



Glassblowing provides endless creative journey

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Rotarian Richard King honored for 50 years of service

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Once a Druid, always a Druid

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What's Happening

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Beloved tale finds new life in regional premier

By JULIE GRABOWSKI
PHOTOS BY RAVI MASAND

The story of the boy who never grew up has sprinkled its fairy dust across stage, literature, screen, and television for over 100 years. First introduced in the novel "The Little White Bird" (1902), author J.M. Barrie's Peter Pan took to the stage of the Duke of York's Theatre in London two years later and has been flying high ever since. The Ohlone College Theatre and Dance Department get in on the fun as they bring a new version of the beloved story to life with one of the first productions in the coun-

Continued on page 5



Shakespeare on Tour brings 'Comedy of Errors' to town

SUBMITTED AND PHOTOS BY JOHN WESTERN

Shakespeare's rollicking tale of the chaos and confusion that reigns when two sets of twins unwittingly end up in the same town is now touring throughout California. San Francisco Shakespeare Festival's annual Shakespeare on Tour program will perform "The Comedy of Errors" at libraries, schools (elementary through college), community centers, parks, and senior centers through mid-December. The show includes a couple of walk-on roles where audience volunteers get to be part of the performance. At the end of the play, the audience is also invited to pose any questions they wish to the cast.

Continued on page 6



Meet in the Street

SUBMITTED BY JAIMIE ORFANOS
PHOTOS BY BRESLOW IMAGING

Celebrate Downtown Castro Valley with the 7th annual "Meet in the Street" on Saturday, November 10. The event runs along Castro Valley Boulevard between San Miguel Avenue and Redwood Road and will include live entertainment, music and the eclectic, electric Light Parade.

Two performance areas will be set up along Castro Valley Boulevard highlighting local music talent, and a variety of local vendors will be on-site

selling food and crafts. Merchants will offer special discounts on merchandise, food, and services during the event, and many restaurants will also be open. Visit them and take advantage of these opportunities and support the local businesses!

The Light Parade celebrates the holidays coming early to Castro Valley, with entrees that will dazzle you with creativity in lights and sound! Entrees include floats from local

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Are You Getting Enough Sleep?

Washington Hospital Seminar Focuses on the Health Benefits of Sleep

We all know we need to eat right and exercise to achieve optimum health. But what about sleep? Can you actually sleep your way to better health? The answer may surprise you.

"Many of us lead busy, hectic lives and getting a good night's sleep can end up last on the list of things we need to get done," said Dr. Victoria Leiphart, a Washington Township Medical Foundation physician and member of the Washington Hospital medical staff who specializes in gynecology. "But most people don't realize the serious consequences of not getting enough sleep every night."

To help raise awareness about the importance of sleep, she will present "Sleep Your Way to Better Health," on Wednesday, Nov. 28, from 6 to 8 p.m. This free seminar will be held at the Conrad E. Anderson, MD, Auditorium, located at 2500 Mowry Ave. (Washington West) in Fremont. Register online

at www.whhs.com or call (800) 963-7070 for more information.

According to the National Institutes of Health, sleep is important for overall health while inadequate sleep is associated with numerous health problems, including heart disease, diabetes, stroke and obesity. Dr. Leiphart will talk about some of these and other health complications that can result from lack of sleep, as well as tips for getting a better night's sleep.

"Most people don't understand the difference between getting six or getting eight hours of sleep every night," she said. "We think if we get six hours, we will be just fine. But the reality is our function is impaired. Six hours is not enough, but that's all most adults get. We may recognize we're a little tired and may have trouble concentrating, but the risks go well beyond just feeling sleepy." Dr. Leiphart recommends getting seven or eight hours of sleep every night.



On Wednesday, Nov. 28, attend a free seminar at Washington West to hear important information on the link between sleep and health.

Public Health Issue

Lack of sleep is a public health issue in this country because many people aren't getting enough of it. According to Dr. Leiphart, "It's one of the reasons we have poor health in general in the U.S. despite being one of the wealthier countries. Sleeping an extra hour or two doesn't seem like a big difference, but on a nationwide scale, it's enough to have a serious public health impact."

There are also big implications for teens, who have different

biological sleep patterns than adults. Their circadian rhythms keep them from being able to fall asleep early, so they stay up later. "Dragging them out of bed early in the morning and expecting them to function isn't very practical," she added. "They need to sleep a little later because they go to bed later."

Dr. Leiphart will also provide some practical steps you can take to ensure that you get enough sleep. The first step is to make sleep a priority.

"People often think they can catch up on the weekends by sleeping in, and make up for lack of sleep during the week, but that doesn't work," she said. "I really want to convince people that sleep is something they need to prioritize. The research is compelling. We now know sleep is critical for good health."

For information about other programs and services at Washington Hospital that can improve your health, visit www.whhs.com.

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	11/6/18	11/7/18	11/8/18	11/9/18	11/10/18	11/11/18	11/12/18
12:00 PM - 12:30 AM	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Symptoms of Thyroid Problems	Diabetes Matters: Asian Indian Cooking	Nerve Compression Disorders of the Arm	Solutions for Weight Management	Cough and Pneumonia: When to See a Doctor	Weight Management: Stopping the Madness
12:30 PM - 1:00 PM	Family Caregiver Series: Recognizing the Need to Transition to a Skilled Nursing Facility		Nerve Compression Disorders of the Arm				
1:00 PM - 1:30 PM	Diabetes Matters: Basics of Insulin Pump Therapy	Mental Health Education Series: Understanding Psychotic Disorders	Mental Health Education Series: Understanding Mood Disorders	Washington Township Health Care District Board Meeting October 10, 2018	Updated Treatments for Knee Pain & Arthritis	Washington Township Health Care District Board Meeting October 10, 2018	New to Medicare? What You Need to Know
1:30 PM - 2:00 PM	Diabetes Matters: Mindless vs. Mindful Eating						
2:00 PM - 2:30 PM	Arthritis: Do I Have One of 100 Types?	Diabetes Matters: Diabetes & Polycystic Ovarian Syndrome	Washington Township Health Care District Board Meeting October 10, 2018	Obesity: Understand the Causes, Consequences & Prevention	Colon Cancer: Prevention & Treatment	Respiratory Health	11th Annual Women's Health Conference: Patient's Playbook
2:30 PM - 3:00 PM	Minimally Invasive Surgery for Lower Back Disorders						
3:00 PM - 3:30 PM	Strengthen Your Back! Learn to Improve Your Back Fitness	Pain When You Walk? It Could Be PVD	New Treatment Options for Chronic Sinusitis	Latest Treatments for Cerebral Aneurysms	Superbugs: Are We Winning the Germ War?	Sports Medicine Program: Youth Sports Injuries	Digestive Health: What You Need to Know
3:30 PM - 4:00 PM	Good Fats vs. Bad Fats	Keeping Your Heart on the Right Beat					
4:00 PM - 4:30 PM	Washington Township Health Care District Board Meeting October 10, 2018	Understanding HPV: What You Need to Know	Family Caregiver Series: Legal & Financial Affairs	Relieving Back Pain: Know Your Options	Sports Medicine Program: Think Running is a Pain? It Doesn't Have to Be	How to Talk to Your Doctor	Your Concerns InHealth: Senior Scam Prevention
4:30 PM - 5:00 PM							
5:00 PM - 5:30 PM	Citizens' Bond Oversight Committee Meeting July 18, 2018	Where Have All The Patients Gone?	Family Caregiver Series: Driving Safety & Alternative Transportation Resources	Strategies to Reduce the Risk of Cancer Recurrence	Diabetes Matters: Type 1.5 Diabetes	Low Back Pain	Shingles
5:30 PM - 6:00 PM							
6:00 PM - 6:30 PM	Washington Township Health Care District Board Meeting October 10, 2018	Heart Health: What You Need to Know	Mental Health Education Series: Anxiety Disorders	Sick Feet?	Diabetes Matters: Diabetes Ups & Downs: Troubleshooting High & Low Blood Sugar Levels	Family Caregiver Series: Mindfulness Meditation for the Caregiver	Washington Township Health Care District Board Meeting October 10, 2018
6:30 PM - 7:00 PM							
7:00 PM - 7:30 PM	Women's Health Conference: Women & Stroke: Are You at Risk?	Washington Township Health Care District Board Meeting October 10, 2018	Mental Health Education Series: Anxiety Disorders	Women's Health Conference: Reclaiming Your Confidence	Washington Township Health Care District Board Meeting October 10, 2018	Palliative Care Series: Palliative Care Demystified	Washington Township Health Care District Board Meeting October 10, 2018
7:30 PM - 8:00 PM							
8:00 PM - 8:30 PM	Mindful Healing	Washington Township Health Care District Board Meeting October 10, 2018	Vitamins & Supplements: How Useful Are They?	Learn If You Are at Risk for Liver Disease	Washington Township Health Care District Board Meeting October 10, 2018	Diabetes Matters: Diabetes: Is There an App for That?	Inside Washington Hospital: The Green Team
8:30 PM - 9:00 PM							
9:00 PM - 9:30 PM	Eating for Heart Health by Reducing Sodium	Washington Township Health Care District Board Meeting October 10, 2018	Stress Management	Family Caregiver Series: Coping as a Caregiver	Women's Heart Health	Deep Venous Thrombosis	Early Detection & Prevention of Female Cancers
9:30 PM - 10:00 PM							
10:00 PM - 10:30 AM	Diabetes Matters: Monitoring Matters	Latest Treatment Options for Wound Care	Diabetes Matters: Medicare	Mental Health Education Series: Crisis Intervention	Strategies to Help Lower Your Cholesterol and Blood Pressure	Diabetes Matters: Ready, Set, Goal Setting	Dietary Treatment to Treat Celiac Disease
10:30 AM - 11:00 AM							
11:00 PM - 11:30 AM	Family Caregiver Series: Nutrition for the Caregiver	Family Caregiver Series: Hospice & Palliative Care	Family Caregiver Series: Managing Family Dynamics in Caregiving	Acetaminophen Overuse Danger	Diabetes Matters: Straight Talk About Diabetes Medications	Family Caregiver Series: How Do You Talk to Your Doctor?	Inside Washington Hospital: Rapid Detection of MRSA

Washington Hospital Health Foundation Top Hat XXXII – Oh What a Night!

Washington Hospital Healthcare Foundation hosted the 32nd annual Top Hat Dinner Dance on October 13, on the grounds of Washington West. Celebrating the 60th anniversary of the opening of Washington Hospital, 715 guests attended the gala. Generous donors contributed over \$190,000 at the event to benefit the Morris Hyman Critical Care Pavilion. This year's dinner dance was co-chaired by Dr. Carmen Agcaoili, medical director of the intensivist program and Critical Care; Marsha Badella, Foundation trustee; and Dr. Kadeer Halimi, medical director of the Emergency Department.

At dinner, guests enjoyed an outstanding four-course meal prepared by McCalls Catering & Events of San Francisco. Beach Blanket Babylon – the world's longest running musical revue and one of the most popular attractions in San Francisco – entertained the crowd with a topical musical set that included a custom song composed specifically for Washington Hospital's 60th anniversary.

This year's dinner dance also featured a salute to the first responders of southern Alameda County. Every day, the clinical staff of Washington Hospital work hand in hand with the police officers, firefighters and paramedics who bring patients to the Hospital for medical care. Dr. Halimi noted that the new emergency department features a room for first responders who need a quiet place to finish their documentation while grabbing a cup of coffee.

Moved by Dr. Halimi's request to donate generously, guests bid enthusiastically during the live auction. After dinner, the DJ kept the music going all night for gala attendees wanting to hit the dance floor. For those preferring a quieter setting, the evening continued in the Anderson Jazz Lounge where a quartet of musicians provided the perfect accompaniment to after-dinner conversation and cocktails.

Proceeds from Top Hat will be used to acquire technology and equipment for the new Emergency

Department and Critical Care housed in the Morris Hyman Critical Care Pavilion. Set to receive patients later this year, this new building will provide a state-of-the art setting for health care providers and physicians treating patients in need of emergency and critical care services.

President of the Foundation, Helen Kennedy, said, "I am so pleased that proceeds from this year's Top Hat gala will help support the Morris Hyman Critical Care Pavilion and our first responders. I would like to thank our wonderful Top Hat co-chairs and committee members, and also express my gratitude to our generous sponsors, guests and volunteers. Make sure to mark your calendar now for Top Hat XXXIII, taking place on October 12, 2019."

If you would like to donate to the Morris Hyman Critical Care Pavilion, please call (510) 818-7350 or email foundation@whhs.com. Like us on Facebook!



Co-Chair Marsha Badella; Chief Kimberly Petersen; Chief Curtis Jacobson; Captain Jared Rinetti; Captain Josh Harnett; Co-Chair Dr. Kadeer Halimi; Co-Chair Dr. Carmen Agcaoili



The tables were set and the lighting was perfect to create an ambiance of elegance.



Beach Blanket Babylon provided the dinner entertainment with an original production for Washington Hospital.

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Continued from page 1

Beloved tale finds new life in regional premier

try of playwright Ella Hickson's "Wendy and Peter Pan" November 9.

Based on Barrie's novel "Peter and Wendy," the play was commissioned by the Royal Shakespeare Company and first performed in Stratford-upon-Avon in 2013, followed by a revival in 2015. Ohlone theatre instructor and director Michael Navarra saw the play with a group of students while on a study abroad tour of England and Ireland. "It was so much fun, and the students loved it, the audience loved it, it was incredibly entertaining, funny, exciting, and for me, it was the most interesting take on the Peter Pan story," says Navarra.

While retaining the familiar story and all the fun of the original, Hickson's version incorporates contemporary themes, additions to the story, and some new characters that Navarra says gives it an extra layer and more depth. Here viewers get a feminist angle with Wendy as the protagonist, experiencing loss, hope, adventure, and what it means to grow up.

The students' enthusiasm for the play has been high from the start. "The familiarity of the name got them excited, but then when they read the play and auditioned for it, it took it to another level because they saw what I'd seen [in the story]," says Navarra.

The cast has 28 members, the largest assembled for a fall

production. And while larger cast shows tend to generate more excitement for the students and allow for increased participation, they also pose a challenge.

"What's a little different for everybody involved is just how much of an ensemble this is, that they have to work so closely together and hit so many marks because everything affects the other actors in the scene or throughout the play or on stage, and so they have a synchronicity that they're finding and these rhythms in the rehearsal that is really exciting to watch," says Navarra.

A range of experience levels are represented in the cast, from those who have grown up doing shows or performed in high school, to those who have been in previous Ohlone productions or worked with StarStruck Theatre, and those with some acting experience that are embarking on their first full-length show. "Wendy and Peter Pan" contains a variety of roles, with a mix of stock characters and those with more layers and depth that actors can dig deep into. "It's an exciting story that they can really make bold choices in," says Navarra.

The students are passionate about the play and have been working hard to bring it all together. Not that it's all work. "Throughout the rehearsal process they've just been having so much fun; they're loving their characters, it's a large cast so they're having a



blast doing it, and throughout the rehearsal they're laughing as they're watching their fellow actors on stage," says Navarra.

In addition to having to hit all their marks, students also must deliver authentic speech. Three different dialects are used in the production, and actors have been working with dialect coach Paul Meier, founder and director of the International Dialects of English Archive (IDEA), who provided tapes for the actors' specific roles. And if that weren't enough, they have to learn to fly too! Flying director Wesley Miller of ZFX helped seven actors take to the sky for a fun experience the students loved. "The challenge was figuring out how to do it in a tight space," says Navarra, "but I think it will work really well."

As for the challenges of his role, Navarra says, "To me it's just kind of like directing an action film. It's a lot of staging and combining it with the music and the sound and the technical elements, they all have to be really tight and on

point in order for it all to pop. And so it's a matter of making sure that throughout the entire play this is being orchestrated."

The production features Kayla Martinez (Wendy), Manase Misa (Peter Pan), Sydney Bush (Tink), Simi Sen (Tiger Lily), and Michael Aldrete (Hook), with costumes by Tamara Cooper, set design and sound by Fred Alim, and lighting by Matt O'Donnell. Assistant directors and cast members Stacey Lynn Bell and Marissa Madan (Madan also serving as choreographer), and stage manager Erica Peralez have provided valuable assistance.

"In picking shows we're always trying to find something that the students are going to get excited about, that's going to challenge them, and that's going to connect them with the world outside," says Navarra, citing the opportunity to work with professional playwrights at the annual Ohlone Playwrights' Festival and the full-length original show they're hoping to take to the

Edinburgh Festival Fringe in Scotland next year.

The Ohlone Theatre and Dance Department always looks to the heights, and the regional premiere of "Wendy and Peter Pan" is sure to keep them soaring.

"Wendy and Peter Pan" runs Friday, November 9 – Sunday, November 18 with an ASL interpreted performance on Friday, November 16. Tickets are \$15 for general admission, \$12 for seniors, and \$10 for students.

Wendy and Peter Pan
Friday, Nov 9 – Sunday,
Nov 18
8 p.m.,
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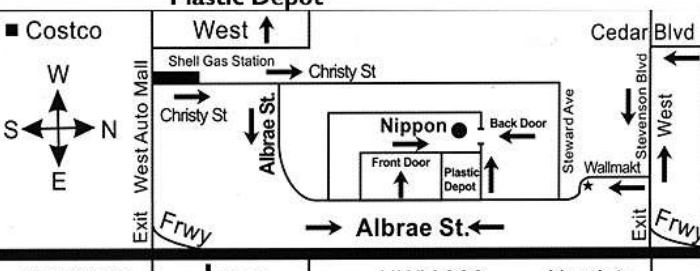
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continued from page 1

Shakespeare on Tour brings 'Comedy of Errors' to town



This farcical tale has been one of Shakespeare's best-loved comedies since its debut in 1594 – and with good reason! Its verbal wit and fast-paced slapstick humor provide a fun-filled performance that's a delight for audiences of all ages. Resident Artist Carla Pantoja (director of last season's hit touring production of "Romeo and Juliet") directs this show in the commedia dell'arte style and its clever banter and antic behavior delivers a show that will readily resonate with contemporary audiences. She describes the production as being "absolutely about holding up the real stakes and the very real cost of family separation."

In the play, two pairs of twins are separated soon after their

birth. Two of the children (who grow up to be Antipholus and Dromio of Ephesus) are taken from Emilia, their mother, after a shipwreck. Emilia later says that Corinthian fishermen "by force took Dromio and my son" – a forced separation that later leads to the play's madcap multitude of mistaken identities. Pantoja's production uses the play's slapstick antics to "underline how ridiculous boundaries can be. It is comical that these two sets of twins are identical, and in a city where one has status and the other is 'illegal.'"

The mission of the San Francisco Shakespeare Festival is to make the words and themes of Shakespeare accessible to everyone, regardless of age,

ethnicity, financial status, or level of education. We accomplish this through the presentation of Free Shakespeare in the Park and a wide array of education programs: Shakespeare on Tour, Tailor-Made Residencies, Bay Area Shakespeare Camps, and Midnight Shakespeare.

"The Comedy of Errors" marks the 31st year of San Francisco Shakespeare Festival's Shakespeare on Tour program, which annually travels an average of 10,000 miles to bring a one-hour version of a Shakespeare classic to communities and schools throughout the state. SF Shakes Education Director Phil Lowery comments that "Many people encounter Shakespeare for the first time by reading it in a classroom, but to fully appreciate the wit, the wordplay, the relevance, and the sheer pleasure of the Shakespeare's work, nothing beats experiencing it with a live performance."

Having already travelled through Alameda, Castro Valley, Reedley, San Bruno, Petaluma, and San Francisco, "The Comedy of Errors" come to Milpitas Library on Saturday, November 10. Don't miss the opportunity to experience the magic of live theater with this exciting, free production!

For more information about San Francisco Shakespeare Festival and the Shakespeare on Tour program, call (415) 558-0888 or visit www.sfsakes.org.

The Comedy of Errors
Saturday, Nov 10
2 p.m.
3 p.m.: Post-show Q&A with the cast
Milpitas Library
160 N Main St, Milpitas
(408) 262-1171
www.scll.org/Locations/Milpitas
www.sfsakes.org

Annual senior Thanksgiving dinner

SUBMITTED BY LIONS CLUB OF UNION CITY

is free for local seniors. For more information, call (510) 366-4934.

The annual "Al and Marcella Rodrigues Memorial Senior Thanksgiving Dinner" is fast approaching and will be held on Friday, November 16 at the Ruggieri Senior Center. The event features a traditional turkey dinner with all the fixings, music by the Oasis Band, and prize drawings. Seating is limited to the first 300 guests. The dinner

Senior Thanksgiving Dinner
Friday, Nov 16
5 p.m. – 9 p.m.
Ralph & Mary Ruggieri Senior Center
33997 Alvarado Niles Rd, Union City
(510) 366-4934
<https://lionsclubofunioncity.wildapricot.org/>

Celebrate Thanksgiving Taiwanese Style

SUBMITTED BY JOHN HSEIH

In the Spirit of Thanksgiving and sharing during the holiday season, the Taiwanese Chamber of Commerce of the San Francisco Bay Area and Love of Taiwan Association will hold their 18th Free Thanksgiving Dinner on Tuesday, November 20 in Fremont.

The free dinner will be held in the gymnasium at Centerville Presbyterian Church in Fremont and is open to the community. Along with the church, co-sponsors include the Centerville Free Dining Room, Cnaan Taiwanese Christian Church and Immanuel Presbyterian Church. Preceding the dinner will be a free dental/medical clinic from 1 p.m. to 4 p.m.

Admission is free and open to community members in need. For details, call (510) 432-7353.

Taiwanese Thanksgiving
Tuesday, Nov. 20

Dental/Medical Clinic:
1 p.m. – 4 p.m.
Dinner: 4 p.m. – 6 p.m.

Community dinner
Centerville Presbyterian Church
4360 Central Ave., Fremont
(510) 432-7353
Free

Elks honor veterans in November

SUBMITTED BY RICH SPICKLER

An estimated 22 million veterans live in communities across the United States. Elks National President Michael T. Luhr has proclaimed November as Veterans Remembrance Month to encourage members reach out to local military veterans and offer support. In every month of the year, Elks volunteers serve veterans across the country at more than 330 VA medical centers, state veterans' homes, clinics, transitional shelters and veterans' facilities where they plan activities, buy needed supplies, host meals and offer friendship. Elks help veterans rehabilitate and thrive by supporting adaptive sports events, and providing therapy kits and wheelchair gloves to recovering veterans.

Recently, Elks have pledged \$4 million to help end veteran homelessness. Elks Lodges in many communities across the

U.S. support local military members and veterans. In 2017, Elks' contributions to the nation's veterans was nearly \$47 million; members served more than 677,000 veterans.

This Veterans Remembrance Month, Elks urge the public to join the foundation in recognition of and service to veterans in your community. Let's also remember the words of Elks member and President John F. Kennedy who said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

There are nearly 1,900 Elks Lodges across the country with a total membership of around 800,000. In the Tri-City area, Fremont Elks Lodge No. 2121 is at 38991 Farwell Drive and can be reached at (510) 797-2121.

For information about their local activities, visit their webpage at <https://fremontelks.org/>.

Events planned to stem hate speech and intolerance

SUBMITTED BY SR. ELAINE SANCHEZ

United Against Hate is a nationwide movement created by civic leaders in direct response to the sharp rise in expressions of hate in communities across the country. In the Bay Area, a United Against Hate Week is set for November 10 through 19 and will include events and lectures to address the issue and help empower residents to stop intolerance in their communities.

Visit <https://unitedagainsthateweek.org> for events around the Bay Area.

Compassionate Fremont invites you to attend local events:

- Film screening and discussion: "Waking in Oak Creek," a film that chronicles how a Sikh and a former white supremacist find forgiveness after hate. The event will be 1:30 p.m. to 4:30 p.m. Saturday, November 10 at Niles Discovery Church, 36600 Niles Blvd., Fremont. Free. Information: <https://nilesdiscoverychurch.org>.

- Bystander Intervention Training: Trainers from Council on American-Islamic Relations (CAIR) will provide attendees with tools and strategies on how to safely intervene if they witness a bias incident or hate crime taking place. The two-hour training starts at 7 p.m. Wednesday, November 14 at Temple Beth Torah, 2000 Paseo Padre Parkway, Fremont. Free. Information: <http://bethtorah-fremont.org/>.

- Candlelight vigil: A vigil for people affected by homelessness is set for 7 p.m. Thursday, November 15 at St. James Episcopal Church, 37051 Cabrillo Terrace, Fremont. Free. Information: <https://saintj.com/wp/>.

- Interfaith Thanksgiving service: A "Celebrating Our Unity" service will meet at 7:30 p.m. Monday, November 19 at St. Joseph Catholic Church, 43148 Mission Blvd., Fremont. Free. Information: <https://tcicouncil.weebly.com/>



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Rotarian Richard King honored for 50 years of service



Cherie and Richard King

SUBMITTED BY MARGUERITE PADOVANI
PHOTO BY LISA JOHNSON

This year's Rotary Theme is "Be the Inspiration." And on November 2, 2018, over 500 Rotarians from around the world paid tribute to a man who has been an inspiration to Rotarians worldwide for more than half a century. He is Richard D. King, Past Rotary International President, 2001-02, serving Rotary for 50 years! King is still very active and a member of the Niles Rotary Club of Fremont.

The tribute dinner included guest speakers Barry Rassin, Rotary International President 2018-19, Rotary Club of East Nassau, New Providence, Bahamas; Gary C.K. Huang, Rotary International President 2014-15; K.R. Ravindran, Rotary International President 2015-16; M.A.T. Caparas, Rotary International President 1986-87; Cliff Dochterman, Rotary International President 1992-93; and Frank Devlyn, Rotary International President 2000-01. The evening benefitted The Richard King Endowed Fund for Rotary Peace Centers.

King joined Rotary in 1968 and served as the president of the Rotary Club of San Lorenzo. At the conclusion of his club presidency, he received the Best Club President of the Year Award from the District Governor; his club was named Best Club of the Year and number one in Rotary Foundation and membership growth support.

He went on to serve as Governor of District 5170 in 1982-83. Two thousand twenty-one people attended the District Conference that year, and membership in the district grew by a net of 320. District 5170 became the number one district in the world in support of the Rotary Foundation and is the first district in the world to reach half a million dollars in giving to the foundation.

King, subsequently, served on many committees of the organization and as chairman of several. He was a trustee of the Rotary Foundation, and as a member of the Board of Directors he served as Chairman of the Executive Committee. He was a member of the first U.S. Polio Plus Committee and in one 19-month span gave over 200 speeches all over the country to raise funds toward the eradication of Polio.

King's theme during his presidency was "Mankind is Our Business" and his passion has always been strong membership growth. During his presidential year, King and his wife Cherie travelled to 79 countries, promoting membership growth everywhere. At the end of the year, from June to June, membership grew by a net of 55,000 and from July to June, some 75,000 new members had joined Rotary. According to the Rotary News Basket, it was by far the largest expansion of Rotary in its history.

As president, King promoted a partnership between Rotary and the Wheelchair Foundation. Rotary Clubs have now contributed and distributed hundreds of thousands of wheelchairs to needy recipients over the world. The project has not only benefitted disabled persons, but it has strengthened Rotarians and Rotary Clubs in the work of humanitarian service. And in 2001-02, millions of dollars were raised to assist Afghan refugees in another humanitarian project that year. A record number of Rotary, Rotaract and Interact Clubs were chartered at the same time.

Over the years King has addressed Rotarians in every state, all but one Canadian province, and in over 100 countries. He has inspired incoming Rotary Club presidents at many Multi-district President-elect Conferences in the U.S. and in several foreign countries. He has motivated Rotarians at over 500 district conferences and at thousands of club events over the past 50 years.

King and his wife, Cherie, have travelled to some 135 countries in Rotary service and have met many times with heads of state and international leaders to promote Rotary membership and humanitarian projects. They continue to travel widely in Rotary service, representing the President of Rotary International and at the invitation of local Rotary leaders. They are inspirational figures in District 5170; tribute was paid to both of them in deep gratitude for all they have done and continue to do.

In addition to the evening's festivities, we celebrated King's birthday and wish he and Cherie many more years of inspiring others in the "Business of Mankind."

To learn more about Rotary, visit www.rotary.org.

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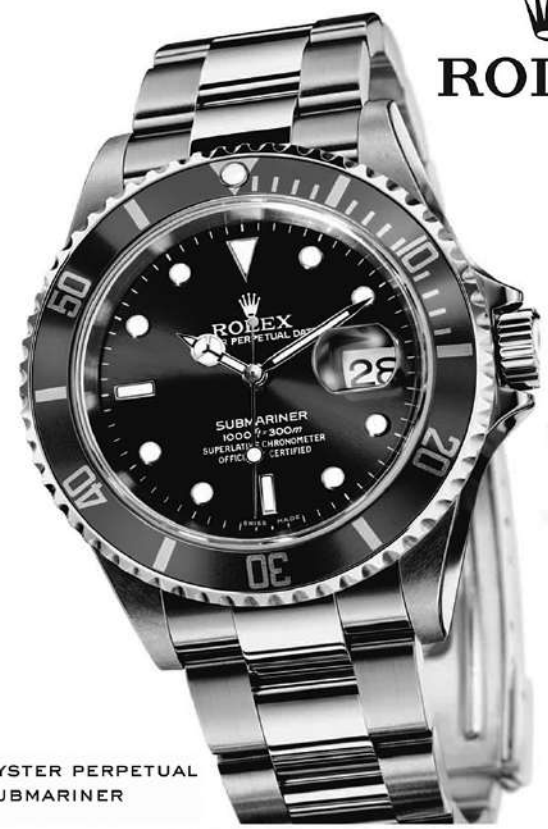
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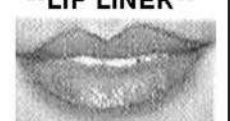
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BUSINESS

Can a holographic screen help a new phone break out?

