or by mail to City of Fremont Recreation Services, 3300 Capitol Ave., Bldg. B, Fremont, CA 94538 or by email to RegeRec@fremont.gov. Visit our Facebook event for complete details about the Summer Job Fair at www.Facebook.com/FremontRecreation.

California at heaviest snowpack in 22 years

BY ELLEN KNICKMEYER AND
RICH PEDRONCELLI ASSOCIATED PRESS

PHILLIPS STATION, Calif. (AP) — Sierra Nevada snow drifts are at a drought-busting 173 percent of average, with the most snow recorded since 1995, California water managers said reported on Feb. 2.

State water managers poked rods into drifts as high as tree branches to measure the snowpack.

They found far more snow than at the height of California's more than five-year drought, when the measurement was done in almost-bare mountain meadows.

"It gives everything a much brighter outlook," said Frank Gehrke, the state Department of Water Resources who conducted the manual snow measurements.

The overall snowpack is vital to the state, providing a third of

water supplies year-round.

This year's bountiful snowpack came thanks to one of the stormiest Januarys in decades. The storms brought three-fourths of the state's normal yearly precipitation in just a few weeks.

Gov. Jerry Brown is expected to wait until the end of the rainy season, in April, to decide whether to lift a drought-emergency in place since 2014.

In January, back-to-back-to-back storms from the tropics that each dropped a hurricane's worth of water on the state put the state at 108 percent of its normal rain and snow for the year, with two months still left in the rainy season, said Michael Dettinger, a hydrologist for the U.S. Geological Survey.

California had received just one-fourth of a normal year's precipitation when January started, he said. The storm systems, known as

atmospheric rivers, "caught us all off guard, how many came in so quickly, and turned everything around," Dettinger said.

January's storms lifted the northern half of the state out of drought. This time last year, 95 percent of California was in drought, after the driest three-year stretch in the state's recorded history.

In April of 2014, Gov. Jerry Brown stood in a Sierra meadow bare of its usual snow to declare a drought emergency in California, and ordered mandatory water conservation in cities and towns.

State water officials, who lifted the statewide conservation mandate as the drought eased, say Brown's administration likely will wait for a final seasonal snow survey in April before deciding whether to officially end the state drought emergency.

Ad Hoc Committee on Immigrant Rights

SUBMITTED BY RICHARD VALLE

In light of the recent executive orders on immigration, Alameda County continues to stand strong in our commitment to uphold the rights of all members of our community irrespective of immigration status.

We are one people on this earth. We have an obligation to each other and in this moment we are being called upon to come together and expand our imagination of what is possible. In support of that vision, the Alameda County Board of Supervisors' 'Ad Hoc Committee on Immigrant Rights' will host a community meeting on March 11.

This will be the first of a series of community meetings we hope to have to hear from our community about what Alameda County can do to become the "Welcoming County" we are aspiring to be.

**Ad Hoc Committee on Immigrant Rights
community meeting
Saturday, Mar. 11
10 a.m. to 1 p.m.**

**Ruggieri Senior Center
33997 Alvarado-Niles Rd, Union City
For more information: Cinthya Muñoz Ramos at
Cinthya.MunozRamos@acgov.org or (510) 891-8933.**

Electron microscope visits Birch Grove School

SUBMITTED BY CATHEERNE INGHAM-WATTERS

From January 9-13, 2017, Hitachi and Birch Grove Intermediate School (Newark) partnered to introduce students to the world of nanotechnology. A special STEM [Science, Technology, Engineering, and Mathematics] Education Outreach Program at the Newark elementary school campus introduced students to the world of nanotechnology using Hitachi's Scanning Electron Microscope, capable of magnification of up to 30,000 times.

While Hitachi's Scanning Electron Microscope is currently being used by scientists researching the Zika virus and by the USDA to test imported food for bacteria, students at Birch Grove Intermediate School had an opportunity for a hands-on experience with this powerful instrument through Hitachi's STEM Education Outreach Program.

Every single one of the 485 students were able to visit the Learning Lab with lessons facilitated by Bryan Blattel, the school's Science Resource Teacher. "See here where it says 50 times magnification?" asked Blattel, directing Jesse Smith's fourth grade class to the microscope's settings. "This baby is just getting warmed up." The



Jan Crocker and Bryan Blattel

can put in the specimen chamber. We also learned how the electrons affect different items. I think that this opportunity was rare and a great learning experience."

Board Member Jan Crocker visited and observed a fifth grade class's visit. "The fifth grade students were intrigued by an insight to the world many will never experience... the 10,000 times magnification revealed by the electron microscope. "Oohs" and "ahhs" were heard as they looked at the head of a centipede and took a tour of the exoskeleton.

Birch Grove Intermediate Principal, Cathreene Ingham-Watters, was thankful for the community partnership. "One of our goals is to provide more STEM and STEAM [Science, Technology, Engineering, Arts and Mathematics] related experiences for our upper grade students. The partnership with Hitachi is exactly the type of thing that exposes students to the greater world

and gets them thinking about careers in the sciences and technology. And you just can't beat the gasps and smiles from the students; those make our day!"



build up was too much for one student. "Wow!" the boy exclaimed. "I finally get to see inside a pincher bug!"