BY ANICK JESDANUN
AP TECHNOLOGY WRITER

Most leading phones offer the same basics: Big screens, decent battery life and good cameras. So when a newcomer brings something innovative to the party, why is it difficult to break through a phone market dominated by Apple and Samsung?

One such smartphone comes out this week from Red, a company with roots in digital cameras for movie productions. The new Hydrogen One has a holographic screen that produces 3-D visuals without needing special glasses. It is launching with two major movies converted to this format and allows users to create and share their own videos shot with the phone.

Red's goals are modest – about 16 million units a year, based on Red's stated target of 0.5 percent of Samsung's sales. But Red will need customers beyond the tech elite and camera buffs; it'll need their friends and friends of their friends. It doesn't help that the Hydrogen One carries a hefty \$1,295 price tag.

"The Red Hydrogen One stands little chance of upsetting

the smartphone status quo," said Geoff Blaber, a research analyst at CCS Insight.

Chipping away at Apple's and Samsung's dominance is much harder than it used to be because phone innovation isn't so much about hardware any more, Creative Strategies analyst Carolina Milanesi said. What matters more, she said, is the software and artificial intelligence behind it.

Consider Apple's new iPhones. Sure, the new XR and XS models all have decent screens, battery life and cameras. But Apple has also been emphasizing such software-based features as augmented reality, artificial intelligence and automation using the Siri digital assistant. Or take Samsung's Galaxy Note 9. Signature features include the use of AI to automatically fine-tune images.

While the Hydrogen One's screen is different, Milanesi said, it's not necessarily something the mass market will gravitate to.

Red founder Jim Jannard said his phone is about making waves in a sea of smartphone sameness.

"We don't buy the same make, model or color of car that our next-door neighbor has," he said. "It's important to keep this

industry pushing along ... and give people some new choice. What we've done is pretty nuts."

The phone starts selling Friday through AT&T and Verizon in the U.S.

Red calls the screen technology 4V, for four view, which is another way of saying it's doubling what twin-lens 3-D cameras produce by adding depth data to each image. There's a special material under the screen that lets 4V photos and video appear to the viewer in 3-D. Images that aren't shot or converted to this format will look the same as they do on any other screen. Attempts to photograph a 4V screen will also produce images that don't look any different.

Yet the 3-D wizardry indeed works, though it's more pronounced in some scenes than others. Images of a soccer goalie blocking a shot feels realistic, but a waterfall at Yosemite National Park looks like video taken with a regular camera (though leaves in the foreground looked 3-D). The Red phone might remind you of holographic stickers in which the view shifts slightly as you tilt them.

The Warner Bros. studio is giving customers of parent company AT&T two free 4V movies: the first "Harry Potter"

The new Hydrogen One has a holographic screen that produces 3-D visuals without needing special glasses.

prequel, "Fantastic Beasts and Where to Find Them," and Steven Spielberg's "Ready Player One," which is set in a virtual world. The studio plans to convert about a half-dozen other movies initially. Red will have tools for producers to convert existing 3-D video into the 4V format.

The Hydrogen One also has twin lenses in the back to capture 4V photos and video. Trouble is, people you share them with will get a normal image unless they also have a Hydrogen One.

The phone also has a handful of 4V games.

Red's 4V could run into the same problems that virtual reality

has faced. People haven't been rushing out for headsets, while video creators haven't been rushing out to make VR experiences. There's a chicken-and-egg problem at play.

Beyond the fancy screen, the phone is thick at a time Apple and Samsung make thinner phones. That's done to fit in a bigger battery, with 12 percent more capacity than the super-charged Note 9. The sides have ridges to improve the grip. The phone has pins for expansion modules, such as an adapter for any standard SLR lens. (Incidentally, a major manufacturer that tried this modularization approach, LG, backed away from it after a year.)

Jannard has a history of disrupting other industries, too. He previously founded Oakley, which became a force in sunglasses using many of the word-of-mouth techniques he is hoping to replicate with the new phone.

"We're not trying to win over the whole world," he said. "We're trying to provide a phone that we hope enough people like. Otherwise, I'm going to own the single most expensive cellphone in the world, and I'm happy with that."

With mobile pay, you can go without a wallet at checkout

AP WIRE SERVICE
BY MARGARETTE BURNETTE
NERDWALLET

When you're at the checkout line this holiday season, you could juggle your bags and dig into your purse or billfold for your credit or debit card. Or you could use that phone you're already clutching, or that new smartwatch strapped to your wrist. Many stores now accept mobile wallets, a technology that lets customers make payments via smartphone or watch.

Mobile wallets come in different digital forms. There are device specific platforms, such as Apple Pay and Samsung Pay, which are compatible with Apple and Samsung devices, respectively. Google Pay works with multiple platforms, including Android devices.

There are also merchant apps, such as those from Starbucks and Walmart, that have mobile wallet capabilities but can be used only at specific stores. About one-third of smartphone owners who access mobile wallets use those downloaded from specific retailers, says Karen Augustine, a manager of primary data services at Mercator Advisory Group, a payments and consulting research firm.

Still, many consumers are sticking with their cards due to concerns about safety or the familiarity of good old plastic. But if you're ready to give mobile wallets a try, here's what you need to know to get started.

WHERE MOBILE WALLETS WORK BEST. Shoppers who don't want to carry physical wallets and cards – or who are scared of losing a card – may find mobile wallets helpful. Many early adopters have been young adults who wear smartwatches or carry phones nearly everywhere and are willing to try new forms of payment, Augustine says.

Those who want an easier way to track store rewards might also benefit from mobile wallets. A mobile wallet can keep track of rewards program information, making it easier to get credit for qualifying purchases. Merchants and credit card issuers might also offer promotional bonus rewards for mobile wallet transactions.

HOW MOBILE WALLETS WORK. To start, you'll need to load your bank information onto your preferred mobile wallet device. That generally means entering a credit card or debit card number and security code, and accepting the terms and conditions in the mobile app.

When it's time to make a payment, show your device at the checkout line. You typically complete the transaction by placing the device

near the terminal and scanning a barcode or using a biometric reader that may, for example, scan your fingerprint to sign off on the purchase.

MOBILE WALLET ADOPTION HAS STALLED. Despite the ease of using mobile wallets, less than half of all smartphone owners use the technology, and adoption has not grown over the past three years, according to Augustine. One problem may be that some don't consider it to be much more convenient than using a regular credit or debit card, she says.

Concerns about safeguards are another issue. Many consumers are more worried about the security of mobile wallet payments than traditional card payments, says Ryan Grogman, senior vice president and practice lead at Boston Retail Partners, a retail consulting company. But mobile wallets do have some security advantages over regular credit and debit cards.

HOW BANK INFORMATION IS KEPT SECURE. Mobile wallets rely on near-field communication, or NFC, which uses a chip in the mobile device to wirelessly communicate with the merchant's payment terminal. The devices communicate using special short-term codes to verify customers' identities and don't reveal actual credit card numbers.

Along with NFC technology, smartphones typically add their own layer of security. You probably need to use a fingerprint reader or enter a code to unlock a screen, for example, to access the device and its digital wallet.

If a consumer loses a smartphone or watch, they know their information likely lives behind a locked screen, and its sensitive contents can be erased remotely. With a physical card, a criminal could steal it and start making fraudulent purchases before a consumer even knows the card is gone.

Most people have a host of payment choices, and they don't mind juggling and digging for their plastic at checkout. But that hardware in their hand or on their wrist can double as another way to pay for their holiday shopping.

This article was provided to The Associated Press by the personal finance website NerdWallet. Margarette Burnette is a writer at NerdWallet. Email: mburnette(at)nerdwallet.com. Twitter: (at)margarette.

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iPads, Macs get new screens as Apple pushes creativity

BY ANICK JESDANUN
AND MAE ANDERSON
AP TECHNOLOGY WRITERS

Apple's new iPads will more closely resemble its latest iPhones as they ditch a home button and fingerprint sensor to make more room for the screen.

As with the latest iPhone models – the XR and XS – the new iPad Pro will use facial-recognition technology to unlock the device and to authorize app and Apple Pay purchases.

Apple also unveiled new Mac computers, including an overdue refresh of the MacBook Air laptop, now with a high-resolution screen.

Better screens come with price increases for both iPads and Macs.

Tuesday's announcements took place at an opera house in New York, where the company emphasized its products' ability to create music, video and sketches. Neither the Mac nor the iPad generates as much revenue for Apple as iPhones.

Tablet sales have been declining overall, though Apple saw a 3 percent increase in iPad sales last year to nearly 44 million, commanding a 27 percent market share, according to research firm IDC. Apple has been promoting its high-end iPad Pro as ideal for artists, photographers and other creators.

D.A. Davidson Co. analyst Tom Forte said Apple did "a nice job of rolling out next-generation devices with features customers want to sustain momentum" in iPad sales growth.

The smaller of the two new Pros will have a wider display than before when held horizontally. Its screen is 11 inches rather than 10.5 inches, measured diagonally. It starts at about \$800, or \$150 more than the 10.5-inch version.

For the larger, 12.9-inch model, Apple is fitting the same-size display into a smaller device – about the size of a standard sheet of paper. That starts at about \$1,000, a price hike of \$200.

The new iPads will have an LCD screen similar to the iPhone XR

rather than the more vibrant one found in the top-of-the-line iPhone XS models. The displays on the new iPads don't run to the edges as much as they do on iPhones.

An updated pencil, still at \$99, will attach magnetically to the iPad for storage and charging.

Apple is bringing a high-resolution display to its low-end MacBook Air, something until now limited to pricier models such as the MacBook Pro products. But the starting price goes up \$200 to about \$1,200.

The Air also joins higher-end Pros in sporting a fingerprint sensor, something the iPad just lost.

Apple also announced an updated desktop computer, the Mac Mini, starting at about \$800.

The company said both Macs will use aluminum left over from producing iPads and other products.

The new MacBook Air and iPad Pros will now use a standard, oval-shaped connector called USB-C. That means accessories using the iPad's old Lightning port will need adapters, sold separately. The change will allow people to charge their iPhones through the iPad.

The Air also loses the slot for camera memory cards. An adapter costs \$39.


Patrick Moorhead, founder of Moor Insights & Strategy, said the refreshed products are likely to please Apple fans and users.

"The company hadn't updated the Mac Mini for years, and the MacBook Air for a while, so these are very welcome changes," he said. But he said the new Mac features aren't significant enough to draw many people away from Windows computers.

"Overall some nice improvements, but I don't think these are game changers," he said.

All the new products come out Nov. 7.

Apple also is releasing a free software update for iPhones and iPads on Tuesday with previously announced features such as group video chats on FaceTime.



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Officials: California dam spillway will be ready for rain

By JONATHAN J. COOPER
ASSOCIATED PRESS

California water officials said Wednesday that the \$1.1 billion spillway at the nation's tallest dam will be in full working order if it's needed this winter, nearly two years after it was damaged and thousands were forced to flee.

Crews have finished pouring concrete on the main spillway at Oroville Dam, though it still needs to cure for a month and other work is necessary before it can be used, the California Department of Water Resources announced. Crews will also continue pouring concrete on an adjacent emergency spillway.

Both spillways at the dam, which is about 150 miles (240 kilometers) northeast of San Francisco, crumbled and fell away during heavy rains in early 2017, prompting fears of a catastrophic release of water. State officials had assured the public for days leading up to the failures that the dam could handle rising waters amid persistent and heavy rains.

Then on Feb. 12, 2017, officials ordered an immediate evacuation, fearing that a concrete weir that holds water in the lake could collapse within an hour.

The panic of the sudden evacuation turned into frustration and anger when many of the evacuees found themselves stuck in gridlocked traffic hours after fleeing the danger zone. Residents were allowed home a few days later after water behind the dam receded and the danger passed.

State officials promised to be done with concrete work by Nov. 1 so there would be enough time for it to dry and be used by December. With that goal

met, crews will need to fill small holes left by the construction process, seal joints and place sand and rock outside the walls.

On the emergency spillway, crews have poured concrete to line a portion of a hillside to prevent a repeat of the erosion that caused the 2017 scare. They still need to pour more concrete to link that splash-pad with the concrete weir at the top.

"More than 700 construction workers ... literally worked day and night to make incredible progress during the 2018 construction season,"

Tony Meyers, project manager for the Department of Water Resources, said in a statement.

Officials said in September that the cost for reconstruction had ballooned to \$1.1 billion and said the figure could still rise. The water agency plans to ask the Federal Emergency Management Agency to pay 75 percent of the repair costs after the project is finished. The rest would be borne by State Water Project customers, including massive Southern California water districts.

Last winter crews had a portion of the spillway rebuilt for the rainy season but were not able to use it at its full capacity. The water level was kept far below normal levels and it was never used.

With the spillway completely fully rebuilt, it can handle water flows up to 270,000 cubic feet per second (7,645 cubic meters per second), the maximum for which it was originally designed in the 1960s.

DWR officials said Wednesday they'll again keep the water level low this winter to try and avoid using the spillway while work continues around it on the emergency spillway, site cleanup, road repair and other related projects.

Study: LGBTQ characters on network TV hit record high

By LYNN ELBER
AP TELEVISION WRITER

A study says a record-high percentage of LGBTQ characters are part of the new network TV season.

The annual study by media advocacy group GLAAD also found an increase in the characters' ethnic diversity, with slightly more LGBTQ people of color than white for the first time.

While the percentage of LGBTQ characters on scripted broadcast shows hit an all-time high of 8.8 percent of all series regulars, GLAAD says that number falls short.

The organization called on networks to reach 10 percent inclusion for LGBTQ characters in prime-time.

GLAAD praised the FX drama "Pose" for including the most transgender series regular characters ever on a U.S. drama.

Meanwhile, Nielsen announced it will begin reporting TV ratings for what same-gender couples and their households are watching.

US veteran homelessness declines 5 pct in 2018 to 38,000

AP WIRE SERVICE

The number of homeless veterans across the U.S. declined more than 5 percent over the past year after a slight rise in 2017.

The departments of Housing and Urban Development and Veterans Affairs announced Thursday that the number of homeless vets dropped to about 38,000.

The veteran homelessness count happened in January.

The number was about half of those counted in 2009.

The departments say as many as 64 communities and Virginia, Delaware and Connecticut effectively ended veteran homelessness.

That means all homeless veterans in those areas had been offered homes, even if some didn't accept them.

The Obama administration set a goal of ending veteran homelessness by 2015.

Housing and Urban Development Secretary Ben Carson says the Trump administration will not set a specific date to reach that goal.

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- Tourette's Syndrome

Connie Tsai

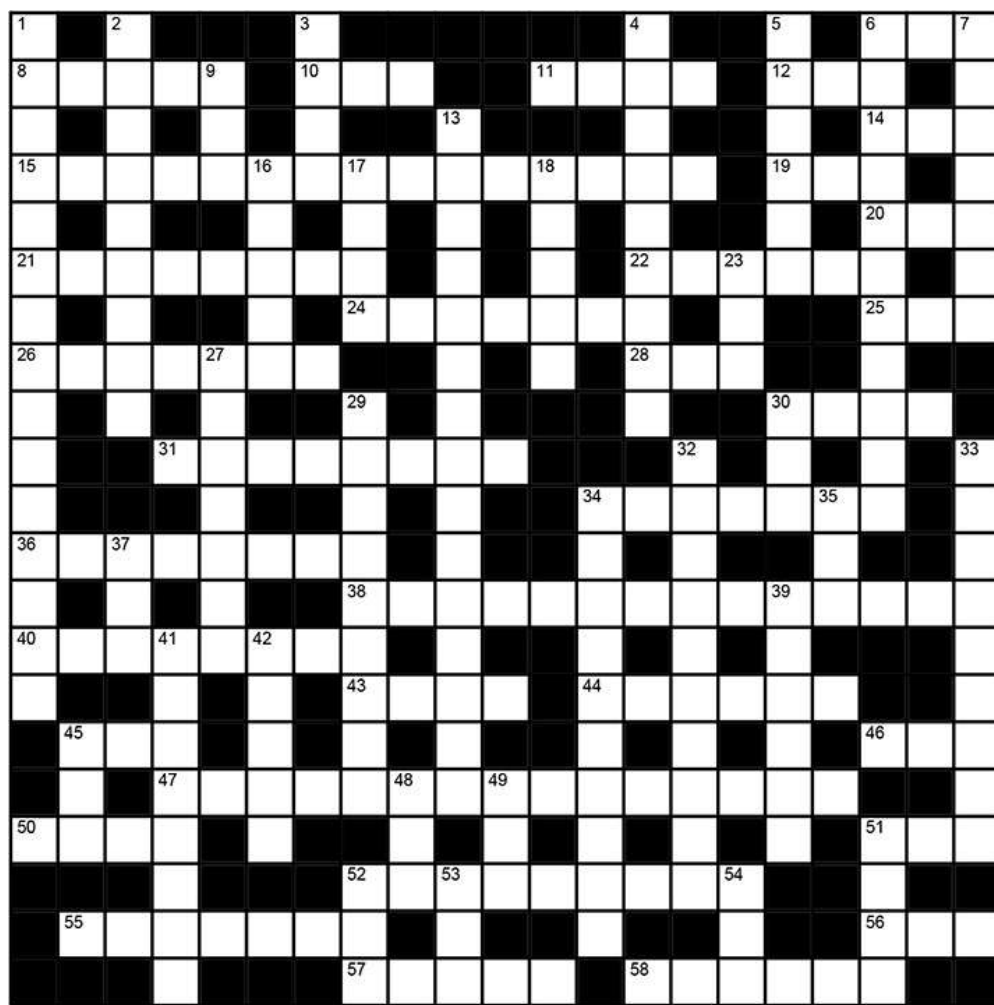


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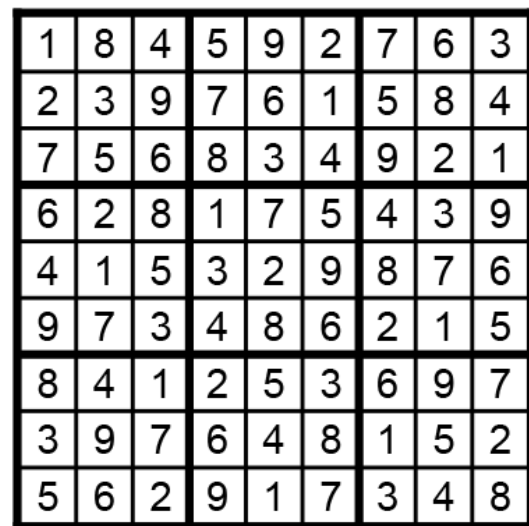
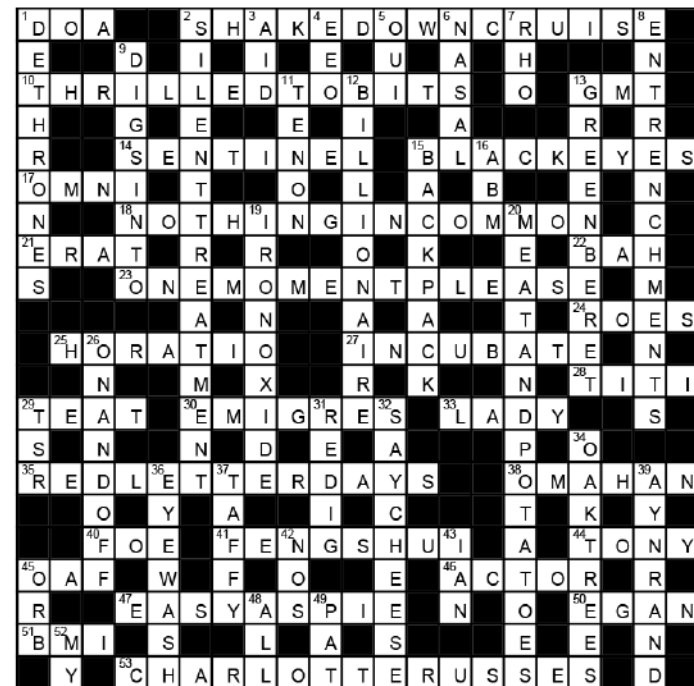
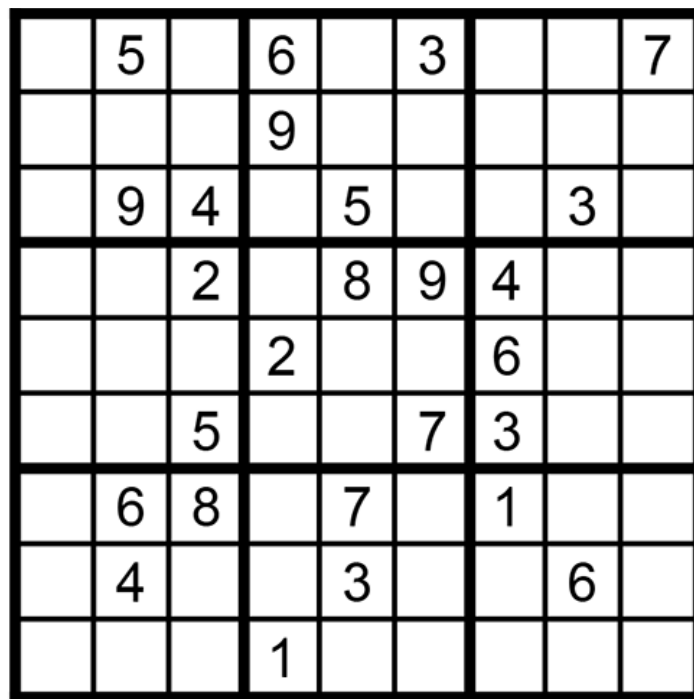
Crossword Puzzle



- Across
- 6 Tropical fruit (3)
 - 8 Looks out for, maybe (5)
 - 10 "So that's it!" (3)
 - 11 "What ___!" (4)
 - 12 Yellowfin tuna (3)
 - 14 Never, in Neuss (3)
 - 15 Not allowed (7,3,5)
 - 19 Samuel's teacher, in the Bible (3)
 - 20 Firms: Abbr. (3)
 - 21 Water (8)
 - 22 "Measure for Measure" villain (6)
 - 24 Krypton, for one (4,3)
 - 25 Versatile truck, informally (3)
 - 26 Rule out (7)
 - 28 As well (3)
 - 30 Alleviate (4)
 - 31 Department store department (8)
 - 34 Sound systems (7)
 - 36 Sell out, in a way (6,2)
 - 38 See note (8,2,4)
 - 40 Kind of kid (8)
 - 43 Boat in "Jaws" (4)
 - 44 Start of two Henry Miller titles (6)
 - 45 Big ___ Conference (3)
 - 46 Atlantic catch (3)
 - 47 Ignore (5,4,4,2)
 - 50 Church part (4)
 - 51 "Have some" (3)
 - 52 Ninnies (9)
 - 55 Drift (7)
 - 56 Conrad I's I (3)
 - 57 Fetch (2-3)
- Down
- 1 Time piece? (8,7)
 - 2 Track event (5,4)
 - 3 Airhead (4)
 - 4 Flew (4,5)
 - 5 Italian province in the Lombardy region (6)
 - 6 Quick studies? (11)
 - 7 Direct (7)
 - 9 George W., to George (3)
 - 13 ERIC (7,8)
 - 16 Almost boil (5)
 - 17 Ticket info, maybe (4)
 - 18 Grammar topic (5)
 - 23 Baby's first word, maybe (3)
 - 27 Find (7)
 - 29 Theme of this puzzle (6-3)
 - 30 Charlotte-to-Raleigh dir. (3)
 - 32 In direct competition (10)
 - 33 "Amen!" (3,4,2)
 - 34 House style (10)
 - 35 Gambling inits. (3)
 - 37 Hale (3)
 - 39 Calmer (6)
 - 41 Imagine (8)
 - 42 Pope John Paul II's real first name (5)
 - 45 Course list abbr. (3)
 - 48 Spanish bear (3)
 - 49 Ample shoe width (3)
 - 51 "... there is no ___ angel but Love": Shakespeare (4)
 - 52 Beseech (3)
 - 53 Hound (3)
 - 54 Med. land (3)

Sudoku:

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



Tri-City Stargazer FOR WEEK: NOVEMBER 7 – NOVEMBER 13, 2018

For All Signs: Our largest planet, Jupiter, will move into the sign of Sagittarius on Nov. 8 and will remain in that sign for a full year. Jupiter is the planet of expansion, optimism, philosophy, travel and education. It generally represents improvements and growth in whatever department of life it touches. Its last sojourn through Sagittarius

occurred between December 2007 and Dec. 2008, so review that era for comparison. Jupiter's change of signs affects everyone, but is perceived in a different way, depending upon the sun and ascendant signs at birth. They both apply, so if you know your ascendant (rising sign), you may read and apply two zodiac signs below.

Aries the Ram (March 21-April 20): Jupiter augurs improvements and good fortune through any or all of the following: legal or ethical issues, contacts with foreign lands or people who live at a distance, the internet, higher education, teaching, publishing and long distance travel. Events of the next year will broaden your perspective on all of life and expand your sense of connection to a larger circle.

Taurus the Bull (April 21-May 20): Gain comes to you through areas of shared financial resources. These may include: compensation from insurance or other group holdings, increases in partner's income, sale of property, gains through inheritance or gifts, increase in the value of stocks, bonds or other mutually held property, or tax benefits. Debts owed to you will be paid, whether financial or favors. Intimate life is on the upswing.

Gemini the Twins (May 21-June 20): The year brings improvements in all your most intimate relationships. This may be the year to get married or develop a beneficial business partnership. Those with client bases will note considerable expansion. The period is favorable for attracting positive assistance through professional

consultants, e.g., doctors, counselors, etc. Travel and/or education are on the increase.

Cancer the Crab (June 21-July 21): Jupiter will increase the physical vitality, heal anomalies, and offer improvements in work conditions. Relationships to coworkers will be enhanced and equipment may be updated. This is the time to look for a better job (or it may find you). Any type of self-improvement program, but especially those relating to the physical body, will have highly beneficial results. Many will adopt pets.

Leo the Lion (July 22-August 22): The time has come to relax and let yourself remember how to play. All types of creative work will be enhanced and those with children will find greater satisfaction and a more rewarding relationship in the next year. Those who want children, or a new love affair will likely be granted their wish. Give yourself permission to explore new possibilities in creative self-expression.

Virgo the Virgin (August 23-September 22): This year Jupiter will bring improvements to your domestic life. This may manifest in a new home or other property, such as a car. It especially favors home decorating or expansion projects. Domestic

problems of the past may be improved or resolved during this period. Opportunities to improve and augment relationships to the family of origin will be presented.

Libra the Scales (September 23-October 22): During the next year opportunities for travel will probably increase. Relationships with siblings, roommates and/or neighbors will be more rewarding and your overall daily attitude becomes more optimistic. Focus of attention on communication (written or oral) will be highlighted. Educational opportunities are attractive and expanded. You may become a teacher in your field.

Scorpio the Scorpion (October 23-November 21): You will likely have improvements in financial income or other personal resources. This may develop either as the result of general good luck or increased effort. Optimistic attitudes concerning money could lead you to overextend resources. Your sense of self-esteem is increased by several notches as you demonstrate what you have learned in recent years.

Sagittarius the Archer (November 22-December 21): Jupiter in your sign will lighten any load, renew your sense of

optimism and reinforce your self-esteem. Help and cooperation of others will be more available to you, especially if you make your requests in person. The spiritual dimension of your life will improve, and travel or education becomes more prominent. The only difficulty with this transit is the tendency for weight gain.

Capricorn the Goat (December 22-January 19): Any effort toward becoming more acquainted with the deeper parts of yourself will be well rewarded. Positive results can be achieved through psychotherapy, dream work, meditation, hypnosis and/or prayer. Assistance will come to you through unexpected (and possibly mysterious) sources. Your desire to contribute to the greater social good will increase and yield good "karma".

Aquarius the Water Bearer (January 20-February 18): Effort

invested in organizational or group social causes will be returned in bounty. Networking with friends and acquaintances may play an active role toward helping you attain personal goals in life. Relationships with stepchildren (and more generally to other people's children) will improve and become a source of pleasure. Corporate financial resources may increase.

Pisces the Fish (February 19-March 20): Any reasonable effort in the area of profession, career or social status should meet with favorable results during the next few months. There may be additional travel, or educational/teaching opportunities associated with career endeavors. Relationships to superiors will be more supportive. Opportunities develop to improve relationships with the family of origin.

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



Holiday Boutique



Friday, Nov 9
Holiday Boutique
 9 a.m. – 3 p.m.
Handcrafted gift items
 Fremont Senior Center
 40086 Paseo Padre Parkway, Fremont
 (510) 790-6600

Friday, Nov 9
Silent Auction & Holiday Craft Sale
 6 p.m. – 8 p.m.
Annual event featuring art from Artful Steps artists
 21st Amendment Brewery
 2010 Williams Street, San Leandro
 (510) 567-2621
 mbrooks@steppingstonesgrowth.org

Saturday, Nov 17
Holiday Boutique
 9 a.m. – 3 p.m.
Vendors, snack bar, bake sale
 Fremont Elks Lodge
 38991 Farwell Dr., Fremont
 (510) 797-2121
 http://fremontelks.org/

Saturday, Nov 17 – Sunday, Nov 18
Holiday Boutique
 10 a.m. – 4 p.m.
Fruitcake, olive oil and homemade goods
 Dominican Sister of MSJ
 43326 Mission Blvd., Fremont
 (510) 933-6334
 www.msjdominicans.org

Friday, Nov 30 – Sunday, Dec 2
Holiday Art Show and Sale
 Fri: 5:30 p.m. – 9:00 p.m.
 Sat & Sun: 10:00 a.m. – 5:00 p.m.
Handcrafted ceramics, glass, paintings, jewelry and sculpture
 Olive Hyde Art Guild
 (510) 791-4357
 www.olivehydeartguild.org

Saturday, Dec 1
Holiday Boutique
 9 a.m. – 3 p.m.
Artesian vendors, baked goods, trees and wreaths
 American High School
 36300 Fremont Blvd., Fremont
 (510) 552-4750
 seniors@americanhighptsa.org

Saturday, Dec 1
Holiday Boutique
 11 a.m. – 3 p.m.
Handmade gifts, holiday décor
 Holy Trinity Lutheran Church
 38801 Blacow Rd., Fremont
 HolidayBoutique.NewarkRelay@gmail.com

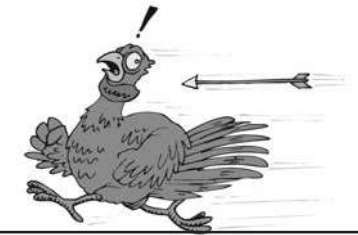
Saturday, Nov 17
Holiday Boutique
Soroptimist International of the Easy Bay
 10 a.m. – 4 p.m.
 Handcrafted items, jewelry, Christmas décor, soaps, garden items
 Hill and Valley Clubhouse
 1808 B St., Hayward
 (510) 924-7622

Saturday, Nov 24
Mistletoe Madness
 10 a.m. – 4 p.m.
80 vendor tables – everything hand-crafted
 Marina Community Center
 15301 Wicks Blvd, San Leandro
 (510) 301-1268

Friday, Nov 30 – Sunday, Dec 2
Holiday Boutique
 11 a.m. – 5 p.m.
 Handmade holiday gift items
 Sun Gallery
 1015 E. Street, Hayward
 (510) 581-4050
 www.sungallery.org

Saturdays & Sundays, Dec 1 – Dec 15
Holidays at the McConaghy House \$
 (not open Dec 9)
 11 a.m. – 4 p.m.
Holidays crafts, activities, and treats. Santa may visit on Saturdays
 McConaghy House
 18701 Hesperian Blvd, Hayward
 (510) 581-0223

Saturday, Dec 1 – Sunday, Dec 2
Holiday Boutique
 11 a.m. – 5 p.m.
Wearable art, jewelry, ceramics, glass
 Newark Artists Open Studio
 Locations
 39675 Cedar Blvd, #135, Newark
 36541 Cherry St., Newark
 35911 Ruschin Dr., Newark
 (510) 794-3436
 www.myartiststudio.com



'Marian, or The True Tale of Robin Hood'

SUBMITTED BY TROY RIVER
 ILLUSTRATION BY KRISTY CALDWELL

Adam Szymkowicz's "Marian, or The True Tale of Robin Hood" is a gender-bending, patriarchy-smashing, hilarious new take on the classic tale. Robin Hood is (and has always been) Maid Marian in disguise and leads a motley group of Merry Men (few of whom are actually men) against the greedy Prince John. As the poor get poorer and the rich get richer, who will stand for the vulnerable if not Robin? What is the cost of revealing your true self in a time of troubles? Modern concerns and romantic entanglements clash on the battlefield and on the ramparts of Nottingham Castle. A play about selfishness and selflessness, and love deferred and the fight. Always the fight. The fight must go on.

According to Theatre is Easy, "[...] The show thrives on its own playfulness and silly energy while still tying everything up at the end. 'Marian' manages to present something important without taking itself too seriously."

"[...] With 'Marian, Or the True Tale of Robin Hood' Szymkowicz has delivered a swashbuckling story of a what it takes to make change, and the networks and chosen families that keep that revolutionary spirit alive," says New York Theatre Review.

American High School Performing Arts (ASHPA) presents "Marian, or The True Tale of Robin Hood" Thursday, November 8 – Saturday, November 17, directed by Troy River. This show contains mature subject matter; rated PG13.

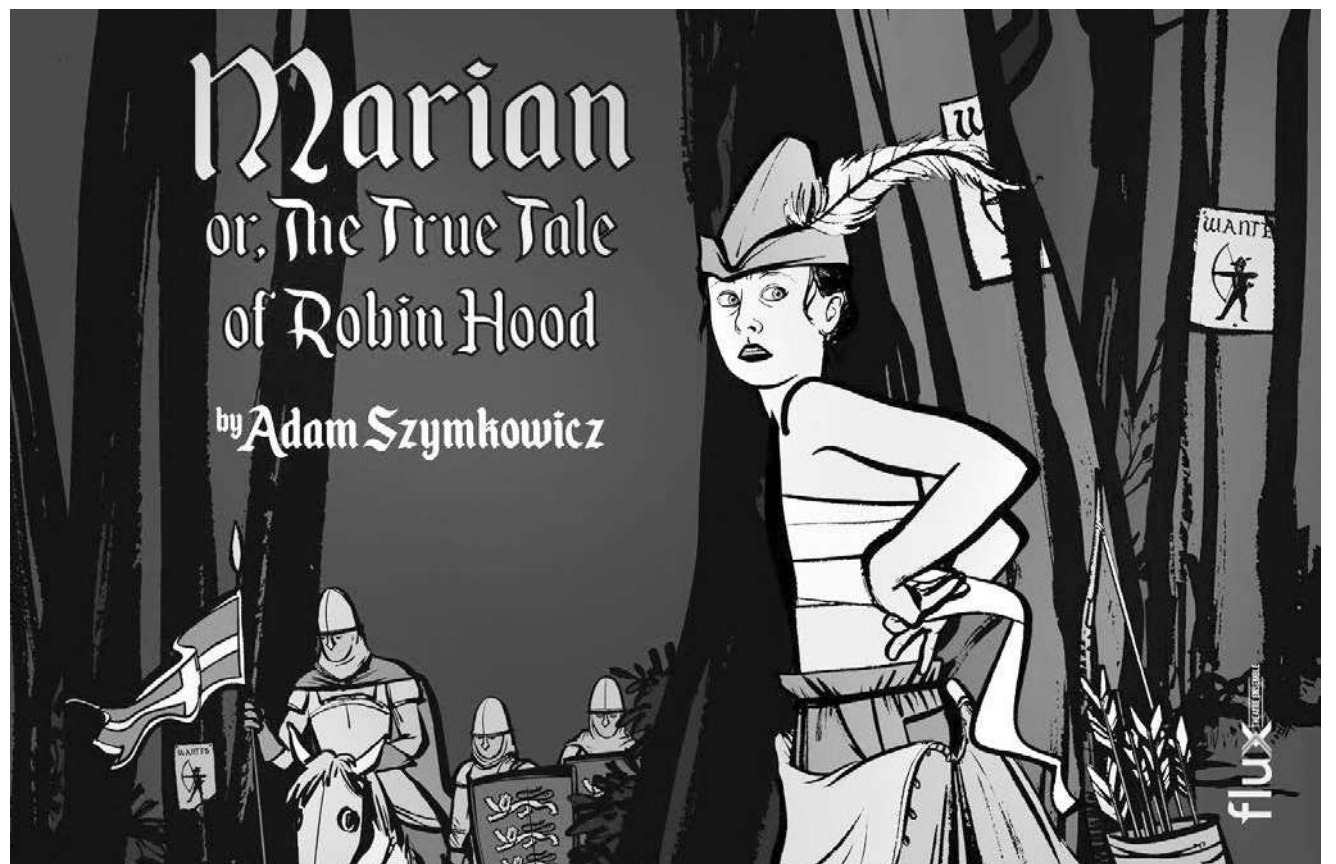
Tickets are \$5 – \$12. The Thursday, November 8 performance at 4 p.m. is half-price, and veterans and military with ID get in free on Sunday, November 11 at 2 p.m.

Marian or The True Tale of Robin Hood

Thursday, Nov 8 – Saturday, Nov 17
 7 p.m. [Thursday, Nov 8 at 4 p.m.
 Sunday, Nov 11 at 2 p.m.

American High School, Theatre 70
 36300 Fremont Blvd, Fremont

(510) 796-1776 ext. 57702
 http://ahs-fusd-ca.schoolloop.com/
 Tickets: \$5 – \$12



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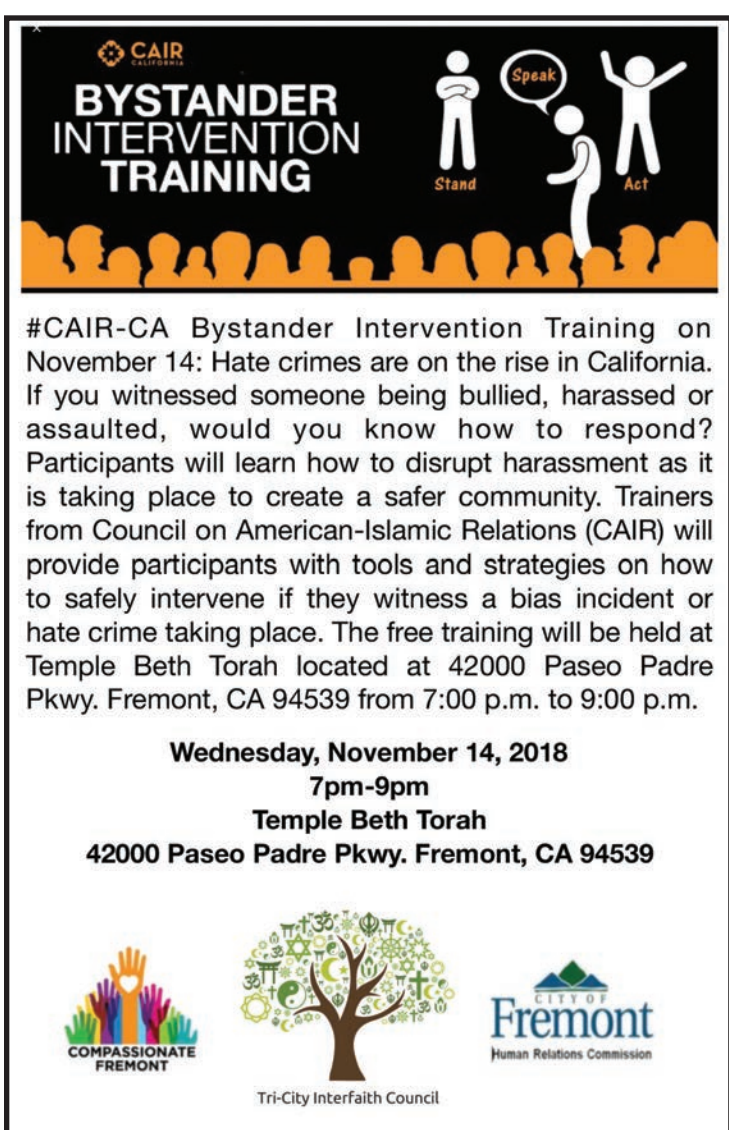
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BYSTANDER INTERVENTION TRAINING

Stand Speak Act

#CAIR-CA Bystander Intervention Training on November 14: Hate crimes are on the rise in California. If you witnessed someone being bullied, harassed or assaulted, would you know how to respond? Participants will learn how to disrupt harassment as it is taking place to create a safer community. Trainers from Council on American-Islamic Relations (CAIR) will provide participants with tools and strategies on how to safely intervene if they witness a bias incident or hate crime taking place. The free training will be held at Temple Beth Torah located at 42000 Paseo Padre Pkwy. Fremont, CA 94539 from 7:00 p.m. to 9:00 p.m.

Wednesday, November 14, 2018
7pm-9pm
Temple Beth Torah
42000 Paseo Padre Pkwy. Fremont, CA 94539


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FremontLEAF@gmail.com 925-202-4489

Annual Interfaith Thanksgiving Service
Celebrating our Unity

Monday, November 19, 2018 @ 7:30pm

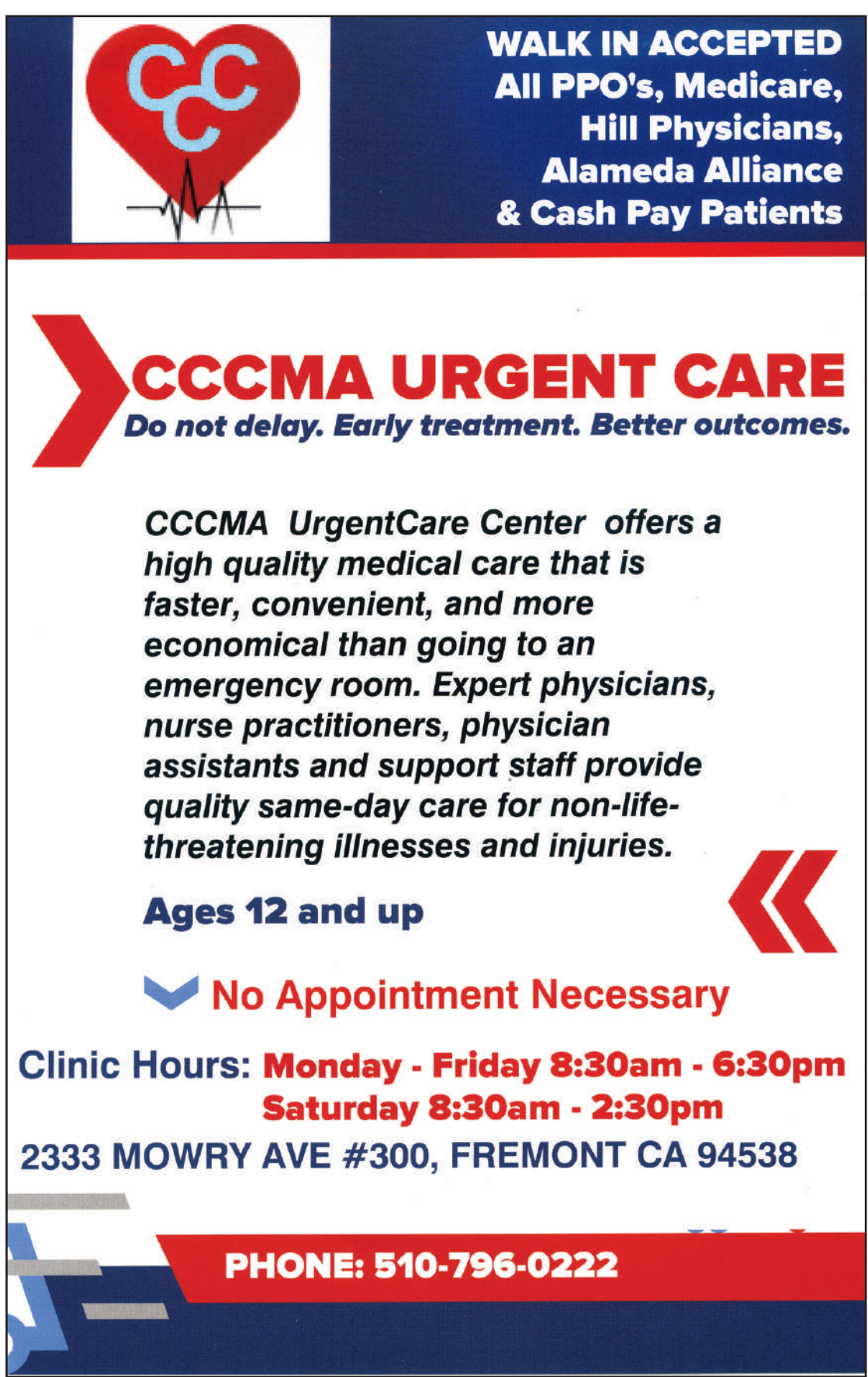


Tri-City Interfaith Council

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Home & Garden

Get festive with Cranberry plants

ARTICLE AND PHOTOS BY DANIEL O'DONNELL

British mountaineer George Mallory was once asked why he climbed Mt. Everest. "Because it's there," he replied. So why grow a cranberry plant in California? Because you can, and as it is full of bright red berries just in time for the holidays, it can be a centerpiece just as festive as a pumpkin, horn of plenty, or poinsettia.

Cranberries are embedded in U.S. culture and widespread in the American diet. Dried cranberries are used to enliven salads. Cranberry juice is popular on its own or used to flavor healthier soft drinks or is used as the base in many cocktails. Cranberries are especially popular around the fall and winter holidays; there are cranberry-inspired beers and hard ciders, and coffee shops sell cranberry muffins and scones. It is estimated that over 94 percent of Thanksgiving dinners include cranberry sauce.

The cranberry plant, *Vaccinium macrocarpon*, is native to North America and produces a tart tasting bright red berry. Native Americans used cranberries for food, as a meat preservative, in medicines, and as a dye. This enthusiasm for cranberries spread when the first European explorers and settlers landed in North America. It is hypothesized that cranberries were served at the first Thanksgiving meal. It is known that settlers were making cranberry juice as early as 1683.

Today there are small cranberry farms throughout the Northeastern United States, but



the majority of commercial cranberry cultivation comes from Massachusetts, Wisconsin, New Jersey, Washington, and Oregon. British Columbia, Quebec, and Chile also have healthy cranberry industries. These regions have certain characteristics in common that cranberry plants need to survive that California does not. Cranberries will not be a commercial crop in California. However, individuals in the Bay Area can grow a small cranberry plant that looks festive and produces edible fruit.

It is a common misconception that cranberries grow in water. The truth is that large cranberry farms will flood their fields or bogs to make harvesting the fruit easier because cranberries float. Cranberries need an acidic soil, good drainage, and approximately three months temperature of a 32 – 45-degree range to survive. All of this can be simulated for a single plant in a container.

Growing a cranberry plant from a seed can be a long and difficult process. It is best to order a seedling from a cranberry grower. There are vining ground cover cranberry plant varieties and bush varieties. Stevens and Howes are two bush varieties suitable for growing in a container. Cranberry Creations (www.cranberrycreations.com) specializes in ready to flower cranberry plants intended to be centerpieces when they fruit. Their website has a detailed page for growing and caring for plants and they give free advice anytime. Occasionally they cannot ship to California. Grover's Blueberries and Seed Company (www.groversblueberries.com) is another purchasing option.

The medium that a cranberry plant grows in must be acidic. Peat moss mixed with sand, compost, and clay soil is the ideal mixture for growing a plant in a pot. Cranberries do not need to be wet, but the soil should be kept damp. The water can be a

concern if it has an alkaline pH. Using collected rain water or water from another source with a more acidic pH level will be necessary in this case.

A cranberry plant growing in a container should be placed outside during its growing

season. Full sun is best, but it can tolerate partial shade. An organic low-nitrogen fertilizer will keep the plant healthy.

Cranberry plants lose their leaves and go dormant every winter. The Bay Area does not get cold enough for long enough to satisfy the chill requirement naturally. Once the leaves have fallen, the plant will need to be dug up and placed in a plastic bag, which should then be stored in the refrigerator. This mimics the necessary cooler northern temperatures. Just before the plant comes out of dormancy in early spring, the cranberry plant can be placed back in its pot.

Cranberry plants that are three years and older will flower in late spring. The flowers are both male and female but require pollination from bees and other insects. Once pollinated, the plant's fruit will be at its vibrant peak just in time for the holidays. The cranberry's branches will need to be trimmed every year to keep it small enough to fit in the refrigerator after it goes dormant.

There is an Irish equivalent to Mallory's famous answer. An Irishman walked for three extra days around a mountain to get to his destination. When asked why he went around it, he replied, "Because it was there." Some people go up mountains and some people go around them. Growing cranberries takes a bit of time and effort and may not be for everyone. However, like climbing a mountain, the effort pales in comparison to the reward.

Daniel O'Donnell is the co-owner and operator of an organic landscape design/build company in Fremont. www.Chrysalis-Gardens.com



THE ACWD CONNECTION

Fall Preparations Equals Winter Readiness

As the days get shorter and cooler, it's the perfect time to get your house and yard prepared for the winter! These seasonal tips will help you get ahead of the game:

1. Now that you have adjusted your clock back, reduce irrigation times by 50 percent.
2. Turn your sprinklers off when it rains; let the rain do the work!
3. Fall is the time to plant water-efficient natives in your garden to take advantage of winter rains.
4. Add a layer of mulch to your plant beds. This will insulate the soil and protect plant roots from harsh winter conditions.
5. Clean gutters and downspouts of leaves and debris.
6. Install rain barrels to harvest water from your roof to use when the rainy season ends. Rain barrel rebates can provide an extra incentive!

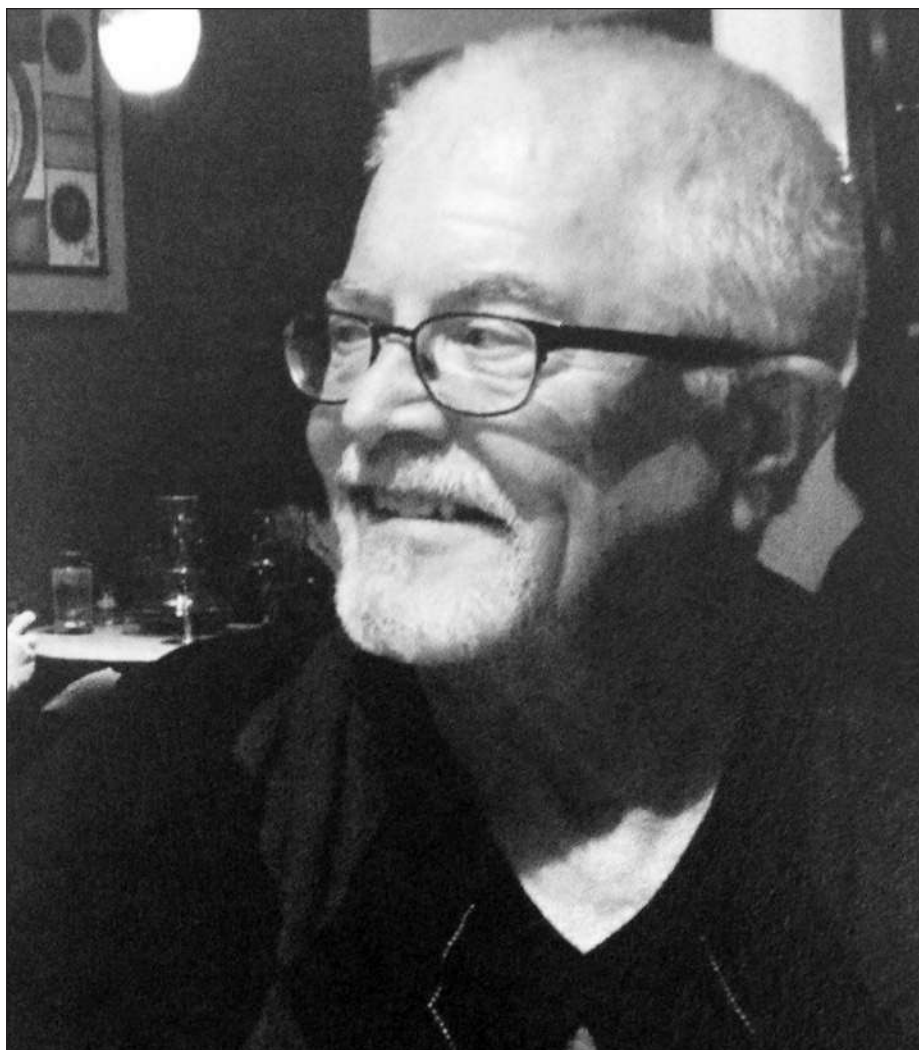
For more information on rebates and seasonal tips visit www.acwd.org/conserves



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Once a Druid, always a Druid



Drummer Walt Hern wrote about The DRUIDS experience in "Our Music Never Stopped."



Our Music Never Stopped

Memoir of a Rock Band

By Walter Hern



BY MARGARET THORNBERRY

You either heard about or lived through the era of the '60s, a time of great social change in our country. California was at the epicenter of the baby boomer "youth quake" that brought protests against the Vietnam war, the Free Speech movement at Berkeley and the hippie "be-ins" and "love-ins" in San Francisco's Golden Gate Park. What is left of that time of ferment are largely only pallid echoes – aside from the cherished legacy of the music that was made then and is still played and enjoyed today.

From Jimmy Hendrix and Janis Joplin to the contained lyrics of Bob Dylan, with side trips to the harmonics of the Beach Boys and Jan and Dean, this was a time when outstanding performers were creating and playing wonderful new and different music. Incorporating influences from country music, jazz and R&B, usually with a driving beat, these sounds soon became the background anthem to the lives of those who were young at the time – and sometimes, the battleground between

them and their parents! Central to this new music was the guitar, which is a very democratic instrument. It was portable, so you could practice almost anywhere, take it to the beach for a sing-along and, if you were serious, you might be able to get good enough to gather a few friends with musical talent and form a band.

And that's exactly how The DRUIDS came to be. Five young men – two guitar players, a bass player, a drummer, and the lead singer – all students at the University of California at Santa Barbara (UCSB), found each other, jammed together, and formed a band. They worked hard to build a distinctive sound, while playing the top hits of the time, and became one of the bands most in demand for parties and other functions on campus. They warmed up the crowd for some of the big-name acts who came to play at UCSB, acquired a manager, played a gig or two at Pandora's Box in Hollywood, and even signed with a record producer in LA.

Alas, the road to rock and roll fame was not to be for The DRUIDS. The band

members soon determined that the record producer wasn't promoting them as he had promised and was also pressuring them to go on tour. Since the band members were nearing graduation, the tough decision was made to set aside their music and concentrate on their studies. After graduation, they went their separate ways, and while some of them kept in touch from time to time, almost 30 years passed before drummer and Niles resident Walt Hern decided it was high time to organize a reunion.

Despite members of the band living up and down the West Coast, in the summer of 1998 they gathered for a few days at the home of one of the band members in Southern California. They quickly rediscovered the pleasure of playing together, rekindled their old camaraderie and worked hard to learn new songs and refine old favorites, and it wasn't long until they found themselves performing in front of audiences again, living up to the band motto, "Once a DRUID, always a DRUID." Modern sound equipment allowed them to readily capture their sessions and live performances, edit and share their music, and discuss what they wanted to play at the next get-together.

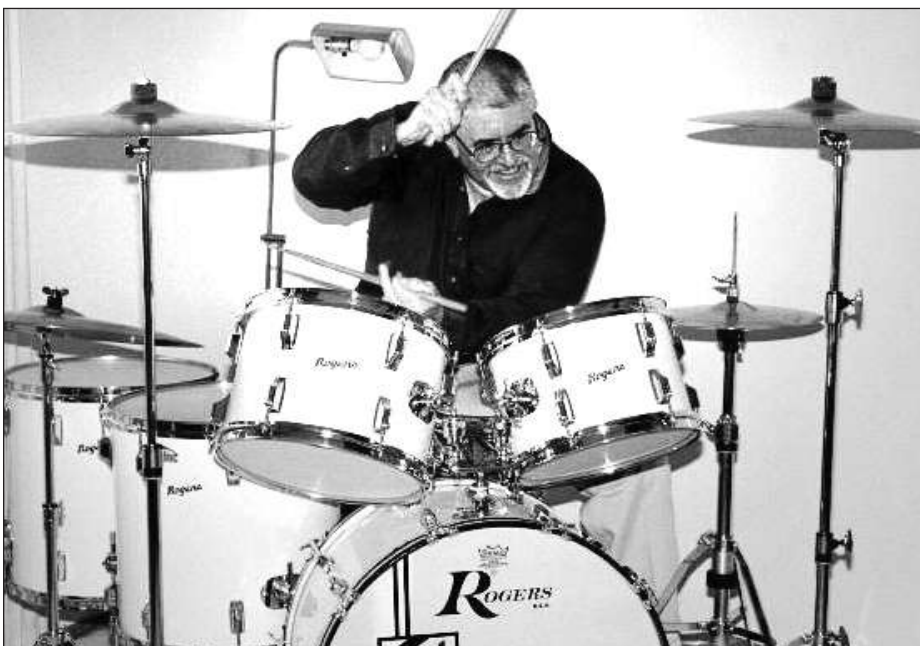
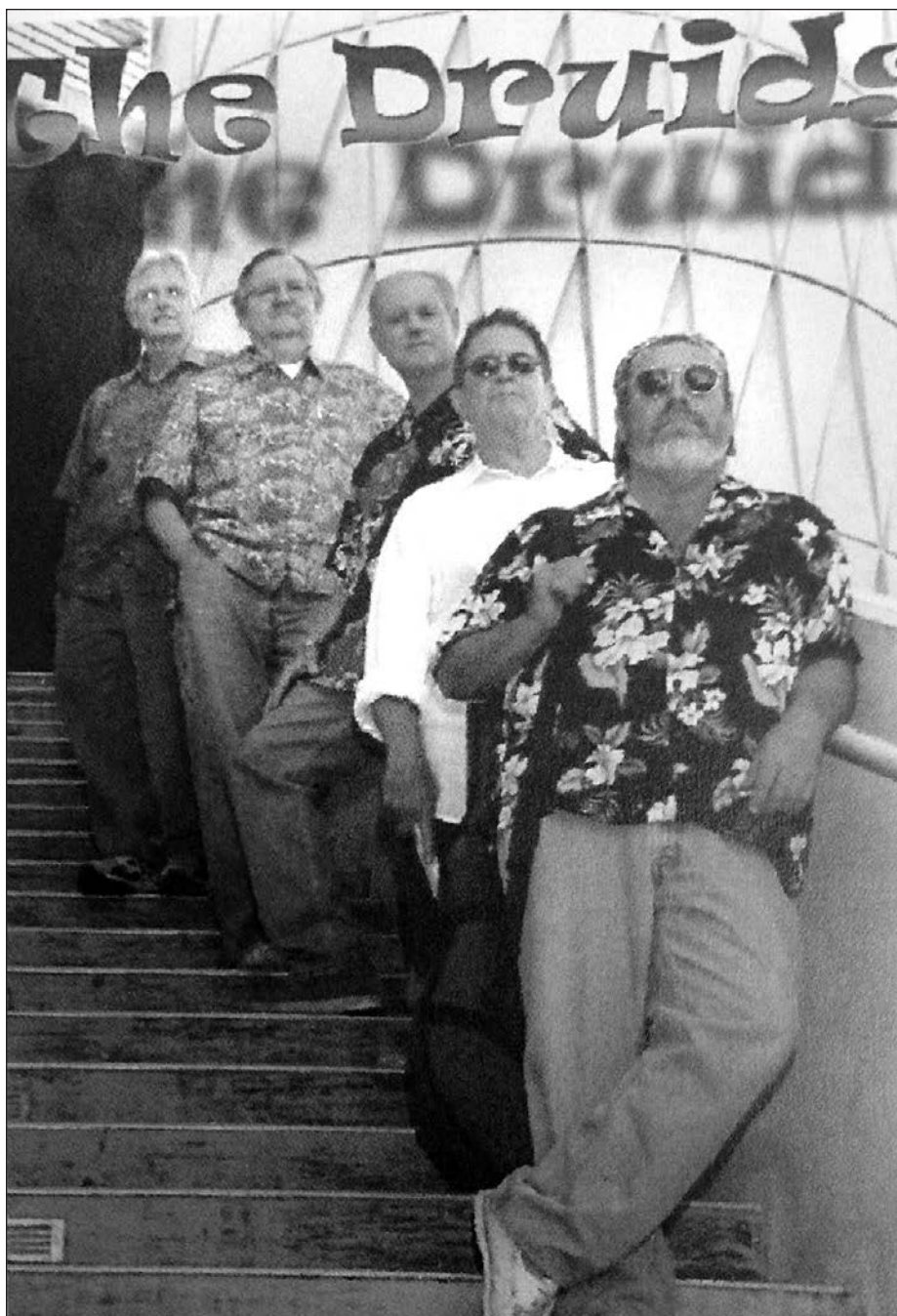
Over the next several years, the reunited DRUIDS continued to meet and play together. If one of the original band couldn't make it to a reunion, local talent was invited to join in the fun. This mixture of original DRUIDS and new members was

christened "Guilt by Association," or GBA, as a side project of The DRUIDS.