At 100 times magnification, the class observed the bug's exoskeleton, noting how the hard exterior is divided into several adjoining plates, which allow the bug to move. "Now we're going to see how this thing died," Blattel continued. "See these holes? We're going in!" A chorus of "Yea!" burst across the room, accompanied by an, "Ahhhhh, gross!"

Even Library Clerk Angela Lee joined in on the STEM fun. "I had visions in my head of how big and complicated the microscope must be. As it turns out, my desktop computer is larger! The whole time I sat in the class, I was amazed. I couldn't hide the smile on my face, not only to see in person what I had only seen in books, but also to see and hear the excited reactions of the students. We could have spent hours looking at various specimens and not get bored. Everyday items like a fingerprint or a mushroom take on an otherworldly appearance when magnified."

Similar to Ms. Lee's experience, sixth grader Adiahya N. from Tim Merritt's class reflected, "I think that observing the electron microscope was a good experience. Not everyone has seen an electron microscope. We are very young, and we were able to observe what electron microscopes do. In this STEM opportunity, we got to observe more of the electron microscope, and what specimens we



LUZIA

SUBMITTED BY KEVIN KOPJAK
PHOTOS BY MATT BEARD/COSTUMES BY GIOVANNA BUZZI/CIRQUE DU SOLEIL 2016

LUZIA by Cirque du Soleil, which wowed audiences under the redesigned white-and-gold Big Top at AT&T Park in San Francisco, will be premiering under the Big Top at Taylor Street Bridge in San Jose beginning Thursday, February 9 and running through Sunday, March 19.

LUZIA takes you to an imaginary Mexico, like in a waking dream, where light ("luz" in Spanish) quenches the spirit and rain ("lluvia") soothes the soul.

Freely inspired by Mexico, LUZIA is a poetic and acrobatic ode to the rich, vibrant culture of a country whose wealth stems from an extraordinary mix of influences and creative collisions – a land that inspires awe with its breathtaking landscapes and architectural wonders, buoyed by the indomitable spirit of its people.

Hailed as "thoroughly joyful and sincere" by Bay Area News Group and "a poetic and free-spirited ode to myths and magic, to the history and romance of



Mexico" by the San Francisco Examiner, LUZIA is a poetic and acrobatic ode that awakens your senses and transports you to a place suspended between dreams and reality. Featuring a cast of 44 performers, LUZIA surprises with acrobatic performances breaking down the barriers, such as incorporating water into contemporary circus disciplines.

LUZIA is Cirque du Soleil's 38th original production since 1984, and its 17th show presented under the Big Top. The company has brought wonder and delight to more than 160 million spectators in more than 400 cities on six continents. Cirque du Soleil has close to 4,000 employees, including 1,300 performing artists from close to 50 different countries.

Various Prestige VIP Packages giving access to the best seats and a delectable culinary pre-show experience are available for selected performances of LUZIA. The exclusive VIP tent extends the show's experience in a unique, surprising, and playfully inventive setting evoking the colors, flavors, and effervescence of Mexico.



Visa Signature, in association with United Mileage Plus, is the presenting sponsor of LUZIA in San Francisco. Mexico is the affiliate partner of Cirque du Soleil's LUZIA. DHL is the official sponsor of LUZIA.

For more information about individual packages and corporate hospitality opportunities and to purchase tickets, visit www.cirquedusoleil.com/luzia. To find out more about the ONE DROP Foundation, visit www.onedrop.org.

LUZIA by Cirque du Soleil
Thursday, Feb 9 – Sunday, Mar 19
Tuesday – Thursday: 8:00 p.m.
Fridays & Saturdays: 4:30 p.m. & 8 p.m.
Sundays: 1:30 p.m. & 5:00 p.m.
Taylor Street Bridge
Corner of Taylor St & Hwy 87, San Jose
www.cirquedusoleil.com/luzia
Tickets: \$39 – \$310

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Broadway West Theatre Company
P.O. Box 14007, Fremont, CA 94539
Theatre location – 4000-B Bay Street, Fremont

The Hollow

By Agatha Christie
Directed by Doll Piccotto
Assistant Director Ross Arden Harkness
Featuring: James Allan, Shawn Andrei, Larry Barrott, Dawn Cates, Ivette Deltoro, Keenan Flagg, Mary Galde, Johanna Hembry, Angie Higgins, Sara Renee Morris, Tom Shamrell, and Stephanie Whigham

January 13 – February 11
8 pm Thursdays, Fridays and Saturdays
12:15 pm Sunday, Jan 22
(Continental brunch followed by show at 1:00 pm)
3 pm Sundays, Jan 29, Feb 5

\$27 General Admission*
\$22 Srs/Students/TBA
\$20 Thursdays, Jan 19, Feb 2, 9
\$15 Bargain Saturday, January 14
\$10 Bargain Thursday, Jan 26 (no reservations – first come, first seat)

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

Reservations: 510-683-9218

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