In 2012 guitarist Johnny Pickens was bicycling in Niles Canyon, hit a large rock, and was killed. This was a blow to the band both personally and musically, and they did not play together again until 2015, when they celebrated their 50th reunion by playing at the Thousand Oaks Band Tree 6 event. That live performance was dedicated to Pickens.

Bass player Don Ford was suffering from arthritis, making it difficult to play. Always a private person, he had not shared with the remaining DRUIDS that he was also fighting cancer and passed away in 2017.

Old rockers do not fade away quietly, their music still speaks to them as long as they can strum, drum, or hum! After drummer Hern retired from a long career in print production management for Mervyns, Visa USA, Franklin-Templeton and others, he decided the time was ripe to write a book about The DRUIDS, their music, and their times. Titled "Our Music Never Stopped," it's available now on Amazon, and a copy rests in the library at the Rock and Roll Hall of Fame. Or, drop by The Florence in Niles almost any Wednesday, 7 p.m. to 10 p.m. to enjoy the music. Ask for Walt. You'll probably find him sitting in with the band, playing his heart out, with a big smile on his face.





FREMONT UNIFIED SCHOOL DISTRICT

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www.edjoin.org or
www.fremont.k12.ca.us

Bus and Van Drivers:

Hiring Class C Van Drivers and Class B Bus Drivers. On-site training.
 Salary Range: Bus Driver 1 - \$21.32 to \$25.21 per hour, Bus Driver 2 - \$24.82 to \$29.44 per hour, Van Drivers - \$18.11 to \$21.32 per hour.

Requirements: Current CA Driver's License with 3 years driving experience & clean DMV record. Bus Drivers require a Type 1 or Type 2 certificate.

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HVAC Technician: Salary Range: \$34.29 to \$41.02 per hour.

Requirements: EPA Refrigerant Transition and Recovery Certification, Type 1 & Type 2 minimum.

Staff Secretary 2 – Bilingual (Spanish): Salary Range: \$25.56 to \$30.48 per hour.

Requirements: Typing certificate documenting speed of 50 WPM.

On-Call Substitute Special Education Paraeducators. Salary Range: \$14.61 to \$15.35

Requirements: No Child Left Behind (NCLB) Examination (offered at District office) or 48 semester units or equivalent to an Associate of Arts degree.

PART TIME/ Tuesday only Newspaper Delivery Person

WANTED

Contact Tri-City Voice
510-494-1999

LEAF's Community Garden

is seeking volunteers to greet visitors. Very time flexible.

ADA Handicap accessible. Location: California Nursery

Historical Park in Fremont, at Mission Blvd/Niles.

FremontLEAF@gmail.com 925-202-4489

Celebrating our Veterans



VETERANS DAY USS HORNET MUSEUM

Major hostilities of World War I, fought July 28, 1914 – November 11, 1918, formally ended at the 11th hour of the 11th day of the 11th month in 1918. At that moment, an armistice with Germany went into effect. Veterans Day, previously called Armistice Day, is observed in the United States on November 11th to honor not only those who served during the "war to end all wars," but all who have served and continue to serve and protect. This occasion reminds us of their love and sacrifice for our country and way of life.

Raymond Weeks, a World War II veteran, is credited with expanding Armistice Day to celebrate all veterans, not just those who died in World War I. Due to his efforts, in 1954 Armistice Day was formally renamed as Veterans Day. To celebrate the day and express gratitude, Tri-City residents will honor our veterans at local services.

Alameda

The USS Hornet Sea, Air & Space Museum celebrates the 75th anniversary of Commissioning, 20th anniversary of becoming a museum and Veteran's Day on Sunday, November 11. This year also marks the 100th anniversary of Armistice Day. There are several hands-on activities and book events scheduled for the celebration.

The USS Hornet
Sunday, Nov. 11
10.00 a.m. – 1:30 p.m.
707 W Hornet Ave, Alameda
(510) 521-8448
<https://www.uss-hornet.org/>

**Normal fees apply for
visiting the museum**

Adult \$20
Senior & Military \$15
Student \$15
Youth \$10
Children 6 & under free
Members free

Fremont

Dig up nostalgia with Laurel & Hardy Style celebration of Veterans Day. Watch Laurel & Hardy as they go into the trenches of World War I.

1936 Lucky Corner w/ The Little Rascals featuring Spanky & Alfalfa
1933 Sherman Said It w/ Charley Chase and The Ranch Boys
1938 Blockheads w/ Laurel & Hardy, Billy Gilbert, Jimmy Finlayson

**Laurel & Hardy Style celebration of
Veterans Day**
Sunday, Nov. 11
4 p.m. - 7 p.m.
Niles Film Museum

37417 Niles Blvd, Fremont
(510) 494-1411
<http://nilesfilmmuseum.org/>

Hayward

City of Hayward will be celebrating Veterans Day on Sunday, November 11 sponsored by 2018 Veterans Day Committee. Colonel John McPartland (USA, Ret) will be keynote speaker at the event and The American Legion Honor and Color Guard – Captain Ron Galvan will do the posting and Retrieval of Colors. Please contact John White at (510) 582-9757 or jdwjr6@att.net for more information

2018 Veterans Day Observance
Sunday, Nov 11
11 a.m. – 1 p.m.

**Hayward's 21st Century Library
and Heritage Plaza**
888 "C" Street, Hayward
(510) 293-8685

<https://www.hayward-ca.gov/public-library>
Free event / parking available

Milpitas

Milpitas Recreation and Community Services will hold a Veterans Day Ceremony on November 11 to honor service men and women who have served our community for cause of freedom.

Veterans Day Ceremony
Sunday, Nov 11
9 a.m. – 10 a.m.

Milpitas Community Center
(Veterans Plaza)

457 East Calaveras Boulevard, Milpitas
(408) 586-3210
<http://www.ci.milpitas.ca.gov>

San Leandro

The City of San Leandro and American Legion Post 117 invite the public to the Veteran's Day Observance and 33rd Annual Flag Raising Ceremony at the San Leandro Senior Community Center on Sunday, November 11, 2018. The observance and ceremony honors and thanks military veterans who served in

the United States Armed Forces. Complimentary light breakfast refreshments will be provided at the event. Please contact Ely Hwang, Recreation and Human Services Manager at 510-577-3463 or ehwang@sanleandro.org for more information. Veteran's Day

Observance 33rd Annual Flag Raising Ceremony Sunday, Nov 11
11 a.m. onwards Senior Community Center
13909 East 14th St., San Leandro
(510) 577-3462
<https://www.sanleandro.org/depts/rec/seniors/>

Applebee's in Fremont and Hayward Applebee's restaurants nationwide invite all veterans and active-duty military men and women to their local restaurants to enjoy a complimentary full-size entree from an exclusive menu this Veteran's Day. In Tri-City area the, participating locations include Fremont and Hayward. The restaurant has embarked upon the mission to serve one million free meals to American military heroes this Veteran's Day and this is one of the first and largest national efforts of its kind. "At Applebee's we are proud to welcome veterans and active-duty military members all year long. To date, we have served nearly nine million military heroes a free meal, and in celebration of our 11th year, we welcome one million more to join us on Veterans Day for a delicious and free meal among friends," said John Cywinski, president at Applebee's. Veterans and active-duty military simply show proof of military service and guests are encouraged to call their local Applebee's to check about hours.

**Veterans Eat Free at
Applebee's Sunday**
Nov 11

Fremont location
39139 Farwell Dr, Fremont
11 a.m. – 12 midnight
(510) 742-6400
Hayward location
24041 Southland Dr, Hayward
11 a.m. - 12 midnight
(510) 782-6400

Military veterans to be honored

SUBMITTED BY JOHN WHITE

Colonel John McPartland (USA, Ret) will be keynote speaker at the 65th Annual Alameda County Veterans Day Ceremony set for Sunday, September 11 in Hayward. The 2018 Veterans Day Observance will honor past and present military veterans from all service branches and is open to the public. The two-hour ceremony will start at 11 a.m. at the Hayward 21st Century Library and Heritage Plaza, Hayward. Posting and retrieval of Colors will be done by the American Legion Honor and Color Guard with Captain Ron Galvan.

Veteran's Day Ceremony
Sunday, Sept. 11
11 a.m. – 1 p.m.
Keynote speaker:
Col. John McPartland (USA, Ret)
Hayward Library and Heritage Plaza
888 C St., Hayward
(510) 582-9757

Coffee with a Cop

SUBMITTED BY BRYAN HINKLEY

Milpitas Police Department invites community members to join them for the inaugural Coffee with a Cop event. No agenda, no speeches, just a chance to ask questions, voice concerns, and get to know the officers in your community. Please contact Bryan Hinkley for more information at bhinkley@ci.milpitas.ca.gov or at 408-586-2527

Coffee with a Cop
Friday, Nov 9
8 a.m. - 10 a.m.
Peet's Coffee
543 E. Calaveras Blvd. Milpitas
(408) 416-0700

Keeping Music Alive

SUBMITTED BY VEERA KAZAK

To mark its 30th anniversary, Music For Minors II is holding a fundraising "Keeping Music Alive" gala celebration on Friday, November 9 in Fremont. The event will include dinner, dancing, a silent auction and a selection of award-winning wines. Entertainment will be provided by Grammy nominee Red Grammer, Lori & RJ, the MFMII Kids Choir and The Dream Achievers.

Festivities will be at Paradise Ballroom in Fremont. Tickets are \$100 per person or \$800 for a table for 10 and can be purchased online by visiting gala.musicforminors2.org. For details, call (510) 733-1189.

MFMII 30th Anniversary Gala
"Keeping Music Alive"
Friday, Nov. 9 - 6 p.m. – 11 p.m.
Fundraising dinner event
(510) 733-1189
gala.musicforminors2.org - \$100 per person

Senior Helpline

(510) 574-2041

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

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



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



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Fertility and Pain Management Specialists

Research shows acupuncture increases pregnancy rates by 60% in couples trying to conceive. Research shows acupuncture reduces pain and inflammation, while accelerating healing times.

Fertility care for the following conditions:

- PCOS
- Low ovarian reserve
- Male factor infertility
- Endometriosis
- Recurrent miscarriage
- IVI/IVF support

Pain management for the following conditions:

- Sciatica
- Migraines and headaches
- Arthritis and joint pain
- Neck and back pain
- Tendonitis and computer syndrome
- Traumatic injury
- Carpal tunnel syndrome
- Plantar fasciitis
- TMJ

Holistic care for the following health issues:

- Menopausal symptoms
- PMS and hormonal imbalance
- Thyroid disorder
- Digestive disorders
- Diabetes and high cholesterol
- Autoimmunity
- Fatigue
- Stress, anxiety, depression
- High blood pressure

FREE CONSULT (Valued at \$50) 510-438-0128
43353 Mission Blvd., #B, Fremont, CA 94539

Getting Around Town with LIFE

 **VOLUNTEER to bring JOY to the elderly**

It's easy and fun and only takes a few hours

Options to meet your interest and schedule:

- Drive to appointments and provide assistance as needed
- Deliver meals...and a smile
- Visit with a new friend

Volunteers needed throughout Alameda County

Contact Tammy 510-574-2086
 info@LifeElderCare.org
 LifeElderCare.org



SUBMITTED BY SHERRI PLAZA

Ruth stopped driving when her vision got too poor to drive safely. She was the driver among her group of friends, taking everyone to their appointments and errands. "They didn't want me to stop driving. You're fine, they would say. But I knew it was time to stop."

LIFE ElderCare is a non-profit organization that helps older adults improve the quality of their life so that they can age in the place they call home. Service offerings include home-delivered meals (Meals on Wheels), friendly visitors, door-through-door transportation, care coordination, personalized exercise, and medication review. All of the services are available to residents of Alameda County

age 60+. LIFE's transportation program is funded in part by Alameda County Transportation Commission

Ruth also knew to call LIFE ElderCare and get set up with a driver through the LIFE transportation program. Her positive attitude and bright smile make her a favorite among the drivers. Michelle regularly takes Ruth to a local pharmacy, where the manager knows them and treats 100-year-old Ruth like a special customer. Michelle helps Ruth find the products she needs, sort through her coupons, and pay for her items. Ruth and her drivers have a special bond. Ruth says, "I couldn't ask for better help."

Ruth is one of the 260 Alameda county residents in the LIFE transportation program. They are driven to medical

appointments, grocery stores, and essential errands by 84 dedicated and helpful volunteer drivers who assist at the destination by offering a steady arm, selecting items from a shelf, reading a sign, or whatever else is needed. The program is donation based, and service provision does not depend in any way on ability to donate.

If you know an older adult who has no way to get to their appointments or if you are looking for a meaningful volunteer opportunity with flexible schedule, please

contact LIFE ElderCare at (510) 894-0370 or info@LifeElderCare.org. For more information please visit www.LifeElderCare.org

LIFE ElderCare
(510) 894-0370
www.LifeElderCare.org

Bingo for charity

SUBMITTED BY MARILOU KERNS

Members from the Fraternal Order of Eagles (FOE) are hosting their annual Thanksgiving Charity Bingo luncheon on Monday, November 12 in Hayward. Doors open at noon at the FOE building in Hayward. The luncheon will include turkey with all the trimmings, vegetables, coffee, tea and dessert. Everyone who makes an \$8 luncheon donation will receive a bingo card for the after-lunch game. Proceeds from the event will go to various local charities. For details, call (510) 584-1568.

Thanksgiving Bingo Luncheon
Fraternal Order of Eagles
Monday, Nov 12
12 noon – 2 p.m.
24106 Foothill Blvd., Hayward
(510) 782-8187
Donation: \$8

Pocahontas

ARTICLE AND PHOTO SUBMITTED BY MEI WAN

Young performers will soon take to the stage in Milpitas in a lively performance of the enchanting musical "Pocahontas." Sponsored by Center Stage Performing Arts, the performance is based on the book by Vera Morris with music and lyrics by Scott Deturk. The family friendly show includes a colorful cast of characters and looks at Native American lore with beautiful music.

Performers include Amaya Gomez, Kavish Shah, Danica Cunanan, Cole Rumsey, Naomi Coriell, Kristina Martinez, Maddox Rumsey, Adrielle Inez, Mary Napolitano, Lucia Savory and Kylie Harris.

Showtimes are 7 p.m. Friday, November 9; and 2:30 p.m. and 7:00 p.m. Saturday, November 10 at the Milpitas Community Center. Advance tickets

bought by November 8 cost \$10; tickets at the door are \$12 and \$15. To buy tickets online, visit www.eventbrite.com and then type "Pocahontas" into the event tab and follow the prompts. For details, call (408) 707-7158.

Pocahontas
Friday, Nov 9
7:00 p.m.
Saturday, Nov 10
2:30 p.m. and 7:00 p.m.
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 707-7158
www.centerstagepa.org
Tickets: \$10 advance; \$12 and \$15 at the door

Special recycling event

SUBMITTED BY ALICE KIM

In recognition of America Recycles Day, a national campaign aimed at encouraging reuse, recycling and buying recycled products, City of San Leandro will host 'Be Recycled' event on Tuesday, November 13 at the Marina Community Centre. The event is open to San Leandro residents only.

'#BeRecycled' encourages residents to recycle pharmaceuticals, household batteries and electronic media, such as floppy disks, DVDs, CD cases and toner cartridges. Residents also may drop off mercury-containing items including thermometers, thermostats and fluorescent lights.

America Recycles Day
9 a.m. – 1 p.m.
Tuesday, Nov 13
Marina Community Center
15301 Wicks Blvd, San Leandro
510-577-6026
www.RecycleSanLeandro.org



Save the Drain! Dispose of Fats, Oils and Grease Properly

Cooking oil and grease is delicious when used in food but disastrous when poured down the kitchen sink. While it is cooking it is in liquid form and flows freely but as it cools, it gets hard and sticky allowing it to stick to sewer pipes. Over time the oil and grease will accumulate and may cause the sewer to backup or overflow. Overflows and backups are unsightly, they smell and can cause major problems in local creeks if the overflow enters the storm drain system.

NEVER pour fats, oils, or grease down your drain!

Let oil cool, then pour into a container and bring it to Republic Services for FREE disposal Monday through Friday from 8:00 a.m. to 5:00 p.m. Take it to the self-serve drop-off at 42600 Boyce Road in Fremont (between Stevenson and Auto Mall Parkway) and it will be recycled properly into useful products.

A helpful holiday tip from  **REPUBLIC SERVICES**



Kid Scoop .COM

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Find Kid Scoop on Facebook

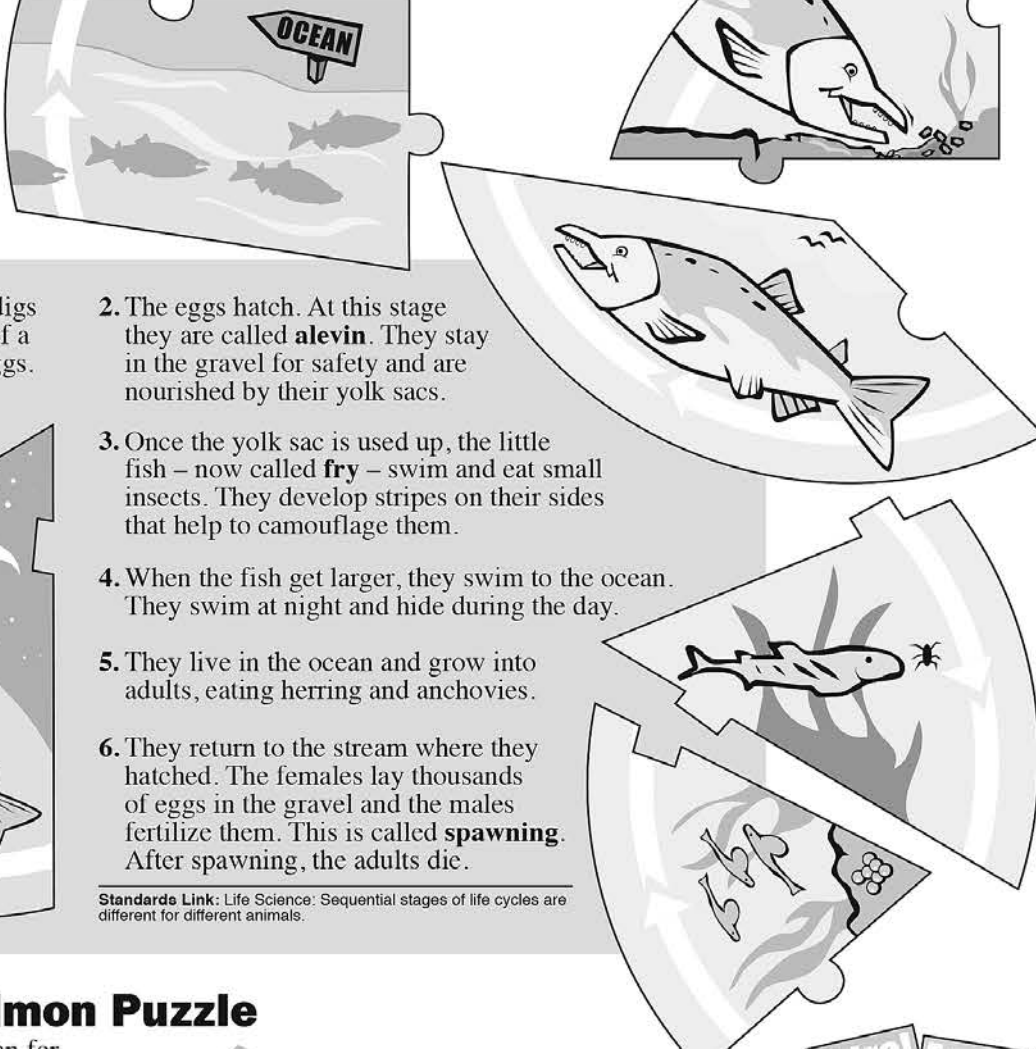
© 2018 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 34, No. 48

The Salmon Are Running!

Salmon don't have feet and can't run like people do. When salmon swim upstream from the ocean in the late summer and fall, it is called **running**.

A Salmon's Life Puzzle

Cut out each of the puzzle pieces and put them together to show the life cycle of a salmon.

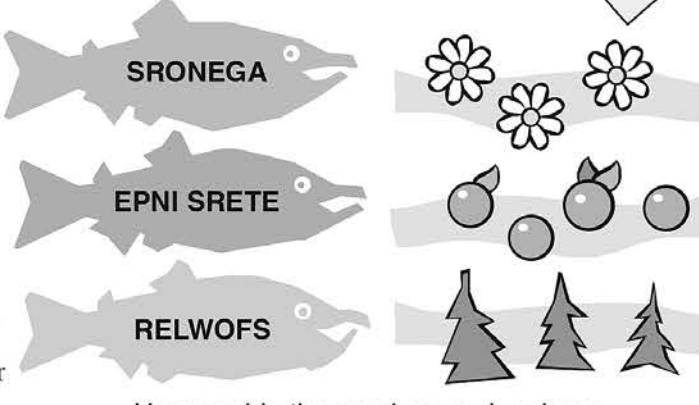


1. The female salmon digs a nest in the gravel of a river bed and lays eggs. Eggs that are well covered with gravel are less likely to be eaten.
2. The eggs hatch. At this stage they are called **alevin**. They stay in the gravel for safety and are nourished by their yolk sacs.
3. Once the yolk sac is used up, the little fish – now called **fry** – swim and eat small insects. They develop stripes on their sides that help to camouflage them.
4. When the fish get larger, they swim to the ocean. They swim at night and hide during the day.
5. They live in the ocean and grow into adults, eating herring and anchovies.
6. They return to the stream where they hatched. The females lay thousands of eggs in the gravel and the males fertilize them. This is called **spawning**. After spawning, the adults die.

Standards Link: Life Science: Sequential stages of life cycles are different for different animals.

Another Salmon Puzzle

Salmon live in the ocean for between one to seven years, depending on the species, before returning to their birthplace to spawn. Some travel thousands of miles before returning to the place where they hatched to continue the life cycle.



No one knows for sure how salmon find the stream where they hatched. Some scientists think that each stream or river has a special odor. Salmon may smell their way to the place where they hatched.

Unscramble the word on each salmon. Match each to the stream with the same "smell."

Standards Link: Reading Comprehension: Follow simple written instructions. Life Science: Animals have structures that serve different functions.

Extra! Extra! Give Me a Verb

Look through the newspaper for a headline with a strong verb. Ask a friend to think of a verb. Replace the verb in the headline with your friend's verb. Reread the headline.

Standards Link: Grammar: Identify and use verbs in writing.

Kid Scoop FIT & FUN

Nature Walk Bingo

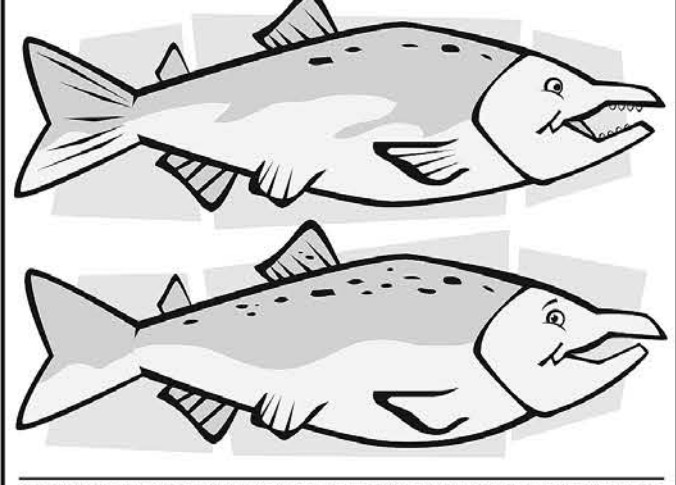
Go for a nature walk with some friends. Each of you select one of the bingo cards below. When you see one of the things shown on the card, cross out that space. The first person to black out their card wins!



Standards Link: Physical Education: Understand the benefits associated with participation in physical activities.

Kid Scoop Puzzler

Find at least five differences between these two salmon.



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

Double Double Word Search

- SALMON
- GRAVEL
- OCEAN
- INSECTS
- FRY
- ALEVIN
- SPAWNING
- YOLK
- RUNNING
- THOUSANDS
- SWIM
- ODOR
- RIVER
- EGGS
- HATCH

Find the words by looking up, down, backwards, forwards, sideways and diagonally.



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

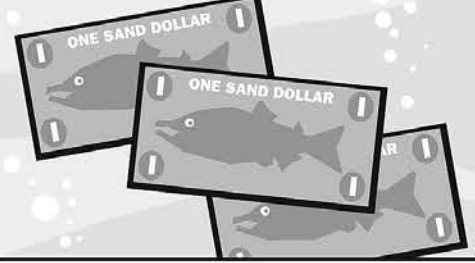
FROM THE Kid Scoop LESSON LIBRARY

Salmon Search

Look through today's newspaper for a word that starts with each letter in the word SALMON. Use the words to write a poem about a salmon.

Standards Link: Vocabulary Development: Match beginning sounds. Writing Analysis: Write poetry using a variety of formats.

Where do salmon keep their money?



ANSWER: In the river bank.

Write On! Exploration

Exploration

Describe an area of the Earth you would like to explore and explain your choice.

Glassblowing provides endless creative journey

ARTICLE AND PHOTOS BY
JULIE GRABOWSKI

Glass is a beautiful, diverse medium that can stun with its graceful shapes, sweeping collection of colors, and intricate designs. Glassblowing has long been practiced around the world, but one doesn't need to make a long or expensive trip to see the art form first-hand.

Local artist Gigi Erickson will be holding an Open Studio on Saturday, November 10 for a look into the art of glassblowing. She will be conducting demonstrations as well as offering a quick class where attendees can make their own glass flower on a

coasters, flowers, cherries, and pears are just a few of Erickson's output. There are pieces for every holiday – eggs for Easter, hearts for Valentine's Day, and of course, now is the peak season for pumpkins, which Erickson can make in 11 sizes. Memorial glass is a unique option for the memory of a loved one; Erickson uses a tiny bit of their ashes in the making of a heart or egg.

A furnace holding a 60-pound pot of molten glass sits in Erickson's studio, which is where the process starts. A punty or blowpipe is used to gather glass, which is rolled on a marver (steel-topped table) to shape. Colored frit (small bits of glass)

creativity, I love coming up with new ideas and finding new things that I can use. Like I just got some new powders, so I'm really excited about trying them and they give a different aspect and a different look to [the glass]," says Erickson.

While she follows her own creative impulses, Erickson also caters to her clients. "I listen to people; so, my pumpkins have developed in a way that the stems don't go out. I used to make them all on the side, and my clientele would say if it hits anything, the stem's broken. So, I made my stems so they're not off to the side.

"I love when people give me new ideas. Like this year I made glow-in-the-dark ghosts," says Erickson. "They gave me a couple more ideas, like witches hats or something, so I might try that for next year."

While sometimes the art can lead the artist, Erickson says she usually controls her pieces. "I have to know what I'm making ... When the colors get hot you



can't tell them apart. They all look like a reddish color, so you have to know ahead of time what you're working with."

The time it takes to create a finished piece can run anywhere from 10 minutes to over an hour. Erickson's years of experience and the size of the piece are big factors; she says the bigger pumpkins sometimes take over an hour and the little ones about 10 minutes, depending on how much coloring she uses and what she does to them. Once pieces are complete they are placed in an annealer, which slowly cools the glass, taking about 18 to 20 hours.

Erickson participates in 10 to 15 street shows a year, mostly in the Bay Area, as well as several pumpkin patch events. Her work can be found locally at Studio

she wants to make sure they are comfortable with the environment and requirements of glassblowing before paying for a class.

An introduction class, about two to three hours in length, offers basic instruction and the making of a few simpler pieces, like a flower or pumpkin. At an all-day, eight-hour class students learn the skills needed in the process then move through making a series of pieces – flower, paperweight, pumpkin, then cup or vase. The longer class allows students more time to get comfortable with the process and make a couple of each item. Companies can also schedule team building events with Erickson; office staff from the Golden State Warriors visited earlier this year.



drop-in basis. The event is also a great time to purchase gifts for the holidays or a treat for yourself as Erickson will have a variety of pieces for sale, including pumpkins, flowers, gourds, Christmas ornaments, glass presents, and more.

Erickson started in glass 41 years ago at Walton Stained Glass in Campbell. She moved into glassblowing through friend Tom Stanton who started a glassblowing shop in his stained glass studio in the Santa Cruz Mountains. "I worked with him for over 16 years and then about 12 years ago I finally started my own studio."

Erickson Arts in Union City is a one-woman operation where creative freedom reigns. Lamps,

or powder is added, and a glory hole is used to reheat glass to keep it fluid. The pipe must always be rotating. Various tools are used to shape pieces, such as wooden blocks, wet newspaper, jacks, and tweezers.

With over 25 years of experience, Erickson has honed her craft at The Corning Museum of Glass in New York where she took classes from Canadian artist Tyler Rock; glassblower, scholar, and lecturer Bill Gudenrath; and Murano glassworker Davide Salvatore. Erickson was in Murano, Italy, earlier this year and able to work with glassmaster Afro Celotto.

What she enjoys most about working with glass is the endless opportunities. "I love the



Seven Arts in Pleasanton and Gift Gallery in Fremont. She also contributes pieces to Olive Hyde for their holiday show.

Erickson says practicing her art has "taught me patience, creativity, and how to deal with new problems. Someone says make a ghost, OK, let me figure out how to do it. Make a witch's hat, make a chili pepper or whatever and it's kind of fun coming up with ways to do it."

She has also taught classes for years and invites people to her studio to give glassblowing a try. The quick classes at the open studio event can help people decide if they're interested in pursuing more in-depth instruction. Erickson says a lot of people are afraid of the two-thousand-degree heat, and

"A lot of people don't even know I'm here," says Erickson. "It's fun to have people discover that you're here and that there's an option, for unique gifts or for the class."

Erickson Arts is open by appointment only. To learn more about classes or schedule a visit, call (510) 579-5209 or email ericksonarts@gmail.com.

Erickson Arts Open Studios
Saturday, Nov 10
10 a.m. – 2 p.m.

Erickson Arts
33449 Western Ave, Union City
(510) 579-5209
<http://ericksonarts.com>



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JOIN US on Thursday, November 8th as we announce & recognize our 2018 Award Winners!

11:30am—1:30pm at DoubleTree by Hilton, Newark-Fremont
 More information at 510-578-4500

Young artists shine in new art competition exhibit



ARTICLE AND PHOTOS SUBMITTED BY CAROL HAMILTON

professionally framed and displayed under a gallery lighting system," she said.

Dove Art Gallery is hosting an exhibit from November 11, 2018 through January 6, 2019 honoring award winners and selected artists in its first annual art competition. Artists ages 5 and older participated in the competition. A grand opening celebration, open to the public, is set November 11. Two- and three-dimensional works of local talent will be on display.

Admission to the exhibition is free. For details, visit the Dove Gallery website at www.dovegallery.com or send an email to dove@parkvictoria.org.

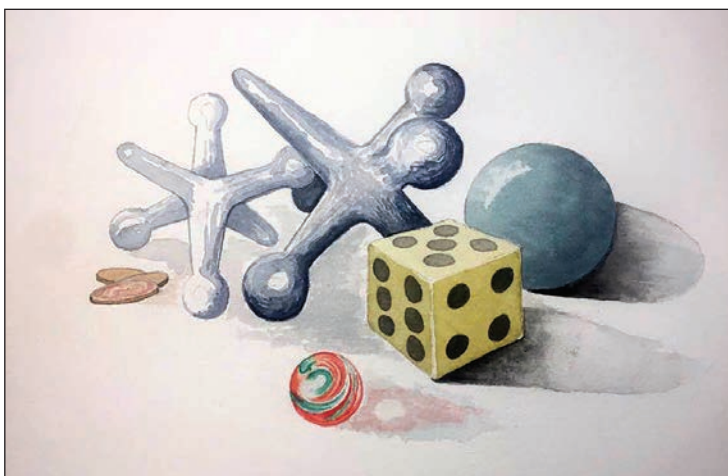
Art Competition Exhibit
Sunday, Nov 11, 2018 - Sunday, Jan 6, 2019

Opening Day Celebration
Sunday, Nov 11
2 p.m. – 5 p.m.

875 S. Park Victoria Drive, Milpitas
www.dovegallery.com
Admission: Free



Studio820 showcases students' art



ARTICLE AND PHOTOS SUBMITTED BY ANN SCHMIDT

Saturday, November 10 to meet the artists. One student, an accomplished painter, recently celebrated her 90th birthday.

Studio 820 will be exhibiting watercolor paintings of students enrolled in San Lorenzo Adult School November 3-29 at the San Leandro Main Library. Many of the artists are longtime residents of San Leandro, Fremont and surrounding area. There will be a reception on

Studio 820 Watercolor Class Reception
Saturday, Nov 10
1 p.m. – 3 p.m.
San Leandro Main Library
300 Estudillo Ave, San Leandro
(510) 714-7975



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Wednesday, November 14th
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\$ = Entrance or Activity Fee
 R= Reservations Required
 Schedules are subject to change.
 Call to confirm activities shown in these listings.

Arts & Entertainment



CONTINUING EVENTS

Tuesday, Sep 4 – Thursday, May 23

Homework Help Center
 Mon. - Thurs. 3:30 p.m. - 5:00 p.m.
Primary and secondary students receive homework assistance
 Castro Valley Library
 3600 Norbridge Ave., Castro Valley
 (510) 667-7900
 (510) 745-1401

Mondays, Sep 10 - May 28

Advanced Math & Science Tutoring
 6:00 p.m. - 7:30 p.m.
For high school and college students
 Castro Valley Library
 3600 Norbridge Ave., Castro Valley
 (510) 745 1401

Friday, Sep 28 – Friday, Nov 30

The Day of the Dead exhibition
 Wednesday – Friday,
 10 a.m. – 4 p.m.
 Open House
 Friday, Nov 2
 10 a.m. – 3 p.m.
Various artists share their interpretations of the Mexican holiday Day of the Dead
 Sunset Gallery
 Hayward Center/Adult School
 22100 Princeton St, H2, Hayward
 (510) 538-2787
 www.haywardartscouncil.org

Wednesday, Sep 29 - Sunday, Nov 25

Day of the Dead 2018
 10:00 a.m.- 4:00 p.m.
Focus on big life moments worth remembering
 Hayward Area Historical Society
 Museum
 22380 Foothill Blvd., Hayward
 (510) 581-0223
 www.haywardareahistory.org

Friday, Oct 5 - Wednesday, Dec 12

Celebrate Heritage
 9 a.m. - 5 p.m.
Variety of art exploring heritage from Hayward Arts Council, Sun Gallery, and A.R.T., Inc.
 members
 Hayward City Hall
 777 B St., Hayward
 (510) 208-0410
 www.haywardartscouncil.org

Saturdays, Oct 6, Oct 20, Nov 3, Nov 13

Stitch 'N Inch Knit & Croquet Club
 12:30 p.m. - 2:30 p.m.
Practice knitting. Teens 13+ w/adult
 Newark Main Library
 6300 Civic Terrace Ave
 (510) 248-0685

Tuesdays, Oct 9 - Dec 18

Practice Your Spoken English
 4 p.m. - 5 p.m.
Chat session for English learners
 Fremont Main Library Fukaya Room A
 2400 Stevenson Blvd., Fremont
 (510) 574-2063

Saturdays, Oct 13 - Nov 10

Family Yoga R
 1:30 p.m. - 3:00 p.m.
5-week session. Outdoor yoga and walk. For children ages 5-10 and their caregivers.
 SF Bay Wildlife Refuge - Don Edwards
 1 Marshlands Rd., Fremont
 (510) 792-0222
 (408) 262-5513 x100
 https://familyyogaecfall.eventbrite.com



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He's neutered and should do well with kids of all ages. Meet Oso at the Hayward Animal Shelter.



Maple is an easygoing, 6 month old Turkish Van mix who seeks attention and loves getting full body pets, behind the ear rubs, and cheek scratches. She's a total sweetheart. Meet Maple at the Hayward Animal Shelter.

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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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FREMONT:

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:

Bayfair Mall

Saturdays
9 a.m. - 1 p.m.

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

Kaiser Permanente San Leandro

Wednesday
10 a.m. - 2 p.m.

June 11, 2017 to December 31, 2017
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:

Milpitas Farmers' Market at Great Mall Parking Lot

Sundays
8 a.m. - 1 p.m.

Year-round
GREAT MALL
882 Great Mall Drive., Milpitas
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

UNION CITY:

Kaiser Permanente Union City Farmers' Market

Tuesdays
10 a.m. - 2 p.m.

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

Union City Farmers' Market

Saturdays
9 a.m. - 1 p.m.

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

Fridays - Sundays, Oct 19 - Nov 11

Don't Dress for Dinner \$

8 p.m., Sunday matinees at 2 p.m.

Laugh-out-loud comedy containing adult themes, sexy shenanigans, mis-ups and wild coincidences

Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org

Thursday, Friday & Saturday, Oct 20 - Dec 8

41st Area Artist's Annual Juried Exhibit

11 a.m. - 3 p.m.
Various artwork from Bay Area artists. Opening reception Oct. 20 1 p.m.-3 p.m.
Adobe Art Center
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Saturday - Sunday, Oct 20 - Nov 18

Chaos at the Cannery \$

Saturdays 8 p.m., Sundays 2 p.m.
Comedic old-fashioned melodrama with mayhem, murder, and mystery
San Leandro Museum and Art Gallery
320 West Estudillo Ave., San Leandro
(510) 895-2573
www.slplayers.org

Thursday, Friday & Sunday, Oct 30 - Nov 18

Ride the Rails

10:15 a.m. - 2:30 p.m.
Ride the train
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Thursday-Sunday, Nov 1 - Dec 30

Animal Feeding \$

3 p.m.
Check for eggs and feed them hay. Meet at Chicken Coop
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Fridays - Sundays, Nov 2 - Nov 11

Blood Wedding \$

Fri - Sat: 7:30 p.m. Sun: 2:00 p.m.
Classic drama of betrayal and murder. No show 11/4
Cal State East Bay University
25800 Carlos Bee Blvd., Hayward
(510) 885-3118
www.csueastbaytickets.com

Saturdays and Sundays, Nov 3 - Dec 30

Wild Wonders

11 a.m. - 12 noon
Games, activities, crafts for all ages
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday - Sunday, Nov 3 - Nov 25

Discovery Days

10:30 a.m. - 3:30 p.m.
Family crafts and exploration
Coyote Hills
8000 Patterson Ranch Road, Fremont
(510) 544-3220
www.ebparks.org

Saturdays and Sundays, Nov 3 - Dec 30

Critter Crafts

12 noon - 3 p.m.
Get crafty and learn about the animal of the week.
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Every day, Nov 3 - Nov 29

Art Exhibit: Studio 820

Mon - Thurs: 10:00 a.m. - 8:00 p.m.
Fri: 10:00 a.m. - 5:30 p.m.,
Sat: 10:00 a.m. - 5:00 p.m.,
Sun: 12:00 - 4:00 p.m.
Paintings from the San Lorenzo Adult School Watercolor Class
San Leandro Main Library
300 Estudillo Ave., San Leandro
(510) 577-3971

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Sat, Sunday 9-9

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Doors open 4pm
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More Info: 510 676-3314

21406 Foothill Blvd., Hayward

Thursday - Saturday, Nov 8 - Nov 17

Marian, or The True Tale of Robin Hood \$

11/8: 4 p.m., 11/9-11/10: 7 p.m.,
11/11: 2 p.m., 11/16-11/17: 7 p.m.
Gender-bending, patriarchy-smashing take on the classic tale
American High School Theatre
36300 Fremont Blvd, Fremont
(510)796-1776 ext 57702
triver@fremont.k12.ca.us

Thursday - Sunday, Nov 9 - Nov 18

Wendy & Peter Pan \$

Thurs - Sat: 8:00 p.m. Sun: 2:00 p.m.
Regional premiere, adapted by Ella Hickson
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Sunday, Nov 11 - Jan 5

Dove Gallery Art Competition Exhibit

2 p.m. - 5 p.m.
Award winners and selected artists on display. Grand opening
Nov. 11 Email for times/dates of exhibit
Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
(408) 464-5011
dove@parkvictoria.org

Thursday - Sunday, Nov 15 - Dec 2

Dracula

Thurs - Sat: 8 p.m. Sat & Sun: 2 p.m.
This classic thriller is the ultimate vampire story
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Friday nights

Laugh Track City \$

8 p.m.
Fast-paced improv comedy show
Made Up Theatre
4000 Bay St, Suite B, Fremont
(510) 573-3633
https://madeuptheatre.com/

Saturday nights

Audience-inspired improv play

8 p.m.
Made Up Theatre
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(510) 573-3633
https://madeuptheatre.com/

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Tuesday
 4:30 – 5:20 Weibel School,
 45135 South Grimmer Blvd.,
 FREMONT
 5:50 – 6:40 Booster Park,
 Gable Dr. & McDuff Ave.,
 FREMONT

Wednesday
 12:45 – 2:15 Glenmoor School,
 4620 Mattos Dr., FREMONT
 6:00 – 6:30
 Camellia Dr. & Camellia Ct.,
 FREMONT

Thursday
 11:30 – 12:30 Our Lady of
 Grace, 19920 Anita Ave.,
 CASTRO VALLEY
 2:15 – 3:15 Cherryland School,
 585 Willow Ave., HAYWARD

Monday
 1:45 – 2:45 Delaine School,
 34901 Eastin Dr.,
 UNION CITY 4:15 – 4:45
 Contempo Homes,
 4190 Gemini Dr., UNION CITY
 5:15 – 6:45 Forest Park School,
 Deep Creek Rd. & Maybird
 Circle, FREMONT

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

Wednesday
 1:00 – 2:00 Del Rey School,
 Via Mesa & Via Julia.,
 SAN LEANDRO
 2:30 – 3:00 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

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(408) 293-2326 x3060

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

THIS WEEK

Wednesday, Nov 7
Toddler Time
 10:30 a.m. - 11:45 a.m.
Hear a story, meet farm animals
 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Wednesday, Nov 7
Job Search Workshop
 3:30 p.m. - 4:30 p.m.
Learn and practice interview skills
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1421

Wednesday, Nov 7
Wednesday Walks
 9:30 a.m. - 12:30 p.m.
Salt ponds, bay views, and history on this 4.5-mile hike. 18+ years
 Coyote Hills
 8000 Patterson Ranch Road,
 Fremont
 (510) 544-3220
 www.ebparks.org

Thursday, Nov 8
Family Caregiver Education Series - R
 7:00 p.m. - 8:30 p.m.
Caring for someone with dementia or other medical related memory loss
 Washington Hospital, Conrad E. Anderson Auditorium, Rm B
 2500 Mowry Ave., Fremont
 (510) 791-3428
 (800) 963-7070
 www.whhs.com/events

Thursday, Nov 8
Toddler Time: Bugs
 10:30 a.m.- 11:30 a.m.
Craft a spooky spider web, stories, songs, and fun. Wear your costume. Ages 1-5
 Hayward Area Historical Society Museum
 22380 Foothill Blvd., Hayward
 (510) 581-0223

Thursday, Nov 8
Healthy Aging Summit for Family Caregivers R
 9:30 a.m. - 5:00 p.m.
Identify ways to improve the quality of life for older adults. Breakfast and lunch included
 Dominican Sisters of Mission San Jose
 43326 Mission Blvd., Fremont
 (510) 933-6335
 fsharif@fremont.gov

Friday, Nov 9 - Saturday, Nov 10
Pocahontas \$
 Fri: 7 p.m. Sat: 2:30 & 7:00 p.m.
 Native American lore
 Milpitas Community Center
 457 E. Calaveras Blvd., Milpitas
 (408) 586-3210
 www.centerstagepa.org

Friday, Nov 9
Coffee with a Cop
 8 a.m. - 10 a.m.
Get to know the officers in your neighborhood
 Peet's Coffee Milpitas
 543 E. Calaveras Blvd., Milpitas
 (408) 586-2527

Friday, Nov 9
Music for Minors Benefit Gala \$R
 6 p.m. - 11 p.m.
Dinner, dancing, entertainment, live auction to support music enrichment program
 Paradise Ballroom
 4100 Peralta Blvd, Fremont
 (510) 909-9263
 (510) 733-1189

Saturday, Nov 10
Diabetes Health Fair - R
 9 a.m. - 1 p.m.
Screenings for blood glucose, cholesterol, blood pressure
 Washington Hospital, Conrad E. Anderson Auditorium, Rm B
 2500 Mowry Ave., Fremont
 (510) 791-3428
 (800) 963-7070
 www.whhs.com/seminars

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Saturday, Nov 10
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 Ardenwood Historic Farm
 34600 Ardenwood Blvd., Fremont
 (510) 544-2797
 www.ebparks.org

Saturday, Nov 10
Sewing Circle
 2 - 4 p.m.
Beginning and basic skill levels
 Newark Branch Library
 6300 Civic Terrace Ave., Newark
 (510) 284-0684
 (510) 284-0677

Saturday, Nov 10
Knockout Basketball Shooting Contest \$
 10 a.m.
Proceeds support the Newark Memorial girls basketball program
 Newark Memorial High School Gym
 39375 Cedar Blvd., Newark
 (510) 487-4995
 (510) 917-4060

Saturday, Nov 10
Laughing Matters
 9 p.m. - 11 p.m.
Standup comedy night. Adults only
 Mojo Lounge
 3714 Peralta Blvd., Fremont
 (510) 739-1028
 JeenYeeComedy@gmail.com


Saturday, Nov 10
Stories Under An Oak
 11 a.m.- 12 noon
Story under the canopy of a majestic oak
 Coyote Hills
 8000 Patterson Ranch Road,
 Fremont
 (510) 544-3220
 www.ebparks.org

Saturday, Nov 10
Artist's Relaxing Together
 2 p.m. - 4 p.m.
Gerry Thompson shares his painting expertise
 Adobe Art Center
 20395 San Miguel Ave.,
 Castro Valley
 (510) 881-6735
 www.adobegallery.org

Saturday, Nov 10
"Waking in Oak Creek"
 1:30 p.m. - 4:30 p.m.
Screening and discussion of the 2012 mass shooting at the Gurdwara (Sikh temple)
 Niles Discovery Church of Fremont
 36600 Niles Blvd., Fremont
 (510) 797-0895
 https://unitedagainsthateweek.org


Saturday, Nov 10
Meet David Hoobler
 11 a.m.
Author and illustrator of "Zonk"
 Books on B
 1014 B Street, Hayward
 (510) 538-3943
 www.booksomb.com

22 VETERANS DIED TODAY BY SUICIDE



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Winter Shelter Monitors NEEDED: From November 15th - March 15th
 Evening shifts, from 6:00 p.m. - 12:30 a.m. or from 12 a.m. 7:30 a.m.
 From November 15th through March 15th

The City of Fremont's Human Services Department if looking for:
 Friendly and compassionate candidates with the ability to effectively work with a diverse group; help participants feel welcome, while ensuring a safe environment. Candidates must be willing to work when called for duty for this on call position. Candidates with social service experience, or experience in working with the homeless population are strongly encouraged to apply.

City of Fremont will open their Winter Relief Shelter to provide a safe and welcoming environment for individuals and families experiencing homelessness. Participants will have access to the shelter from approximately 6:30 p.m. to 7 a.m., where they will be provided warm dinner restroom facilities, sleeping bags, cots, breakfast and a to-go bag.

APPLICATION INSTRUCTIONS: To be considered for this position, submit a completed City application, resume, and supplemental questionnaire (included as part of the online application) through our online application system at www.fremont.gov/cityjobs.

Sr. Project Manager (Newark, CA)

Manage a team of technicians for pipeline of PAS projects; Set priorities; Coordinate PAS process; Provide forecasts to meet revenue targets; Master's degree in Molecular biology, biochemistry, cell biology or related. 18 months experience as Research Coordinator or Research Associate. Skills required: Project execution and accurate forecasting ability for project delivery timelines in CRO-based work environment; Customer-facing experience including presenting status reports and delivering results to clients in teleconferences; Knowledge of tissue morphology differences such as primary tissues, cell lines, xenografts; Technical background and molecular biology experience. Resume & cover letter to Advanced Cell Diagnostics, Inc., ATTN: HR, 7707 Gateway Blvd, Newark, CA 94560.

WANTED Community Service Manager in Fremont, CA

Direct & manage staff and volunteers to provide transportation for cancer patients, apply & manage funding & fundraising, etc. Send resume to: info@driversforsurvivors.org, Drivers for Survivors



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jycacu@gmail.com <http://castrovalleywellness.com>

WANTED JV Girls Soccer coach

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 Mission San Jose High school
Paid Position

please contact Athletic director at
msjwrestling@yahoo.com

Performance Engineer in Fremont, CA: Using the company's proprietary load-testing software, the performance engineer plans, designs, and conducts performance testing of web applications, assessing server performance, effect of user behavior, and scalability of applications under load. Designs performance test scenarios based on analysis of application load patterns in production system. Reqs: Master's Degree in Computer Science or Computer Engineering. 12 months experience must be in Software Development. Must have 12 months experience in Java/J2EE. Must have 10 months experience in IBM Web Sphere. Must have 4 months experience in each of the following skills: (1) Oracle and (2) MySQL. Travel and/or relocation to various unanticipated locations throughout the U.S is required. Mail resumes: Cavisson Systems, Inc., 44426 Cavisson Court, Fremont, CA 94539, Attn: Uday Shingwekar.

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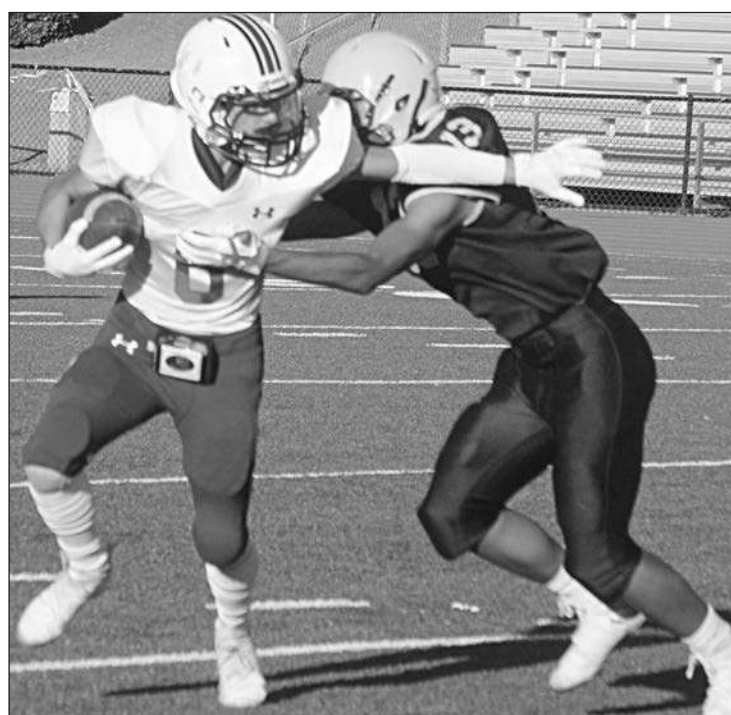
Call the Office for upcoming Spring Camp details

Football

Trojans finish season with powerful win

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The Milpitas Trojans completed their season with a flourish as they controlled their November 2nd match with Fremont Firebirds (Sunnyvale), leaving the field with a 42-7 exclamation point. A powerful Trojan offense opened a 28-7 lead by halftime and then completed field dominance with additional scores in the third and fourth quarters.



Women's Volleyball

Renegades Report

SUBMITTED BY ALEXIS CHANG

Ohlone vs DeAnza October 30, 2018

DeAnza Defeats Ohlone: 25-15, 25-21, 25-19

- Kayla Valencia led in kills (12)
- Maddy McCallister led in hitting percentage (.357) to go with 6 kills
- Katie Souza led in assists (27)
- Hailey Amaral led in digs (10) to go with 6 kills

Coach Penaflor's Comments:

We're headed in the wrong direction at the wrong time. Injuries have finally caught up to us in a big way and the lack of experience shows in the inconsistencies of play. De Anza's serve receive was top notch. Their setter Kayla Thor ran their offense really well and kept our defense off balance all night. Freshmen outside hitter tallied some great kills later in the match, and freshmen right side hitter Maddy McCallister's efficiency kept us in the match. On to Gavilan next week as we continue to search for that elusive 20th win of the season.

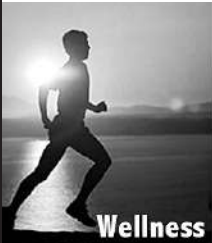
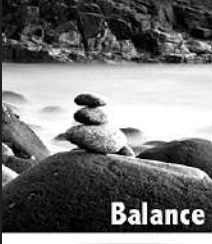
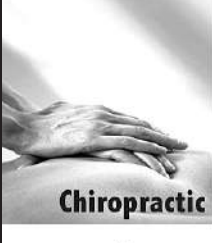
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Mariner fall sports excel

SUBMITTED BY MONICA HEUER

Football:

Congratulations to Coach Gatrell, his staff and the Moreau Catholic Mariners football team who finished the season as the Mission Valley Athletic League champions with an unblemished 10-0 record. The Mariners entered North Coast Section Division 4 playoffs as the #1 seed with a bye in the first round. They will host St. Patrick-St. Vincent (Vallejo) on November 9th Quarterfinals at Moreau.

Congratulations also go to Jaylen "Fresh" Ison, junior running back for selection as 49ers High School Player of the Week.

Girls Golf:

Lady Mariners captured third place in North Coast Section Championship competition

Girls Volleyball:

Lady Mariners advance to the first round of North Coast Section Championship play.

Boys Water Polo:

For the first time in Mariner history, boys water polo advances to the first round of North Coast Section play.

GO MARINERS!



Jaylen "Fresh" Ison, junior running back; 49ers High School Player of the Week

Girls Water Polo

Lady Cougars pass first round test


SUBMITTED BY TIMOTHY HESS

Congratulations to the Newark Memorial girls water polo team on winning their first-round North Coast Section game with Justin-Sienna (Napa) 6-9. The Lady Cougars will continue to round two of the championships competition vs. Redwood (Larkspur) at Redwood on Saturday, November 3.

GO COUGARS!





22 VETERANS DIED TODAY BY SUICIDE



VETERANS Crisis Line

1-800-273-8255 PRESS 1

TEAM AMVETS. SUICIDE PREVENTION

Giants Hall of Famer Willie McCovey has died at age 80

By JANIE MCCAULEY
AP BASEBALL WRITER

Willie McCovey, the sweet-swinging Hall of Famer nicknamed "Stretch" for his 6-foot-4 height and those long arms, died Wednesday. He was 80.

The San Francisco Giants announced McCovey's death, saying the fearsome hitter passed "peacefully" on Wednesday afternoon "after losing his battle with ongoing health issues."

A first baseman and left fielder, McCovey was a .270 career hitter with 521 home runs and 1,555 RBIs in 22 major league seasons, 19 of them with the Giants. He also played for the Athletics and Padres.

McCovey made his major league debut at age 21 on July 30, 1959, and played alongside the other Willie – Hall of Famer Willie Mays – into the 1972 season before Mays was traded to the New York Mets that May.

McCovey batted .354 with 13 homers and 38 RBIs on the way to winning the 1959 NL Rookie of the Year award. The six-time All-Star also won the 1969 NL MVP and was inducted into the Hall of Fame in 1986 after his first time on the ballot.

"You knew right away he wasn't an ordinary ballplayer," Hall of Famer Hank Aaron said, courtesy of the Hall of Fame. "He was so strong, and he had the gift of knowing the strike zone. There's no telling how many home runs he would have hit if those knees weren't bothering him all the time and if he played in a park other than Candlestick."

McCovey had been getting around in a wheelchair in recent years because he could no longer rely on his once-dependable legs, yet was still regularly seen at the ballpark in his private suite. McCovey had attended games at AT&T Park as recently as the season finale.

"I love him so much. It's a very sad day for me. We were very close," Hall of Famer

Orlando Cepeda said in a telephone interview. "Willie McCovey was not only a great ballplayer but a great teammate. He didn't have any fear. He never complained.

"I remember one time in 1960 they sent him down to the minor leagues after being Rookie of the Year the year before. He didn't complain. He was very polite, he was very quiet. He was a great man, a great friend. I'm going to miss him so much. He didn't say a bad word about anybody."

While the Giants captured their third World Series title of the decade in 2014, McCovey returned to watch them play while still recovering from an infection that hospitalized him that September for about a month.

He attended one game at AT&T Park during both the NL Championship Series and World Series. He even waited for the team at the end of the parade route inside San Francisco's Civic Center.

"It was touch and go for a while," McCovey said at the time. "They pulled me through, and I've come a long way."

McCovey had been thrilled the Giants accomplished something he didn't during a decorated career in the major leagues.

Even four-plus decades later, it still stung for the left-handed slugger "Big Mac" that he never won a World Series after coming so close. He lined out to end the Giants' 1962 World Series loss to the Yankees.

He often thought about that World Series, which the Giants lost in seven games to New York, and it remained difficult to accept. The Giants lost 1-0 in Game 7 when McCovey lined out to second baseman Bobby Richardson with runners on second and third for the final out.

"I still think about it all the time. I still think, 'If I could have hit it a little more,'" he said on Oct. 31, 2014.

In 2012, he said: "I think about the line drive, yes. Can't get away from it."

McCovey narrowly beat out Mets pitcher Tom Seaver for the 1969 MVP

award. McCovey led the NL in home runs (45) and RBIs (126) for the second straight year, batting .320 while also posting NL bests with a .453 on-base percentage and .656 slugging percentage. He was walked 121 times, then drew a career-high 137 free passes the next season.

He had been third in the '68 voting for NL MVP, but after 1969 would never again finish higher than ninth.

McCovey and Ted Williams before him were among the first players to really face infield shifts as opponents tried to affect his rhythm at the plate.

On Wednesday night, former teammate Felipe Alou recalled inviting McCovey to play winter ball with him in 1958 for Escogido in Alou's native Dominican Republic.

McCovey got homesick, so a still-single Alou moved out of his parents' home and into an apartment with his dear friend and teammate. They were roommates in the minors and majors, too. McCovey called Alou "Rojas," his father's last name. Alou called him "Willie Lee," McCovey's middle name.

"We had a great relationship. Incredible friend and player and individual," Alou said. "I have so many good memories."

McCovey was born on Jan. 10, 1938, in Mobile, Alabama. He had spent the last 18 years in a senior advisory role for the Giants.

"For more than six decades, he gave his heart and soul to the Giants," team president and CEO Larry Baer said. "As one of the greatest players of all time, as a quiet leader in the clubhouse, as a mentor to the Giants who followed in his footsteps, as an inspiration to our Junior Giants, and as a fan cheering on the team from his booth."

Said McCovey's wife, Estela, whom he married this past summer: "Every moment he will be terribly missed. He was my best friend and husband. Living life without him will never be the same."

McCovey had a daughter, Allison, and three grandchildren, Raven, Philip, and Marissa. McCovey also is survived by sister

Frances and brothers Clauzell and Cleon.

McCovey said that 2010, when the Giants won the franchise's first World Series championship since moving from New York in 1958, helped ease the pain for players like him, Juan Marichal, Mays and Alou. Seeing San Francisco in the Fall Classic again brought those smiles back to McCovey's face even more.

"We're kind of getting spoiled," he said in 2012. "This is two in three years. People don't realize how hard it is to get here. We've been pretty lucky."

McCovey presented the "Willie Mac Award" each season – except in 2014 while dealing with complications from the infection – an honor voted on by the players, coaches and training staff to recognize the team's player most exhibiting McCovey's inspirational example both on the field and in the clubhouse. He was there this year as reliever Will Smith was honored.

"Something I will cherish forever," Smith wrote on Twitter on Wednesday. "May he Rest In Peace."

When San Francisco opened its new waterfront ballpark in 2000, the cove beyond the right-field fence was named "McCovey Cove" in appreciation of all he did for the organization. There's a statue of McCovey's likeness on the other side of the water from where those splash hits land.

"Willie McCovey was one of our game's greatest power hitters. He won the National League MVP in 1969 and, alongside fellow Hall of Famer and Alabama native Willie Mays, was a key part of many memorable Giants' teams," Commissioner Rob Manfred said. "For 22 years on the field and many more after retiring, Willie was a superb ambassador for the Giants and our game."

The Giants said a public celebration of McCovey's life would be held at a later date.

Basketball fans shoot hoops for bragging rights

Basketball

SUBMITTED BY DARRYL REINA

The Newark Memorial High School Girls Basketball Coaches will be holding a "Knockout Basketball Shooting Contest" Saturday, November 10, in the Old Gym at Newark Memorial High School.

Registration and warm-ups begin at 9:30 a.m. and the contest starts at 10:00 a.m. Entry fee is \$10 and each

participant will receive a coupon for a personal pan, one-item pizza, compliments of Round Table Pizza in the Newark Square shopping center. Proceeds from the event will go to support the Newark Memorial Girls Basketball Program.

Awards to the top male and female in each co-ed division:

- Open (all ages)
- 30 & Over
- Youth 12 & Under

Knockout Basketball Shooting Contest
Saturday, Nov 10
10 a.m.

Newark Memorial High School, Old Gym
39375 Cedar Blvd, Newark
(510) 917-4060
Email: Darryl14r@aol.com
Entry fee: \$10

Girls Volleyball

Lady Colts head to championship finals

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

The James Logan Colts (Union City) were not spooked by Halloween as they reached the North Coast Section (NCS) finals on October 31st with a convincing 3-1 (25-14, 23-25, 25-21, 25-7) victory over the Lady Grizzlies of California (San Ramon) in Division 1 play. The championship is set for November 3rd at James Logan when they meet #2 seed Lady Falcons of Foothill (Pleasanton). If the Lady Colts are successful, it will be their first NCS championship since 1992.

Heads upRestore Student-Athletes meet to define goals

SUBMITTED BY TIMOTHY HESS

On October 31st, the Mission Valley Athletic League Student-Athlete Advisory Council (SAAC) began developing a mission and vision statement to define core values. Formed September 21st of this year, each school was asked to send 3-5 representatives to help guide League schools, coaching staff and players.



Hunter captures monster python in Florida

ASSOCIATED PRESS

A monster Burmese python has been captured by a snake hunter in the Florida Everglades. The female snake caught Dec. 1 at the Big Cypress National Preserve measured just over 17 feet long and weighed 132 pounds.

The snake was captured by a hunter participating in the South Florida Water Management District's python elimination

program and beats the hunt's previous record length by 2 inches. Snake hunter Jason Leon told the Miami Herald he spotted the snake submerged in the water and quickly grabbed it and shot it in the head. He said a smaller male python was nearby but not captured.

So far, this year, hunters have captured 738 of the invasive snakes, which have become the top predator in the Everglades.

Some Volkswagen money to pay for electric transit buses

AP WIRE SERVICE

Virginia will use part of its portion of the Volkswagen settlement over the company's diesel emissions cheating scandal to pay for electric transit buses.

Gov. Ralph Northam made the announcement during remarks at a transportation conference in Norfolk on Wednesday.

Northam's office said in a press release that the \$14 million, or 15 percent of Virginia's share of the settlement, will help replace heavy and medium-duty polluting vehicles with cleaner ones.

Earlier this year, the state awarded electric vehicle charging station company EVgo a contract to develop a statewide public charging network using another 15 percent of the settlement.

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.
24411 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
(406) 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

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).

TAKES FROM SILICON VALLEY EAST

Foreign Trade Zone: A Potential Resource in the Midst of a Changing Trade Environment

BY CHRISTINA BRIGGS,
ECONOMIC DEVELOPMENT
DIRECTOR

Although the Foreign Trade Zone program has been around since the Great Depression, many companies are still unaware of it and how it may benefit their business. However, with the evolving state of tariffs on imported goods, interest in this resource is picking up — and for good reason. For local manufacturing companies who import a variety of components to assemble into a finished or partially-finished good, the potential impact of new tariffs can be daunting to analyze and ultimately, be significant on final costs. For this reason, it's worth exploring the Foreign Trade Zone program and understanding if it's a good fit for your company and operation.



NEWARK UNIFIED SCHOOL DISTRICT

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Phone: 510-818-4103
Fax: 510-794-2199

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HUMAN RESOURCES**
Jessica Saavedra

ANNOUNCEMENT OF BOARD VACANCY AND PROCEDURE FOR APPLICATION

October 18, 2018

To the Newark Community:

As announced on October 2, 2018, a vacancy will be created on the Board of Education of the Newark Unified School District when Board member Francisco Preciado's resignation becomes effective on October 15.

The Board member vacancy will be filled by Board appointment. Beginning today and ending at 4:00 pm on November 9, 2018, the Board will be accepting applications to fill this position.

On November 13, 2018 the Board anticipates meeting in an open session public meeting at 6:00 pm at the District Office to review all applications and to interview the candidates. Candidates should make themselves available for this meeting. The Board's appointment of the candidate to fill this position will take place at the November 13, 2018 Special Board meeting after discussion of candidates.

Applications will be accepted from 8:00 a.m. to 4:00 p.m., at the District Office, beginning October 18, 2018. To be considered as a candidate, the application must be received in the District Office by 4:00 pm on November 9, 2018. Any application received after 4:00 pm of November 9, 2018 will not be accepted.

If you have any questions or concerns, please feel free to contact Mr. Patrick Sanchez at 510-818-4112

Sincerely,

Board of Education
Newark Unified School District

Grant to fund rail safety education program

SUBMITTED BY ALAMEDA COUNTY TRANSPORTATION COMMISSION

A new \$200,000 grant from the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration will fund a yearlong program in Alameda County that addresses the safety of pedestrians and bicyclist near active roadway and rail crossings.

Additionally, the grant will help fund a variety of educational activities including classroom presentations and community events aimed at teaching youth and adults about traffic rules, rights and responsibilities as pedestrians and bicyclists. The goal is to raise awareness about trespassing on active railroad rights-of-way.

The bicycle and pedestrian safety education program in operated in a partnership between OTS and the Alameda County Transportation Commission (Alameda CTC).

Richard Valle, Alameda CTC chair and Alameda County District 2 supervisor said, "Alameda CTC is pleased to advance critical rail safety education in Alameda County with the support of this important OTS grant. We are implementing rail safety education training in elementary, middle and high schools in Alameda County, integrating the training into our Countywide Safe Routes to Schools Program. Our hands-on, in-classroom training will be at 25 schools in the coming year, and we look to expand the program in the following years so all our students in Alameda County can receive the important safety education and awareness around rail."

Bicycle and pedestrian deaths account for 29 percent of all roadway deaths in California and the number of people killed on foot or on a bicycle is growing at an alarming rate. Data from the National Highway Traffic Safety Administration shows 1,014 bicyclists and pedestrians across the state were killed in

2016, a nearly 30 percent rise from 2012. This equates to nearly three bicycle and pedestrian deaths in California every day.

Educational efforts funded by the OTS grant will be implemented via Alameda CTC's Safe Routes to Schools Program. The goal of the educational efforts is to promote safe behaviors by pedestrians, bicyclists and drivers, including avoiding distractions like cell phones, looking for parked cars that may be pulling out or opening a door, and making yourself visible by wearing bright clothing during the day and reflective materials at night. Educational components on bicycle and pedestrian safety will be especially geared toward children and older adults.

"Bicycle and pedestrian safety responsibilities go both ways," OTS Director Rhonda Craft said. "Understanding the rules of the road behind the wheel, on foot or on two wheels helps all roadway users get where they need to go safely."

Airport may soon be home to new fire training center

SUBMITTED BY CHUCK FINNIE

Officials from the City of Hayward and Chabot-Las Positas Community College District have reached an agreement to jointly develop a new regional center for firefighter, paramedic, rescue and emergency response education and training.

The new \$60 million Regional Fire Training Center would be constructed at the Hayward Executive Airport as a campus with classrooms, offices, a training tower and other facilities for urban search and rescue, and other types of emergency response training, as well as a new Hayward Fire Station No. 6.

At a time when firefighting personnel are being stretched thin

across California, the groundbreaking project will put Hayward and Chabot College on the forefront of creating the next generation of local first responders.

"This is a landmark partnership between a college and city," said Dr. Susan Sperling, Chabot College president. "We expect this to set the standard for innovation in workforce development by combining the power of education with cutting-edge services in a new state-of-the-art training facility."

The training center will become the new home of and allow for expansion of Chabot's fire academy in a premier facility that is both student-focused and designed to foster synergy between a fire department,

college, faculty and students.

Hayward Fire Chief Garrett Contreras said the project illustrates how public agencies can work together to accomplish more and get the most out of public resources. "We are always looking for ways to work smarter and invest strategically to create a safer, more resilient and thriving community," Contreras said. "It takes creative and visionary partners like Chabot-Las Positas Community College District to make that happen."

Through the partnership, Hayward Fire Department will add both a world-class training facility and a new fire station that can serve Hayward Executive Airport, surrounding neighborhoods and industrial areas west of Interstate 880. High school students

participating in the Eden Area Regional Occupational Program career preparation courses taught by Hayward firefighters also will benefit.

Under a memorandum of understanding recently approved by the Hayward City Council and Chabot-Las Positas Board of Trustees, Hayward will contribute \$40 million and the college district \$20 million to the projected \$60 million cost of the project.

A use agreement, still to be finalized between the two parties, will govern the shared operating roles and responsibilities. Currently in its design phase, the project is expected to take approximately 18 months to complete once construction begins.

Couple wants mystery package deliveries to stop

ASSOCIATED PRESS

A Massachusetts couple says it was fun when they started receiving free mystery packages from Amazon they hadn't ordered. Now they want it to stop.

Mike and Kelly Gallivan, of Acton, told The Boston Globe the first package arrived in October. They have continued to receive one or two a week with mostly cheap stuff like plastic fans and phone

chargers. The Gallivans say Amazon told them the merchandise was paid with a gift card with no sender's name.

Two experts say the Gallivans are likely being used to manipulate Amazon buyer reviews. The anonymous sender is likely writing glowing reviews of their own product.

An Amazon spokeswoman said the Seattle-based company is investigating inquiries from consumers who have received unsolicited packages and will ban vendors who abuse the reviews system.

OPINION

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WILLIAM MARSHAK

The party's over

Our publication date coincides with Election Day this year. Tomorrow, most of the hoopla should be over and the real work begins. Just as in the 1956 musical, Bells Are Ringing, when Ella, who works at an answering service, is confronted with "high society" snootiness, and sings one of the play's signature songs, The Party's Over." It's time for pretensions and campaign rhetoric to end and the real work of governing to begin. At the outset of political debate, it is imperative to recognize that, as in almost every contest, decisions will be made and all of us need to live with and greet results with a sense of maturity. As I write this editorial, outcome of all ballot measures, propositions and candidate selections are unknown, so the best I can offer is congratulations to the victorious and solace to those who were not.

And, to those whose livelihood depends on the undercurrent and political underbelly of misinformation, misdirection and outright lies... good riddance, at least for a while. It is inescapable during times of high stakes and stress that some abandon meaningful dialogue in favor of emotional nonsense. There is nothing new in this but, if successful, can result in a Pyrrhic victory [King Pyrrhus of Epirus defeated the Romans at Asculum in 279 BC, but lost

his best officers and many of his troops; in effect, a defeat]. Eventually, many who depend on such tactics are unmasked during subsequent discussions of substance and, hopefully, discarded by the electorate in the future. As a realist, I have witnessed others, easily influenced by party loyalty and/or personal greed, succeed and prosper, especially when public scrutiny is minimal. Total silence or inane and vapid comments at council, board or commission meetings is an indication of ambition without substance... a recipe for disaster. It is my hope that these are exceptions to voter wisdom.

Regional and national office is, in many cases, a path toward power, prestige and riches, so election battles rage at great cost – fiscal, emotional, physical and moral – to gain such positions. This is an unfortunate product of managing and directing contracts, policies and ethics of large populations who often choose through labels, slogans and misdirection. However, at the local level, we, the people, not only have the option but the responsibility to actually know the people we vote for and make rational, informed decisions. It is with this hope that I congratulate all who chose to run for office and reveal their thoughts and policies to public scrutiny. With much hope and a bit of cynicism, I look forward to familiar faces and those new to the political scene. When the party's over, did we make the right choices?

"The Party's Over"

Composed by Jule Styne with lyrics by Betty Comden and Adolph Green

The party's over
It's time to call it a day
They've burst your pretty balloon
And taken the moon away

It's time to wind up the masquerade
Just make your mind up
The piper must be paid

The party's over
The candles flicker and dim
You danced and dreamed through the night
It seemed to be right

Just being with him
Now you must wake up
All dreams must end
Take off your makeup

The party's over
It's all over, my friend
Now you must wake up
All dreams must end
Take off your makeup
The party's over
It's all over, my friend

William Marshak
PUBLISHER

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Officers stop deer on California bridge for 'toll evasion'

ASSOCIATED PRESS

California highway officers say they stopped a young deer on a California toll bridge "for toll evasion."

A photo published by the California Highway Patrol shows the doe on the San Francisco-Oakland Bay Bridge standing in the middle of an on-ramp with a deer-in-the-headlights look. The officer joked in a Twitter post that the fawn usually pays the toll but "today she was a buck short."

Highway patrol Officer Matthew Hamer says two officers were on patrol on the bridge in the early morning when the deer came out of the woods on Treasure Island and walked in front of their car.

He says after staring at them for a couple of minutes and long enough for the officers to snap a photograph that the deer went back into the woods.

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Suzhen Zhang
RESIDENT OF FREMONT

July 7, 1930 – November 1, 2018

Ramona Katherine Wright
RESIDENT OF FREMONT

March 5, 1958 – October 30, 2018

Regina Anita Dumancas
RESIDENT OF NEWARK

May 11, 1946 – October 30, 2018

Susan Jemison Ferris
RESIDENT OF DALY CITY

May 22, 1955 – October 26, 2018

Carol Celeste Andrade
RESIDENT OF FREMONT

November 15, 1931 – October 23, 2018

Esther Cortez
RESIDENT OF UNION CITY

April 22, 1928 – October 21, 2018

Sandra Jeanne Valdez
RESIDENT OF EL DORADO HILLS

December 9, 1936 – October 17, 2018



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Toyoko Fujita
RESIDENT OF FREMONT

April 20, 1928 – November 2, 2018

Saloni Seth
RESIDENT OF SAN JOSE

April 26, 2005 – November 2, 2018

John Demetro
RESIDENT OF FREMONT

February 18, 1968 – November 1, 2018

Joan Allen
RESIDENT OF NEWARK

January 18, 1938 – October 31, 2018

Alison Gomes
RESIDENT OF PLEASANTON

December 24, 1977 – October 30, 2018

Balwant Ragbotra
RESIDENT OF HAYWARD

March 15, 1937 – October 30, 2018

Garrin Shelton
RESIDENT OF FREMONT

July 10, 1986 – October 29, 2018

Sister John Martin Fixa
RESIDENT OF OAKLAND

May 9, 1940 – October 27, 2018

Cristal Raisner
RESIDENT OF FREMONT

October 20, 1962 – October 26, 2018

Catherine Minnicus
RESIDENT OF FREMONT

August 26, 1929 – October 24, 2018

Carol Emmett
RESIDENT OF NEWARK

December 19, 1932 – October 21, 2018

Obituary

Robert Allen Tyler

July 11, 1937 – November 2, 2018

Robert Allen Tyler was born on July 11, 1937 in Westwood, CA and entered into rest on November 2, 2018 in Mountain View, at the age of 81. Loving father to: Lois Hill, Dorothy Bowlin, Robert Tyler, and Mark Tyler, cherished grandfather to 5, caring brother to: Ellen Lane,

Joanie Penburg, Tom Tyler and Joe Tyler.

He was born and raised in CA and a longtime GM employee.

Fremont Chapel of the Roses
510-797-1900

Obituary

Regina Anita Dumancas

Resident of Newark

May 11, 1946 – October 30, 2018

Regina "Reggie" Dumancas entered into rest on Tuesday, October 30, 2018, at the age of 72.

Reggie was a native Californian, born on May 11, 1946 in Fremont, California. She was preceded in death by her loving husband of 34 years, Erwin Dumancas, her parents Magno "Marco" de la Cruz and Anita Romero de la Cruz, and sisters Rita, Merie, and Martha. Reggie will be forever remembered by her daughters, Renee' Enzian (Randy) of Gulf Breeze, Florida, Christina Rede (Steve) of Modesto, Melanie Serros (Augie) of Madera, and Maile Dumancas of Newark; her brother Tony de la Cruz of Hayward and sisters Lucena "Lucy" Surick of Moss Beach and Roseann Baker of Stockton. Reggie is also survived by 12 grandchildren, five great-grandchildren and many nieces and nephews.

Reggie had an incredible work ethic, employed as a Sr. Engineer at Ampex Corporation in Redwood City for over 40 years. Although she enjoyed working until retirement, Reggie's greatest joy, by far, was to be surrounded by family. She loved large family gatherings, sharing lots of laughter, delicious food, and endless love. Reggie also had a



tremendous love for both the Filipino and Hawaiian cultures, dancing hula, listening to Hawaiian music, as well as cooking these exotic foods, and cooking them well! She was known for her quick wit, great sense of humor, and her kind and compassionate heart. She will certainly be missed very much by all.

A celebration of Reggie's life will be held on Wednesday, November 7, 2018 with visitation from 8:30AM to 10AM at Chapel of the Roses, 1940 Peralta Blvd., Fremont. Mass will follow at 10:30AM at St. Edwards Catholic Church, 5788 Thornton Ave., Newark, with burial immediately following at Holy Sepulchre Cemetery, 26320 Mission Blvd., Hayward.

Flowers are welcome.

Fremont Chapel of the Roses
510-797-1900

Obituary

Suzhen Zhang

Resident of Fremont

July 7, 1930 – November 1, 2018

Suzhen Zhang was born on July 07, 1930 in China, and entered into rest on November 1, 2018 in Fremont, at the age of 88.

Suzhen survived by her children: Weiguo Li, Delin Wang, Weimin Li, Xiaoshi Fan Weihua Li, Helen Ma, and many grandsons, granddaughters, great grandson and daughters.

She was an elementary school teacher for about 40 years and taught thousands of students. Many of her students remember her and sent their condolence. She was a loving mother, grandmother and great grandmother. Words can't express our love to her and the pain in our heart for the loss.

Visitation will be held from 11 AM – 12 PM, Friday,



November 9, 2018, Fremont Chapel of the Roses, 1940 Peralta Blvd., Hayward. Burial will follow immediately at Lone Tree Cemetery, 24591 Fairview Ave, Hayward.

Fremont Chapel of the Roses
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SOCIAL SECURITY COLUMN

Helping veterans and active duty military members

BY MARIAELENA LEMUS
SOCIAL SECURITY BAY AREA
PUBLIC AFFAIRS SPECIALIST

Every year on Veterans Day, we honor the people who risk their lives to protect our freedom. Social Security honors veterans and active duty members of the military every day by giving them the respect they deserve. Social Security's disability program is an important part of our obligation to wounded warriors and their families. For military members who return home with injuries,

Social Security is a resource they can turn to. If you know any wounded veterans, please let them know about Social Security's Wounded Warriors website. You can find it at www.socialsecurity.gov/woundedwarriors.

The Wounded Warriors website answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a

hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits.

Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security. Social Security is proud to support veterans and active duty members of the military. Let these heroes know they can count on us when they need to take advantage of their earned benefits. Our webpages are easy to share on social media and by email.

LETTER TO THE EDITOR

Accountability for Tenant Rights

Inspired by the statewide fight to pass Proposition 10, Filipino Advocates for Justice (FAJ) has initiated a campaign to mobilize tenants in South Alameda County to ensure state legislators are accountable to the needs of renters. Established in 1973, Filipino Advocates for Justice has been an advocate for tenant, immigrant, worker, and civil rights for the Filipino American community throughout the East Bay. In 2017, the organization successfully demonstrated the power of the community by organizing to win just cause for eviction in Union City. Under this law, tenants can only be evicted for one of ten specific reasons, thus protecting renters from arbitrary or unnecessary eviction.

Concerned with the lack of results in statewide pro-renter legislation, FAJ mobilized tenants representing eight major apartment complexes in California Assembly District 20 to sign a letter to Assemblymember Bill Quirk requesting his explicit proposed solution to the statewide housing crisis. In advance of the next legislative session in January, the organization plans to contact more elected officials to ensure state legislators are attentive and accountable to the needs of tenants. The organization calls on our elected officials to meet with them and other tenant advocacy groups to hear how current policies have impacted renters and strategize for a more affordable California.

"I decided to sign the letter to Bill Quirk because getting rent control passed is really important to me, my family, and so many other hardworking people who are now being displaced because they can no longer afford rent in the Bay Area," said Union City tenant Alyssa Mamaclay. "Many politicians run on the promise of fight for the people's rights. This is his chance to do just that, because affordable rent is a right."

Denise Sicat Wong
Filipino Advocates for Justice
Union City

Florida man sues Tesla over autopilot feature, crash

BY MIKE SCHNEIDER
ASSOCIATED PRESS

A Florida man says the autopilot feature of his Tesla vehicle failed to detect a disabled car on a highway, leading to a collision that left him with permanent injuries, according to a negligence lawsuit filed Tuesday.

Shawn Hudson said in the lawsuit filed in state court in Orlando, Florida, that Tesla made false statements about the autopilot safety on his Tesla Model S. It's the second such lawsuit in as many months. A Utah driver filed a similar complaint last month.

Hudson and his attorney said at a news conference that Tesla lulls drivers into a false-sense of security that the cars can drive themselves when the autopilot function is used. But when there is a danger on the road, drivers have no time to react, they said.

The company says, "We told you, we're going to drive you ... Don't worry about the road, watch it, but we're also going to put this giant 20-inch screen right here with Web-browsing capabilities so you can be distracted the entire time ... but if you crash, that's your fault," said attorney Mike Morgan.

Hudson said he suffers pain from fractured vertebrae and has some cognitive problems since the accident two weeks ago on the Florida Turnpike.

Hudson, who lives in Orlando but has a two-hour commute to Fort Pierce for his job as the general manager of a Nissan dealership, said the

autopilot feature appealed to him because he could get some work done during his commute. Hudson had his hands on the wheel as the car traveled 80 miles per hour (125 kph) but he also was looking at his phone in the moments before his Model S slammed into the unoccupied Ford Fiesta, he said.

"I was looking up, looking down, looking up, looking down, and I look up and the car is disabled in the passing lane," Hudson said. "When you're traveling that fast, it's like hitting a wall."

A Tesla spokeswoman said in an email there's no reason to believe the autopilot feature malfunctioned and that drivers should always maintain control of the vehicle when using the autopilot function. The spokeswoman, who didn't want her name used, said the car was incapable of transmitting log data to Tesla, which prevented the company from reviewing what happened in the accident.

"Tesla has always been clear that Autopilot doesn't make the car impervious to all accidents, and Tesla goes to great lengths to provide clear instructions about what Autopilot is and is not," the spokeswoman said.

Hudson's attorneys said there is a disconnect between the official company policy and what salespeople tell customers in showrooms.

"What they say to federal regulators is very different from what you hear on the Tesla lot," Morgan said. "It's very different from what Mr. Hudson was told when he was buying his car."

Drunk baggage handler falls asleep in hold, flies to Chicago

AP WIRE SERVICE

Police say a baggage handler told them he was drunk when he fell asleep in a cargo hold and flew from Kansas City to Chicago.

American Airlines says the Piedmont Airlines employee was working American Flight 363 on Saturday when the Boeing 737 left Kansas City International Airport with the handler in a heated and pressurized cargo hold.

Chicago Police spokesman Anthony Guglielmi says he was found when the flight landed about an hour later at Chicago's O'Hare airport. The spokesman says the handler told police he was intoxicated and had fallen asleep.

No charges were filed, and he was sent back to Kansas City. American says it is grateful the handler wasn't injured and it's reviewing what happened.

The handler's name wasn't released.

Gum, bottled water, pizza bagels want to be called 'healthy'

BY CANDICE CHOI
AP FOOD & HEALTH
WRITER

Pizza bagels, chewing gum and bottled water want to play a starring new role in our diets: Foods that can be called healthy.

The U.S. Food and Drug Administration is revamping its definition of healthy to reflect our changing understanding of nutrition science. The push is fueling debate about eating habits and what the new standard should say.

Frozen food-makers are seeking special rules for "mini meals," citing little pizza bagels and dumplings as examples that might qualify. Chewing gum and bottled water companies say they should no longer be shut out from using the term just because their products don't provide nutrients. Advocacy groups and health professionals are also weighing in, raising concerns about ingredients like sugar.

Some say the word healthy is inherently misleading when applied to a single product instead of an overall diet.

"The problem is that healthy

is relative," said Bruce Y. Lee, a professor of international health at Johns Hopkins. Subsisting on broccoli alone, for instance, wouldn't be healthy.

The federal standards for use of the word "healthy" on labels was established in 1994 and set limits on total fat and cholesterol.

Susan Mayne, who heads the FDA's food labeling division, said the definition reflects decades-old understanding of nutrition and needs to be updated.

With the revamp, she said people will be able to trust the word "healthy" is based in science, unlike many other terms on packages.

"This is one that the federal agencies will stand behind," she said.

NUTTY HEALTH

The government's dusty definition of healthy came under scrutiny in late 2015, when the FDA warned Kind that its snack bars had too much fat to use the term. Kind pushed back, saying the fat came from nuts.

Since the rule was established more than two decades ago, nutrition experts have drawn a greater distinction between "good

fats" like those found in nuts and "bad fats" like the trans fats in oils that are partially hydrogenated, an industrial process that gives foods a longer shelf life.

The link between dietary cholesterol and heart disease is also no longer clear.

Separate U.S. dietary guidelines, which are updated every five years, no longer set limits on total fat or cholesterol. They still recommend avoiding trans fats and limiting saturated fats, such as those found in meat and milk. But even the link between saturated fats and heart disease is now questioned.

Now sugar has become more of a concern, with some health experts saying our past fear of fat led to people gobbling up low-fat products high in sugar.

The shifting views reflect the pitfalls of nutrition science. Most food studies are based on links between what people say they eat and their health, which leaves the door open for flawed conclusions. Pinning down cause-and-effect relationships is harder.

It's why the effort to redefine "healthy" invites such debate. After launching the push in late

2016, the FDA received more than 1,140 public comments on the matter.

The next step is for the FDA to propose a new definition, which would be subject to another round of public comment. The agency won't say when it expects to establish a final rule with the new definition.

LIKE MOMMA USED TO MAKE

"Healthy" was once just another generic marketing term, like "wholesome" or "like momma used to make," said Xaq Frohlich, a professor of food history at Auburn University.

After a proliferation of products making claims about health and disease, the FDA set ground rules for the word.

"The reason why 'healthy' is getting attention is because a broad part of the American public really wants their food to be healthy," Frohlich said.

But beyond the regulatory definition, what people consider healthy varies. Among the notable dietary tribes today: Adherents of paleo, gluten-free, organic and vegan diets. Some of their views are reflected in comments to the FDA last year.

The Sierra Club wants "healthy" to exclude foods made with genetically engineered and artificial ingredients. The National Pasta Association wants to the option to call gluten-free pasta healthy.

Right now, it says some gluten-free pastas fall shy of nutrient requirements.

In addition to limiting fat and cholesterol, the current standard requires the presence of a nutrient like calcium, fiber, iron or vitamin C. It's partly why bottled water and sugar-free gum companies say they're unfairly excluded from using the term.

Richard Mann, a lawyer for the International Chewing Gum Association, said sugar-free gum doesn't have any of the nutrients people are supposed to limit.

"It doesn't have fat. It doesn't have sugar. It has virtually no calories," he said.

Some question whether an updated definition will make a difference. The American Academy of Pediatrics says companies will likely just reformulate snacks to meet the new rules.

Companies may have added incentive to do so: The FDA is also considering a symbol that would make it easier for people to identify products that meet the new definition.



Continued from page 1

Meet in the Street

service organizations and churches, Castro Valley schools, antique vehicles, Powell's Irish Dancers, service dogs, motorcycles, and ends with Mr. and Mrs. Claus. All are welcome to participate; the only requirement is that you attach holiday lights to your vehicle or person! All entries are eligible to win prizes; ribbons will be presented in four categories: Grand Marshal's Award (Best Entry Overall), School Spirit Award (Best School Entry), Holiday Spirit Award (Best Use of Lights), and Harmony Award (Best Musical Group).

The famous Dancing Christmas Trees will participate in the parade and escort Santa to the Ice Creamery at the end of the parade. Hayward Area Parks and Recreation Department will bring out Mobile Rec, which includes bounce houses and face painting for kids.

The street celebration is completely free to the public. Help us ring in the holiday season with a parade like no other!

Meet in the Street
Saturday, Nov 10
3:30 p.m. – 9:00 p.m.
5:30 p.m.: Light Parade

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the agency providing such information. Tri-City Voice does not make or imply any guarantee regarding the content of information received from authoritative sources.



BART Police Log

SUBMITTED BY
LES MENSINGER

Thursday, October 25

- At 6:50 a.m. a man identified by police as Mateo Vilma, 27, of Hayward, was arrested at the Hayward station on suspicion of narcotics possession, vandalism and public intoxication. He was booked at Santa Rita jail.
- At 12:54 p.m. a man identified by police as Frisco C. Mason, 30, of Oakland, was arrested at the Bay Fair Station in San Leandro on suspicion of public intoxication and probation violation. He was booked at Santa Rita jail.

Newark Police Log

SUBMITTED BY
CAPTAIN CHOMNAN LOTH,
NEWARK PD

Thursday, November 1

- All lanes of Cedar Boulevard between Thornton Avenue and Civic Terrace Avenue were closed to traffic at approximately 9:50 p.m. while police investigated a traffic collision. Motorists were advised to avoid the area and seek alternative routes. The roadway reopened after midnight.

Milpitas Police Log

SUBMITTED BY
LT. JARED MARTINEZ,
MILPITAS PD

Saturday, October 13

- At 11:46 p.m. officers spotted an occupied car in the parking lot at the Best Western Brookside Inn Hotel, and contacted the occupants. While speaking with them, an officer saw drug paraphernalia in the car and detained both individuals. Initially, both men gave false identities to the officers but further investigation their true identities were determined and both men had outstanding arrest warrants. The men were arrested and a search of their vehicle revealed several pieces of stolen mail, identities and credit cards from residents in Milpitas, San Jose and Los Altos. The suspects were identified as Allan David Yap, 38 and Hoi Soo Yang, 36, both of San Jose. Both suspects were booked into the Santa Clara County Jail for their warrants and an identity theft

Fremont Police Log

SUBMITTED BY
GENEVA BOSQUES,
FREMONT PD

Monday, October 29

- A victim posted his Apple Macbook pro for sale on the Offer-up website and made a plan to meet with a potential buyer at his residence. As the victim was showing the laptop, he was punched by the suspect who, with assistance from two friends, took the laptop and fled into a waiting vehicle. The first suspect was described as a black man, between 20 and 25-years-old and bald. The second suspect was described as a white man between 20 and 25-years-old with brown hair. The third suspect was described as an unknown race male with brown hair. The suspect vehicle was described as a black SUV possibly a Lincoln Navigator with tinted windows.

Tuesday, Oct. 30

- Officers were dispatched to Food Maxx supermarket on Fremont Boulevard on the report of a woman who fled the store after physically attacking store

employees while attempting to steal canned goods. Police later met the 23-year-old woman across the street and made an arrest after she was positively identified.

- Officers were dispatched to Raley's supermarket on Paseo Padre Parkway on the report of a man who physically resisted the store manager after he was caught attempting to steal items. Officer Latimer responded to the call and arrested the 39-year-old suspect.

- At 12:44 a.m. Officers Soper and Davis were dispatched to the 4200 of Canfield Drive on a report of a male and female possibly prowling in backyard. When officers arrived, the suspects had left the area, but officers continued to search. Soper located a suspect in the area of Bell Street/Bell Common. During the contact the suspect, later identified by police as a 21-year-old Newark man, began to actively resist the officer. He eventually was arrested on suspicion of battery on a peace officer and obstructing an executive order.

Wednesday, October 31

- Officers were dispatched to the Fremont Hub Shopping Center when employees reported a shoplifter assaulted the manager after fleeing Marshall's while

carrying a suitcase filled with \$500 worth of stolen merchandise. Officer Richards later located a person who matched the suspect description near the area of Blacow Road and Mowry Avenue. The male suspect, later identified by police as a 57-year-old transient, was positively identified and arrested on suspicion of theft. The case investigated by Officer Vucurevich.

- Officers were dispatched to the area of Argonaut Way near the Fremont Hub shopping center after a vehicle crashed into a residence. While officers were responding witnesses reported the driver fled the scene, entered another car, and appeared to be trying to "horwire" it. Officers located and detained the suspect, later identified as a 24-year-old man. He was positively identified and arrested on suspicion of hit and run.

- Officer Manrique responded to a report of a strong arm robbery on Middlefield Avenue. He spotted a suspect vehicle on Washington Boulevard and followed it until backup units arrived. Officers stopped the car and three adults were detained. Once the occupants were out of the vehicle, officers could see a credit card on the floorboard

with the name on the card matching the name of the reporting party/victim. Two masks, a loaded and stolen handgun, and the victim's wallet were located inside the vehicle. The victim recanted his story after his property was located and did not wish to press charges. An 18-year-old man was arrested on suspicion of possessing a stolen firearm.

- At 6:02 p.m. Officer Gregory arrested a 33-year-old male transient on suspicion of robbery after he reportedly punched a juvenile male and stole his cash in the parking lot of a Chevron gas station on Thornton Avenue.

- Officers were dispatched to the Valero gas station on Mowry Avenue and Blacow Road on the report of an unruly customer. Arriving officers determined a suspect committed a strong arm robbery by taking a victim's cellular phone. Using the Find my iPhone service, the phone was determined to be near the 7-Eleven store on Sundale Drive. Officers went to the area and located a man matching the suspect description. A 27-man was detained and positively identified by the victim. He was arrested and taken to Santa Rita jail.

investigation is ongoing. Anyone with information about the case is asked to call the Milpitas Police Department at (408) 586-2400. Information also can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at:

<http://www.ci.milpitas.ca.gov/crimetip>.

Monday, Oct. 22

- At about 7:20 p.m. an officer saw a green 1993 Honda Accord with no license plates driving in the parking lot of the Great Mall of the Bay Area. The officer initially lost sight of the car but then saw the driver walking to a nearby gas station. Meanwhile, a second officer located the parked car and determined it was reported stolen from Oakland the previous day. The man, later identified by police as Carlos Martinez, 42, of Oakland, was apprehended without incident. A search of the car revealed suspected methamphetamine and drug paraphernalia. He was booked into the Santa Clara County Main Jail.

Sunday, October 28

- At about approximately 1:31 a.m., a resident called police to report a man seen prowling in the backyard of his residence. Arriving officers found a man hiding in the resident's backyard. The man was taken into custody without incident. The man, later identified by police as Michael Kenneth Cawthorn, 28, of Campbell, was in possession of nine grams of cocaine and had an outstanding \$250,000 felony warrant for an assault. He was booked into the Santa Clara County Main Jail.

Rolling gun battle leads to two arrests and major drug bust

SUBMITTED BY SAN LEANDRO PD

Two brothers are in custody after police in San Leandro responded to a report of gunshots fired between two vehicles along Macarthur Boulevard. The brothers, both Hayward residents, were later connected to a large illegal drug operation.

The investigation started around 2 a.m. on Thursday, October 25 when two vehicles were seen racing between the 300 and 600 blocks of Macarthur Boulevard while occupants fired gunshots at each other.

Officers quickly found a disabled and unoccupied vehicle riddled with bullets on the eastbound onramp of Highway 580. While investigating the scene they found an evidence trail of bullet casings from high-powered weapons strewn across the roadway and approximately six pounds of finished marijuana inside the car. Officers were initially unable to locate any suspects.

Soon, San Leandro Police detectives began investigating the crime by talking to witnesses and looking at video surveillance. Within a day of the incident, the driver of the abandoned car was identified by police as Kyle Booth, 30, of Hayward.

Over the next few days, detectives began searching for Booth and eventually found him on October 31 in Hayward while driving with his younger brother, Kameron Booth, 27. Detectives followed the pair to San Francisco and safely detained them outside a barber shop in the Bayview neighborhood.

When detained, Kyle Booth was in possession of a loaded firearm and a large sum of cash. Kameron Booth was also in possession of a large amount of money and inside their vehicle was more cash and approximately one pound of finished marijuana. All told, the brothers were in possession of close to \$43,000 in cash at the time of their arrest.

Investigators executed a search warrant at the brother's home in the Hayward hills and found what appeared to be a high-level drug trafficking operation. Inside the home they found:

- Approximately 180 pounds of finished marijuana
- Packaging materials, scales, and transportation containers
- Four additional handguns, ammunition, and high-capacity magazines
- Nearly two million dollars in U.S. currency in various denominations in several duffle bags
- Money counting machine and heat shrinking plastic bags used to calculate and process large sums of cash.

"This is a major bust," said San Leandro Police Lieutenant Isaac Benabou. "The street value of the marijuana alone is close to one million dollars, coupled with the cash and other assets makes this the largest asset seizure case by the San Leandro Police Department."

Benabou continued: "These are dangerous people engaged in a very lucrative criminal operation. There is no regard for the law or the safety of anyone as we have seen in this rolling gun battle. Our staff worked numerous hours on this case as we cannot tolerate this type of criminal activity in our community."

The brothers were taken to Santa Rita jail in Dublin while their case, which will include seven felony crimes and two misdemeanor offences, is being prepared for presentation to the Alameda County District Attorney for processing.



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Park It

BY NED MACKAY

Closing a Bay Trail gap

Construction is planned to close one of the largest remaining gaps in a trail that, when completed, will encircle all of San Francisco Bay. The project will extend the existing trail for one mile between Buchanan and Gilman Streets west of Golden Gate Fields in Albany and Berkeley. The trail section will be constructed on an easement donated by Golden Gate Fields to the East Bay Regional Park District in 2016.

When completed, the trail will offer spectacular views of the Bay, Golden Gate Bridge and Mt. Tamalpais. During construction, security fencing, barriers and signs will be in place for the safety of bicyclists and pedestrians crossing the racetrack property. Racetrack patrons will still have access via Gilman and Buchanan Streets.

As part of the same project, the Park District is restoring

wildlife habitat at Albany Beach. The beach will be closed for five months during construction.

Lots of great programs are in the works at the East Bay Regional Parks in November.

First of all, on Veterans Day, Sunday, November 11, parking fees at regional park entrances will be waived for all veterans, in recognition of their military service. And there's a veteran-themed open house from 10 a.m. to 4 p.m. Monday, November 12 at Crab Cove Visitor Center in Alameda. Crab Cove was once a military installation, a training school for merchant marine officers. Drop in at the open house and learn how to fold a flag, tie knots, make red, white and blue crafts, and create a flower for a memorial wreath to honor our veterans.

Crab Cove is at the end of McKay Avenue off Alameda's Central Avenue. For information, call 510-544-3187.

Out at Black Diamond Mines Regional Preserve in Antioch there's a hike to historic Rose Hill Cemetery from 10 a.m. to 12 noon on Sunday,

November 11, led by naturalist Eddie Willis. Learn about the lives of 19th Century coal miners and their families, many of whom are buried at Rose Hill.

Meet Eddie in the parking lot at the end of Somersville Road, 3½ miles south of Highway 4. There's a parking fee of \$5 per vehicle; the hike is free. It's about a 15-minute uphill walk from the lot to the cemetery. Rain cancels the program. For information, call 888-327-2757, ext. 2750.

Raccoons are the stars of a program from 2 p.m. to 3 p.m. on Sunday, November 11 at Big Break Regional Shoreline in Oakley. Naturalists will lead a hunt for signs of the elusive little ring-tailed furballs.

Big Break is at 69 Big Break Road off Oakley's Main Street. For information, call 888-327-2757, ext. 3050.

Briones Regional Park near Orinda will be the venue for a hilly bird-watching walk from 9 a.m. to 12 noon on Monday, November 12, led by naturalist Anthony Fisher. Meet Anthony at the Bear Creek staging area, which is on Bear

Creek Road about five miles north of the junction with Camino Pablo/San Pablo Dam Road in Orinda.

The Over-the-Hills Gang is an informal group of hikers ages 55 and older who enjoy nature study, fitness and fun while exploring various regional parks. The gang will tackle Pt. Pinole Regional Shoreline in Richmond on a hike from 10 a.m. to 12:30 p.m. on Tuesday, November 13, led by naturalist "Trail Gail" Broesder. This is a mostly flat walk through a park with beautiful views and an explosive past.

Meet Gail at the Atlas staging area, which is at the bay end of Atlas Road. For information on either Anthony's or Gail's program, call 510-544-2233.

Tilden Nature Area near Berkeley plans a couple of fun programs on Veterans Day weekend. You can join Trail Gail from 2:30 p.m. to 3:30 p.m. on Saturday, November 10 to make a miniature boat out of tule reeds, then test its buoyancy in a nearby pond.

Or you can learn all about woodrats, a smaller relative of the beaver, in a program from 10 a.m. to 12 noon on Sunday, November 11 with naturalist Anthony Fisher. Woodrats spend all their time building messy nests, foraging, fighting and creating habitat for other woodland creatures.

Both programs meet at Tilden's Environmental Education Center, which is at the north end of Central Park Drive. Again, call 510-544-2233.

At Sunol Regional Wilderness in southern Alameda County, there's a Maguire Peak mysteries hike from 10 a.m. to 2 p.m. on Sunday, November 11. It's a five-mile trek through time, led by naturalist Ashley Adams, with lots of natural history curiosities along the way. The hike is free of charge, but registration is required. Call 888-327-2757, select option 2, and refer to program number 23234.

Librarian receives recognition for free speech efforts



SUBMITTED BY
ERIC SANJURO

The California Library Association will honor Santa Clara County Library District's Nancy Howe, county librarian with the Zoia Horn Award at its 2018 Awards Gala. The event takes place on Saturday, November 10 at the Hyatt Regency in Santa Clara. The Zoia Horn Intellectual Freedom Award recognizes those who have made significant contributions to advance intellectual freedom and help

preserve free speech in an open society.

Nancy Howe is both the county librarian and executive director of the Santa Clara County Library District (SCCLD). In 2017, when the state government changed its grant qualifications requiring English as a Second Language (ESL) participants to provide social security information, Howe declined the funding on behalf of SCCLD in support of patron privacy and protection.

Upon learning of the loss of funding and recognizing the im-

portance of ESL programs, the Santa Clara County Executive and Board of Supervisors stepped in to provide funding through the year 2020. The library was able to offer the free classes without interruption in addition to informal conversation clubs and individual reading tutors at every SCCLD library.

The California Library Association's award recognizes Howe's work over her 20-year career with SCCLD to ensure that library patrons have access to quality, unbiased resources and their personal information and privacy are protected. Her decision to forego funding in favor of patron privacy is just one example of her dedication to protecting intellectual freedom.

"Nancy Howe has been an extraordinary leader for the library district and the people it serves," said County Supervisor and Library Joint Powers Authority Board Chairman Mike Wasserman. "By providing access and resources for all, regardless of their background, Nancy has ensured that our libraries remain some of the most welcoming places within our County."

The award honors the memory of Zoia Horn, a California librarian who in 1972 chose to serve jail time rather than betray confidential information. Horn's experience and dedication demonstrates integrity over personal comfort, serves as a model and is shared with generations of library students.

Governor Brown announces appointment

SUBMITTED BY GOVERNOR'S PRESS OFFICE

Governor Edmund G. Brown Jr. announced Friday, November 2, 2018, the following appointment:

Hyun "Francisco" Kim, 53, of Fremont, has been appointed to the California Acupuncture Board. Kim has been clinic director and an acupuncturist at the Healtones Medical Clinic and an adjunct clinical instructor at the Touro University College of Osteopathic Medicine since 2014. He was a partner at the Eastridge Medical Group from 2012 to 2013 and owner of the St. Francis Clinic from 2004 to 2012. Kim is vice president of the Association of Korean Asian Medicine and Acupuncture and a member of the California Acupuncture and Traditional Medicine Association. He earned a Master of Science degree in oriental medicine and acupuncture from South Baylo University. This position requires Senate confirmation and the compensation is \$100 per diem. Kim is registered without party preference.



Officer dresses as panhandler to nab distracted drivers

AP WIRE SERVICE

A Maine police officer says he dressed as a panhandler to try and catch distracted drivers.

Deputy Zach Kinderlan with the Sagadahoc County Sheriff's Department says he wore street clothes and held a cardboard sign while standing in a median in Topsham on Tuesday.

Instead of asking for money, his sign read "I'm a deputy. If you're texting and driving you are about to get a ticket."

Kinderlan says a few people shook their heads no when he approached their windows, until he pointed to the badge on his hip.

It's unclear if he wrote any tickets.

Police say Kinderlan's work is part of a statewide effort to reduce distracted driving. The effort is being funded by the state Bureau of Highway Safety.

Census Bureau is looking for workers

SUBMITTED BY PETER A. GRIFFITH

The U.S. Census Bureau is hiring workers for temporary jobs available in the San Francisco metropolitan area in advance of the 2020 census. Applications are being accepted for the following positions:

- Area census office managers; \$31.50 to \$42.40 per hour
- Office staff; starting at \$20.00 per hour
- Work at home employees; starting at \$27.50 per hour

For area census office manager jobs, applicants can online at www.census.gov.fieldjobs. For office and work at home jobs apply at www.2020census.gov/jobs.

Applicants will be placed in a pool for 2020 Census for positions in which they qualify as jobs become available in their area. Applicants can also learn about jobs by visiting the Census Bureau's Facebook, Twitter and LinkedIn pages or contacting the Federal Relay Service at 1-(800) 877-8339 for TTY/ASCII.

LETTERS POLICY

The Tri-City Voice welcomes letters to the editor.

Letters must be signed and include an address and

daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference.

Letters are subject to editing for length, grammar and style.

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The "NO" List:

- No commercial announcements, services or sales
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- 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

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<p>FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont Guests Always Welcome, come join us www.fremontcoinclub.org 510-792-1511</p>	<p>Soiree Seniors For People Over 60 Many Activities Potluck Dinners, Dancing, TGIF's, Birthdays and more Call Nancy for information (510) 397-1191</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>FREMONT STAMP CLUB Meets 2nd Thurs. each month 7pm Fremont Community Activities Center 3375 Country Dr., Fremont Collectors of all ages welcome www.fremontstampclub.org/ or call Tom 510-793-9124 write12me@gmail.com</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 www.fremontgardenclub.org</p>	<p>Do you want to help build our Model Railroad Layouts & Operate Trains? The Tri-City Society of Model Engineers Looking for new members Meet Fridays - 7:30pm-9:30 pm Niles Plaza 37592 Niles Blvd., Fremont www.nilesdepot.org or call 510-325-2092</p>		
<p>Rotary Club of FUN Sunset Meets every Thursday at 7pm Crowne Plaza Hotel 32083 Alvarado-Niles Road Union City, CA 94587 Questions: Call Omy 510-585-8897</p>	<p>Free weekly ESL Classes for Adults Beginning to Intermediate Levels Conversation, Vocabulary, Listening, Reading South Bay Community Church 47385 Warm Springs Blvd Info: eslsbcc@gmail.com or 510-912-1698</p>	<p>Fremont Cribbage Club Meets to play weekly, every Weds. We play a Cribbage Tournament starting at 6:25 PM. at Round Table Pizza at 37480 Fremont Blvd. We welcome experienced players and will work with new players hoping to learn the game. Email: Accgr43@gmail.com For more information.</p>		
<p>FALL PREVENTION FORUM SENIORS & CAREGIVERS Free, open to public Live demos-Q&A with MDS, physical therapists Tues. Sept 25 3pm-6pm Center for Elders' Independence 1850 Fairway Dr., San Leandro Dianna Garrett (510-433-1150 DGarrett@cei.elders.org</p>	<p>Is food a problem? Try Overeaters Anonymous Mon 7 PM & Wed 7 PM St. James Episcopal Church 37051 Cabrillo Terr., Fremont Sat 10:30 AM No dues or fees All are welcome! First Presbyterian Church 35450 Newark Blvd., Newark www.oasaco.org</p>	<p>Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous-FA WWW.foodaddicts.org FREE Meetings - Mon. 7-8:30pm Centerville Presbyterian Church 4360 Central Ave. Rm E204 Fremont Sat 8-9:30am Holy Trinity Lutheran Church 38801 Blacow Rd. Fremont 510-719-8288</p>		
<p>Scholarships for Women Our Fremont PEO chapter sponsors scholarships for women entering college, earning another degree, or returning to school after 2+ years. Low interest education loans. Apply online for these: www.peocalifornia.org wordsmitt65@gmail.com for more info</p>	<p>TRI-CITIES WOMEN'S CLUB Meets on the third Tuesday Elk's Club on Farwell Drive 9:15 - Cards & Games 11:45 - Lunch 1:00 - Program & Meeting Group meeting monthly/bimonthly; marathon bridge, walking group, lunch bunch, rummikub group, pinocle group, bocce ball & book club. For more info, call 510-656-0162</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. DoubleTree 39900 Balentine Dr, Newark (Fremont): 6:30-9:00 pm Call Harriet 510-793-7465 www.abwa-pathfinder.org</p>	<p>A-1 Comm. Housing Svcs 1st Time Home Buyers Workshop Learn the process of homeownership Down Payment Assistance Every 3rd Sat. 10am-1pm 22693 Hesperian Blvd. #150 Hayward, CA 94541 Register: www.a1chs.org Call: 510-674-9227</p>	
<p>Free English Adult Classes Beginning to intermediate conversation, pronunciation, listening, reading Tues. 10am -11:30am South Bay Community Church 47385 Warm Springs Blvd. Fremont 510-912-1698 email: eslsbcc@gmail.com</p>	<p>Are you or a loved one struggling with mental health challenges? You are not alone. NAMI - The National Alliance on Mental Illness offers Free, confidential classes and support groups We can help. Call Kathryn at (408) 422-3831 Leave message</p>	<p>Love to Travel? Love to interact with diverse cultures? Friendship Force of the San Francisco Bay Area FFSFBA.org Changing the way you see the world Martha LeRoy 510-793-3676</p>	<p>Bay Area Guide Dog Puppy Raisers Looking For Volunteers Interested in giving back to their community Raise a puppy and change a life! We meet Thursday 7-8pm For more information Call Randy Hollenshead 510-331-4862</p>	<p>Fremont Senior Center Holiday Boutique Friday, Nov 9 - 9am-3pm 40086 Paseo Padre Pkwy Fremont Handcrafted items for sale, including jewelry, woodwork, needlework, blankets, craves, sewing and quilting items. etc</p>
<p>MEHS Band & Orchestra Flea Market 4th Saturday of the month (weather permitting) March through October \$20 cash fee for vendors Due the day of flea market Set up 6 a.m. 7 a.m. -3:30 p.m. 2300 Panama St. Hayward officialmehsband@gmail.com</p>	<p>Serious Mental Illness Free 12 week course for caregivers of someone with a serious mental illness starting Jan 5, 2019 from 9:00-11:30 in Fremont. Registration required. Contact: Joe Rose at 510-378-1578 or Email F2F@NAMIlacs.org http://www.NAMIlacs.org http://www.NAMI.org</p>	<p>Afro-American Cultural & Historical Society, Inc. Sharing ur culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday Except Dec & Feb 5:30pm Newark Library 510-793-8181 www.aachstricity.org We welcome all new members</p>	<p>You are invited Hayward Arts Council Benefit Celebrate the Arts Fri., Nov., 9 Hayward City Hall Rotunda 777 B Street, Hayward Tickets \$50 before or on Thursday Oct., 31 \$65 after Nov 1 www.haywardartscouncil.org 510-538-2787</p>	<p>14th Annual Holiday Boutique, Saturday, Nov. 17 Soroptimist International of the East Bay 1808 B Street, Hayward. 10am - 4pm. Handcrafted items, Christmas Décor, Jewelry, Garden Décor, Soaps, Pampered Chef and more. Lunch & refreshments available. Call Donna Whitehouse at 510 924-7622 or rambosmom@comcast.net</p>
<p>Become a volunteer driver with LIFE Eldercare Drive older adults to appts/errands Flexible weekday scheduling Call Valerie 510-894-0370 x2 vdraeseke@LifeElderCare.org www.LifeElderCare.org</p>	<p>Are You Troubled By Someone's Drinking? Al-Anon and Alateen are here to help. Al-Anon has but one purpose: to help families of alcoholics. We share our experience, strength, and hope. www.ncwsa.org for a meeting near you, or call 510-276-2270, or email Easyduz@gmail.com</p>	<p>F.U.N. (Fremont, Union City, Newark) PROGRESSIVES Join us for pizza and politics Bronco Billy's Pizza 41200 Blacow Road Fremont Most meetings 6pm - third Sun of the month. For Info Visit our website: www.funprogressives.com Contact us at: funprogressives@gmail.com</p>	<p>English Conversation Cafe Practice your English & enjoy refreshments Small conversation groups with English tutors, Beg & Adv Students Free / Drop-ins welcome Tuesdays 7-8:30pm Bridges Community Church 505 Driscoll Road, Fremont 510-651-2030 / nateg@bridgescc.org</p>	
<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@LifeElderCare.org www.LifeElderCare.org</p>	<p>SparkPoint Financial Services for Low-Income Residents FREE financial coaching & services SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center 39155 Liberty St, Rm #A120, Fremont To register, call 574-2020 Fremont.gov/SparkPointFRC</p>	<p>Dominican Sisters Holiday Boutique November 17 & 18 Saturday and Sunday 10am-4pm 43326 Mission Circle, Fremont enter off Mission Tierra Pl. Plus online ordering Dominican Fruitcakes and Olive Oil Variety of Homemade Goods www.msjdominicans.org</p>	<p>Buon Tempo Italian American Club Family Dinners 1st Tuesday of Month at Transfiguration Church Castro Valley Everyone welcome: Members \$15/Guests \$20 5-Course dinner plus wine & dessert Reservations by prior Friday at 510-483-6929 Info: www.buontempoclub.org</p>	<p>Giving "Thanks" Art Contest and Exhibit Saturday Nov 17, Sunday Nov 18 South Bay Community Church 47385 Warm Springs Boulevard Ages 4 years through Adult More info and to register eventbrite.com - search for Giving "Thanks" - Art Contest and Exhibit</p>
<p>Make a new friend! Be a volunteer friendly visitor with LIFE ElderCare Spend time with a lonely older adult. You both will enjoy your weekly visits. Call Linda 510-894-0370 x3 lhoynes@LifeElderCare.org www.LifeElderCare.org</p>	<p>Fremont Family Resource Center 24 agencies help Tri-City residents with employment, counseling, childcare subsidies, housing, legal, public benefits, health insurance, a drop-in childcare center & more. M-F 8-5. 39155 Liberty St, Fremont 510.574.2000 or Fremont.gov/FRC</p>	<p>Botique Navideno de las Hermanas Dominiccas 10am-4pm 43326 Mission Circle, Fremont Acceso por Mission Tierra Pl. Mas orden en linea Pasteles de fruta navideno hechos por las dominicas y aceite de olivos varied de articulos hechos en casa www.msjdominicans.org</p>		<p>AHS PTSA Holiday Boutique Sat. Dec. 1, 9am-3pm Over 60 vendors Bake sale & live entertainment American High School 36300 Fremont Blvd. Fremont Proceeds benefit the Class of 2019 Safe & Sober Grad Nite https://ahs-fusd-ca.schoolloop.com/holidayBoutique</p>

THE ROBOT REPORT

BY STEVEN CROWE

The term 'cloud robotics' was first coined in 2010 by James Kuffner, who was working at Google at the time. Google has since teased various cloud robotics efforts, but it appears that the Mountain View, California-based tech giant is going full-bore in 2019 with the launch of the Google Cloud Robotics Platform for developers.

Details are somewhat scarce at the moment. But suffice to say the timing is right thanks to the maturing of both the robotics market and Google Cloud's products. As Sandy Agnos, Brain Corp.'s Director of Global Business Development, puts it: "Robotics and the Cloud (RaaS) are like peanut butter and jelly."

Here is what we have gathered based on the Google Cloud Robotics Platform website. The platform combines AI, robotics, and the cloud to enable "an open ecosystem of automation solutions that use cloud-connected collaborative robots. Our AI and ML services will make sense of the unpredictable physical world, enabling efficient robotic automation in highly dynamic environments."

With the Google Cloud Robotics Platform, developers will have access to all of Google's data management and AI capabilities, from Cloud Bigtable to Cloud AutoML, which at press time included beta versions of AutoML Translation, Natural Language, and Vision. Google says its "object intelligence service will provide low-latency object recognition and pose detection which can be used for grasping, automated inventory and more."

The Google Cloud Robotics Platform will also use Google Cartographer, which provides real-time simultaneous localization and mapping (SLAM) in 2D and 3D. Cartographer will continuously process sensor data from multiple sources and will allow robots to localize in a shared map. Google says, "even if your environment changes over time, our spatial intelligence services will analyze your workspaces and can be used to query, track and react to changes in the environment."

Google says its "customers fully own their data, which is always encrypted on our platform. If their plans change, they can take their data with them wherever they go." Google says the platform will cover foundational needs, including secure and robust connectivity between robots and the cloud. Users will be able to manage and distribute these digital assets with Kubernetes, and can turn to Stackdriver for data logging, monitoring, alerting, and dashboarding.

Cloud robotics offers many benefits, including:

- **Big Data:** Access to updated libraries of images, maps, and object/product data
- **Cloud Computing:** Access to parallel grid computing on demand for statistical analysis, learning, and motion planning
- **Collective Learning:** Robots and systems sharing trajectories, control policies, and outcomes
- **Human Computation:** Use of crowdsourcing to tap human skills for analyzing images and video, classification, learning, and error recovery. The Cloud can also provide access to datasets, publications, models, benchmarks, and simulation



Microsoft's partnership with Open Robotics will further expose its Azure cloud platform to ROS developers

tools, open competitions for designs and systems, and open-source software.

Google, Microsoft target robotics developers

The timing of the Google Cloud Robotics Platform might be a coincidence, but robotics is reportedly making a comeback at Google. Of course, Google went on a buying spree in 2013 acquiring eight robotics companies, including Boston Dynamics. But things did not end well and Google eventually sold Boston Dynamics to Softbank.

Multiple reports indicate Google is working on a rival to the domestic robot Amazon is working on. This could be under the leadership of Ryan Hickman, who in June 2018 returned to Google Brain after he tried to launch a robotics startup called TickTock AI, which was also exploring consumer robotics applications.

Hopefully Google's robotics efforts work out better this time

around, but things will not be easy, especially when it comes to winning over robotics developers. Microsoft announced at ROSCon 2018 that it is working with Open Robotics and the ROS Industrial Consortium (ROS-I) to bring the Robot Operating System (ROS) to Windows 10.

It appears this move is an opportunity for Microsoft to further expose its Azure cloud platform, and associated products, to the vast number of ROS developers worldwide. The release is being called "experimental" at this point, but be assured Microsoft, Open Robotics, and ROS-I are committed to making this work.

"As robots have advanced, so have the development tools. We see robotics with artificial intelligence as universally accessible technology to augment human abilities ... [and] this development will bring the manageability and security of Windows 10 IoT Enterprise to the innovative ROS

ecosystem," said Lou Amadio, Microsoft's principal software engineer for Windows IoT, who is also on the ROS 2 Technical Steering Committee.

This is not the first time Microsoft has focused on robotics developers. It launched in 2006 Microsoft Robotics Developer Studio (MRDS), a development and software package that was released about one year before Willow Garage announced ROS. However, MRDS never gained traction, and the last MRDS update was published in March 2012. Microsoft's robotics group officially shut down in 2014.

Google and Microsoft have both had ups and downs in the robotics industry. Let's see how both tech giants fare this time around targeting robotics developers.

Steven Crowe is editor of The Robot Report. He can be reached at scrowe@wtwhmedia.com

EARTHTALK

Dear EarthTalk: Do environmental factors influence fall foliage colors?

-- Bess Walker, Clinton, Connecticut

An uptick in the intensity of hurricanes, prolonged periods of drought precipitating wildfires, flooded out coastal regions, melting ice caps -- most of us can agree that manmade climate change is at least a contributing factor for these modern-day environmental maladies that seem to be compounding on top of one another in recent years. But another (less serious albeit still troubling) effect of our fossil fuel profligacy might just be compromised fall foliage displays.

The deciduous trees that drop their leaves in the fall rely on cues from the surrounding environment to signal when to stop producing chlorophyll (which turns the leaves green) in order to conserve energy and hunker down for the colder air temperatures of the upcoming winter. When the trees do get the signal, the chlorophyll begins to drain from the leaves, leaving behind carotenoids (in orange and yellow leaves) or anthocyanins (in red leaves) until the they fall to the ground.

But the unpredictability of a fast-changing climate has some species of trees confused about when to drop their leaves as warmer temperatures linger longer into the fall. Some trees are simply producing fewer leaves as a result, while others are thrown out of whack as to when to drop their leaves.

A 2016 study by Chinese researchers and published in the peer-reviewed scientific journal *Global Change Biology* found trees changing color ("phenology") later than in recorded history across 70 percent of the study area (the Northern Hemisphere), presumably due to warmer air temperatures pushing the process back.

Also, drought before and/or during the fall can drastically reduce the foliage show, given trees lack of resources to begin with. Researchers have found

that during drought years, trees' leaves tend to turn color early and peter out sooner, if they don't skip the color show altogether and go straight to brown. Granted droughts come and go and cannot be pinned directly on global warming, no doubt climate change is increasing their prevalence and intensity.

And at a more macro level, the overall year-by-year warming trend is forcing many species north in search of the right temperature conditions for optimal growth. To wit, some of the stars of New England's fall foliage show -- such as sugar maples, yellow birches and others -- are expected to shift their habitat north within the next few decades. Indeed, biologists warn that foliage fans might have to head north of the U.S./Canada border to see these colorful denizens of the autumnal forest by 2100. Meanwhile, other iconic foliage species -- such as ashes, elms and oaks -- are facing new threats from warming-induced insect outbreaks, with various troops of beetles and borers moving into new habitat with global warming clearing the way for them.

One way you can guarantee some kind of fall color display in your yard is to plant a variety of native plants and trees known to turn bright colors in the fall. If there is enough diversity among them, you're sure to get some kind of show every year, even if every plant isn't "turned on."

EarthTalk is produced by Roddy Scheer and Doug Moss for the nonprofit EarthTalk. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.

Community Counseling Clinic

SUBMITTED BY BARBARA TANNENBAUM

California State University East Bay (CSUEB) Community Counseling Clinic (CCC) provides critical mental health services to some of the families in Hayward under the stewardship of clinic director and professor Janet Logan. Counseling sessions are offered in English, Chinese, Korean and Spanish or depending on the client's needs and the language skills of the clinic's staff. The CCC functions both as a community counseling agency and a training facility for its graduate level professional counselors-in-training who are enrolled in the University's Educational Psychology Program working to acquire the knowledge, skills, and experience needed to earn Marriage and Family Therapy license.

The clinic was originally founded to serve both students and the larger community, but today those functions have been split off. Student services are part of the campus health services, while the CCC targets local residents and families partly in partnership with the Hayward Promise Neighborhood (HPN). Led by CSUEB and funded by a grant from the United States Department of Education, HPN is a partnership of residents, local schools, colleges, government agencies, businesses and nonprofit organizations serving some of Hayward's neediest families.

For these community members, CCC is the only no-cost mental health clinic operating in the East Bay. Professor Greg Jennings of the psychology program and a CCC faculty supervisor clarifies that the clinic isn't "free," as people still have to pay for transportation and parking.

As Bay Area is filled with private mental health practitioners," Jennings said. "Dr. Viola Mecke was the first person to make high-quality counseling available to the larger community.

The CCC is staffed with competent and compassionate staff who are very passionate about their work. The services are provided to adults, couples, and even young children in areas of grief, depression, anxiety, parenting challenges and marital issues.

Community Counseling Clinic
California State University, East Bay
25800 Carlos Bee Blvd, AE 260 Hayward
(510) 885-3007
<http://www.csueastbay.edu/ccc/index.html>

Clinic Hours
Tuesday 8:30a.m. – 8:00p.m.
Wednesday 9 a.m. – 8 p.m.
Thursday 8:30a.m. -8:00p.m.

News Briefs

SUBMITTED BY
CHERYL GOLDEN

Irvington BART Station Update

Planning continues for the future Irvington BART Station, near the intersection of Washington Boulevard and



Osgood Road approximately halfway between the Fremont BART Station and the Warm Springs/South Fremont BART Station.

City of Fremont and BART staff will hold a community meeting on Thursday, November 15, 2018, from 7:00 p.m. to 8:30 p.m. at the Fremont Main Library, Fukaya Room, located at 2400 Stevenson Blvd., to share the updated Station Site Plan. The updated Station Site Plan was developed based upon public input received at two previous community meetings and from two online surveys. At the community meeting, information will also be provided about the Station Area Plan, which is being prepared to address safe connections, active streets, parking management, and urban design near the Irvington BART Station.

Next year, the BART Board will consider approval of the updated environmental document covering the updated Station Site Plan since its approval as part of the Warm Springs BART extension project. In addition, next year, the Fremont Planning Commission and City Council will consider adoption of the Station Area Plan.

BART will begin designing the station in 2019. Subject to funding availability, construction is estimated to begin in 2022 and the station is projected to open in 2026. \$120 million of voter-approved Measure BB funding is being provided by the Alameda County Transportation Commission (Alameda CTC).

City of Fremont Wins Diversity Award

This month, the City of Fremont Human Services Department was presented with the Grantmakers In Aging (GIA) Diversity Award at the 2018 GIA Annual Conference in Memphis, Tennessee for the Community Ambassador Program for Seniors (CAPS). A unique civic partnership between the Human Services Department and 10 local cultural, faith, and neighborhood organizations, CAPS originated from a Robert Wood Johnson "Fresh Ideas" grant in 2007.

The CAPS mission is to increase service access and quality of service for all seniors, regardless of language, culture, faith, economic status, and other factors that can act as barriers. Trained volunteer ambassadors build the Fremont community's capacity to service seniors in their own language, within their own cultural norms, and at places where seniors live, worship, and socialize.

In the past year, 60 active ambassadors have served over 750 seniors and collectively contributed over 2,500 volunteer hours. Among those served, seniors needed the most support with health benefits, health-related concerns, social/emotional support, housing, and social security benefits.

The CAPS curriculum has been purchased by three other cities that wish to replicate the model. Fremont provides technical support to cities and agencies across the country interested in learning more about the program.

To learn more about the nationally recognized CAPS initiative, visit www.Fremont.gov/CAPS.

Informational Police Dispatcher Orientation

Join the Fremont Police Department on November 15 for an informational Police Dispatcher Orientation. The workshop is designed for potential and current candidates for the position of Police Communications Dispatcher. This is an opportunity to learn about the career, benefits, and recruitment directly from our dispatchers and recruitment team.

Topics will include:

- Information about the City of Fremont and the Fremont Police Department
- Application and testing process
- Salary, benefits, work schedules and assignment opportunities
- Q & A with the Fremont Police Department
- Tour of the police campus

The orientation will take place at the Fremont Police Department in the Range Classroom, 2000 Stevenson Blvd., from 6:30 p.m. to 8:30 p.m. You must present a valid U.S. government picture ID and be 18 years or older to be allowed into the police campus. Check-in will begin at 6 p.m., and the orientation will begin promptly at 6:30 p.m. To sign up visit <https://fpddispatch.eventbrite.com>

Online Permitting Services

Check out Fremont's Citizen Access, an online tool that provides several services, including searching for permitting information on a

specific property, checking on the status of a permit, requesting a building inspection, and submitting a concern to the City's Code Enforcement team.

Citizen Access is quick, convenient, and easy to use. The first step is to create an account. To get started, visit www.Fremont.gov/CitizenAccess. If you have questions, feel free to check out our Citizen Access User Guide at www.Fremont.gov/CitizenAccess/Guide. It provides step-by-step directions on how to set up and manage a user account, search permits, combine related permits

discount. In addition, those who choose to go solar can still take advantage of the 30 percent federal solar tax credit. The program is also offering zero-emission vehicle discounts on the 2018 all electric Nissan Leaf and the 2018 hydrogen fuel-cell Toyota Mirai.

With SunShares, Fremont residents can save on their utility bill, cut gas costs, reduce their greenhouse gas footprint, and drive on clean energy. To sign up, visit www.BayAreaSunShares.org. The deadline to register is Thursday, November 15, 2018.

Hiring Dance Instructors



into a collection, schedule inspections, and problem-solve common issues.

If you have further questions, contact the Community Development Department at developmentservices@fremont.gov or 510-494-4443.

SunShares Solar and EV Discount Program

The City of Fremont would like to remind the community that the deadline to register for the SunShares program is November 15, 2018. Through this community program, local residents receive discounted pricing and resources to help them go solar and purchase zero-emission vehicles. This is the fourth year of participation for the City of Fremont as a SunShares outreach partner.

Three local and recognized solar installation companies—PetersenDean, SkyTech Solar, and Solar Technologies—have been selected for the program and are offering a 15 percent

The City of Fremont Community Services Department's Fremont Dance Program, in existence for 52 years, is looking for talented and enthusiastic dance instructors to teach tots, youth, teens, and adults in the community. Dance instructors create choreography; provide dance instruction to a varied audience; determine music and costumes for recital performances; communicate effectively with parents, participants, and co-workers; have a passion for dance; and desire to share the creativity of dance with others.

Consider applying for a position as a part-time dance instructor with the City of Fremont Community Services Recreation Division. Download an application at www.Fremont.gov/RecJobs. For questions about this recruitment, contact Recreation Supervisor Debra Crenshaw at 510-791-4351 or dcrenshaw@fremont.gov

More diverse Orange County, California, morphs from GOP past

BY MICHAEL R. BLOOD
ASSOCIATED PRESS

Pushy midday shoppers nose their carts through the Korean market, stocking up on bottled kimchi and seaweed spring rolls. A few doors away, customers grab pho to go at a Vietnamese takeout counter. Across the street, lunchtime diners line up for tacos "al pastor" — spit-roasted pork — at a Mexican-style taqueria.

It's a snapshot of how much Orange County, California, has changed.

For decades, the county southeast of Los Angeles represented an archetype of middle-class America, a place whose name evoked a "Brady Bunch" conformity set amid freeways, megachurches and Disneyland's spires. The mostly white, conservative homeowners voted with time-clock regularity for Republican candidates like Richard Nixon, whose getaway from Washington, the Western White House, sat on the coast.

The Korean barbecue shops and Mexican bakeries along Orangethorpe Avenue in Fullerton are a signpost of the shifting demographics and politics that have emboldened Democrats eager to flip four Republican-held U.S. House seats in Orange County. The districts, partly or completely within the county, went to Hillary Clinton in the 2016 presidential election and have become closely watched national battlegrounds as part of Democrats' strategy to retake the House in November.

In an election season shaped by divisions over President Donald Trump and the (hash)MeToo movement against sexual misconduct, perhaps the most telling evidence of the changing county is in the 39th Congressional District.

The seat is held by long-serving

Republican Rep. Ed Royce, a pillar of the Washington establishment who, like most of his party's nearly all-male leadership in Congress, is older and white.

The contest to succeed the retiring congressman is between two very different candidates: Young Kim, a South Korean immigrant, woman and Republican, and Gil Cisneros, a Hispanic Democratic man.

The racially mixed ballot has opened questions about the relevance of party labels, race and the inclination to embrace one's own. It comes as Hispanics and Asians together now make up the majority of Orange County's 3.2 million people. In 1980, about 80 percent of the population was white.

The once-dominant Republican Party also is clinging to a tissue-thin edge over Democrats in voter registration numbers — a drop-off that reflects not just the arrival of new faces but their more liberal politics.

Kim is trying to become the first Korean-American woman elected to Congress. She represents the kind of candidate the state GOP has been trying to cultivate for years to reflect a more diverse population.

Kim, 55, was born in South Korea and grew up in Guam, then later came to California for college. She became a small-business owner and got elected to the state Assembly.

She's running as Royce's preferred successor after working for him for years, but her path is complicated by Trump, who is unpopular in a state where Democrats hold every statewide office and a 39-14 advantage in House seats.

Kim talked up the robust economy at a recent campaign stop, but she's also emphasizing her independence from the White House on issues like trade. She's not in favor of increased tariffs imposed by the

administration.

She never mentioned the president in a brief speech.

"I'm a different kind of candidate," she said.

As a Democrat, Cisneros, 47, knows he's the face of change in the long-held GOP district, anchored in northern Orange County and running through slices of neighboring Los Angeles and San Bernardino counties. He sees shifting demographics as an asset: the district has grown about equally divided between Republicans, Democrats and independents, as it is with Asians, Hispanics and whites.

Cisneros, a Navy veteran and one-time Republican who won a \$266 million lottery jackpot with his wife, describes his candidacy as the next step in a life committed to public service, which started with his time in the military. He has said he left the GOP because it became deeply conservative, adding in a recent interview that voters are eager to see a change in gridlocked Washington.

"This is not the same district that it was 15, or even 10 years ago," he said.

Orange County might seem like an unlikely battleground in the fight to control Congress. In popular culture, it is a place often reduced to initials, "the O.C.," and a stereotype: a wealthy enclave of buff residents living in conspicuous excess on hillsides overlooking the Pacific Ocean.

Overlooked is the county's political pedigree: Its Republican-rich suburbs are seen as a foundation block in the modern conservative movement and the rise of the Reagan revolution.

Fullerton, like Orange County, was once known for groves of Valencia oranges that blanketed its landscape and oil fields that lay beneath it. That changed with the develop-

ment of California's freeway system, which created the transportation arteries that gave rise to a vast Sunbelt suburbia.

After World War II, jobs in defense and manufacturing were plentiful. The population boomed, and many of the new arrivals were from the Midwest, and conservative in their outlook.

Those voters, alienated by the rise of national liberalism, "ended up building the Ronald Reagan movement," said Raphael Sonenshein, executive director of the Pat Brown Institute for Public Affairs at California State University, Los Angeles.

Several trends have been making the county more favorable for Democrats over time, said Paul Mitchell of Political Data Inc., a nonpartisan research firm. Among them: more Latinos and Asians are registering as independents and fewer as Republicans.

Much of that can be attributed to the preferences of younger Californians, who have been eschewing major-party labels.

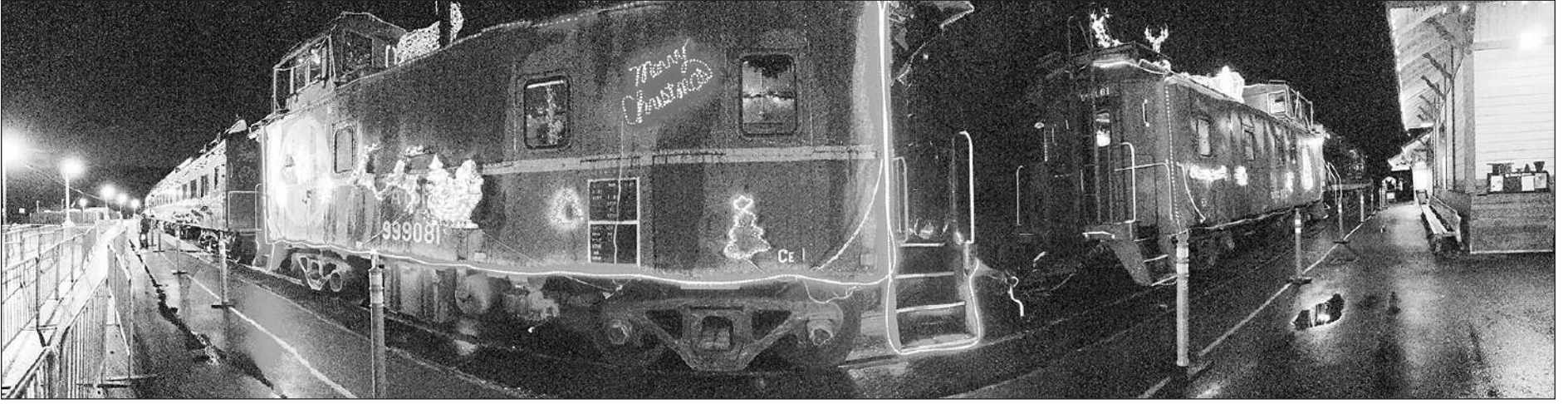
Another big change is with the voting habits of Asians. A surge in immigration from Southeast Asia in the post-Vietnam War years brought in a wave of strongly anti-communist voters. But younger Asians grew up in a different era.

Millennial Asians "are some of the most liberal voters in the state," Mitchell said.

On a recent afternoon outside a library in Yorba Linda — the city where Nixon was born and where his presidential library was built — 76-year-old retired computer programmer Don Jacques of Brea said he welcomes the diversity on the ballot. The registered Democrat and Cisneros supporter has lived in the county since childhood.

"It's about time for this kind of change," Jacques said.

EXPERIENCE THE TRAIN OF LIGHTS



SUBMITTED BY THE NILES CANYON RAILWAY
PHOTOS BY VICTOR CARVELLAS

Bring the whole family on an enchanting holiday excursion filled with refreshments, music, and cheer when the "Train of Lights" rolls through Niles Canyon for the holiday season.

Enjoy an hour-long round trip through the canyon aboard our antique coaches and open cars that feature holiday lights and decorations inside and out. The Train of Lights offers a rare opportunity to experience a train ride through Niles Canyon at night. With one departure from Niles at dusk and a second departure from Sunol after dark, you can choose your favorite time to ride.

Near the Full Moon (November 23, December 22), the canyon will be bathed in moonlight, showing visitors another side to this beautiful canyon. On the New Moon nights (around December 6th), the canyon is at its darkest, and we light the area as our colorful train

weaves its way through the canyon.

The Train of Lights has been an annual tradition for many Bay Area families for more than a decade. Make it yours too!

Trains depart from Niles at 4:30 p.m. and Sunol at 7:30 p.m. every Wednesday, Friday, Saturday, and Sunday during the holiday season (except Christmas Eve and Christmas Day). Tickets are available online for all departures, and your ticket includes a round trip on your selected departure. These trains are very popular and often sell out well in advance, so we recommend you purchase your tickets as early as possible.

We sometimes have last-minute tickets available. Come to the station 20-30 minutes before the train and ask the station agent to add you to the waiting list for that day. We'll also tweet about day-of-train ticket availability, if you want to follow @toots4ncry.

For more information, visit <http://ncry.org/> or call (510) 996-8420.

Train of Lights
Saturday, Nov 24 – Sunday, Dec 30

4:30 p.m.
Niles Depot
37029 Mission Blvd, Fremont

7:30 p.m.
Sunol Depot
6 Kilkare Rd, Sunol

(510) 996-8420
<http://ncry.org/>
Tickets: \$30 – \$50

Two orphaned mountain lion cubs welcomed at zoo

ARTICLE AND PHOTOS
SUBMITTED BY ERIN HARRISON

Two non-related mountain lion cubs are being cared for at Oakland Zoo's veterinary hospital after each was rescued by California Department of Fish and Wildlife (CDFW) in recent weeks.

The cubs, one male and one female, both approximately nine-to-10-weeks old, are doing well and are being attended by zoo veterinarian staff members around the clock. Because the cubs were orphaned too young to have the survival skills necessary for release, they will ultimately be permanently placed at an appropriate permanent facility when they are strong enough.

"We are so pleased that the Oakland Zoo was willing and able to play a role in saving the life of these cubs," said Nicole Carion, CDFW's Wildlife Rehabilitation Coordinator.

"Returning injured or orphaned wildlife to the wild is always the ideal outcome, but in situations like this — where an animal is too young to have the necessary

survival skills — placing it back in the wild would be a death sentence. In those cases, we rely on zoos with experienced wildlife specialists and resources to step in and provide critical care. These cubs are small and in need of a temperature-controlled environment where they can stay warm. The Oakland Zoo's veterinary facility was exactly what these animals needed, at exactly the right time."

The male, first to arrive in late September, is from Modoc County. The cub was orphaned after its mother, which was reportedly killing sheep in the area, was shot and killed under a legal depredation permit. In the state of California, a person who suffers property damage by mountain lions is entitled to obtain a depredation permit to protect their property.

The second cub, a female, was discovered in Lake County after a property owner heard 'chirps' from what he believed to be a bird over a period of seven days. Mountain lion cubs make a high-pitched 'chirping' sound when calling for their mother.



The property owner did not disturb the animal until he saw that the cub's health was in serious decline.

According to Katie Woolery, Assistant Director at Sonoma Wildlife Rescue, an adult mountain lion, struck and killed by a car, was discovered five miles away around the same time but it's not confirmed that this was the cub's mother.

Officials from the CDFW placed the female cub with Sonoma Wildlife Rescue on September 12, where it was examined and treated. The cub was severely dehydrated,

emaciated, covered in parasites and burrs.

"While we don't know for sure what caused this female cub to become orphaned, we do know that one of the biggest threats to mountain lions in California is traffic, with 107 animals killed by automobiles in 2016 alone," said Amy Gotliffe, Director of Conservation at Oakland Zoo.

On October 11, the female cub was transferred to Oakland Zoo to join the male cub already there.

Dr. Karen Emanuelson, Director of Veterinary Services at Oakland Zoo, reports that both

cubs appear to be in good health. They are eating well, gaining weight and playful. Once they were determined to be in good health, they were carefully introduced to each other and are bonding very well. Mountain lions are social animals and find comfort in being together. Zoo staff recently tried a similar introduction between three unrelated mountain lion cubs rescued earlier this year. Those three are now living as a closely-bonded 'blended family' at the zoo's recently opened California Trail expansion.

Flash Fiction winners

SUBMITTED BY ALVIN MINARD

This year, the annual Flash Fiction contest, hosted by the Fremont Cultural Arts Council, harvested 24 short stories written by local authors and judged by 68 readers. Winning entries will be published in Tri-City Voice throughout the year. 2018 winning stories are:

1st Place
2nd Place
3rd Place (tie)
3rd Place (tie)
5th Place

"Home Coming"
"Three Times"
"Togetherness"
"Think Cat! Think!"
"The Landmark"

by Nancy Guarnera
by Nancy Guarnera
by Shirley Ferrante
by Richard Lau
by Edward Soo

HOME COMING

As I looked across the frozen fields, I spotted a figure approaching the house. It couldn't be!

But it was. He was back. He was finally back. My son was alive and home... home from that hideous war. His father had gone and fallen, leaving only my son and me to tend the farm. Then he was gone, too; off to defend our way of life.

Word had come; the war was over, but no sign of my son. No word from occasional passers-by who stopped to rest, have something to eat and drink, before continuing on.

For so long I grieved his loss, sure he was with his father. My dear sweet boy: handsome, funny and kind. He could never take another's life. He just didn't have it in him. He

would hunt and fish, and even butcher animals for our food, but it was always hard for him. He hated killing things. I was sure he wouldn't survive, so I begged him not to go. But he felt bound by duty and the memory of his father, so he went. My beautiful son marched off to war.

But here he was at last.

I untied my apron, flung it over the railing, pulled my shawl tight and began to run. I ran as fast I could to him; to hold him in my arms once again. My dear, precious boy, home from the war. Alive!

I ran and ran until I could run no longer. Then I walked... staggered... crawled, but I was no closer.

I lay on the ground, sobbing... yet once again.

How many times did he have to come back, before I understood that he was never coming home?

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The Tri-City Voice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style.
 tricityvoice@aol.com

Day of the Dead 2018

September 29 – November 25, 2018


Day of the Dead at its core is a celebration of life. It's about remembering deceased loved ones and honoring their lives. This year's exhibition presents all forms of *ofrendas* from our community members, from traditional altars to innovative sculptures. Some artworks highlight big moments in a loved one's life while others illustrate the impact of an historical figure. All show the many ways that Day of the Dead is celebrated.

Family Program: Días de los Muertos
 SATURDAY, OCTOBER 20, 10:00 AM-2:00 PM
 Come celebrate *Días de los Muertos* (Days of the Dead) with a full day of crafts and activities to remember the lives of loved ones who have passed. Get your face painted, create a silly skeleton, decorate traditional sugar skulls to take home, and enjoy a special concert by Hayward's own young musicians, the *Mariachi Juvenil*.

22380 Foothill Blvd, Hayward | 510.581.0223 | www.haywardareahistory.org
 Museum open Wednesday through Sunday 10:00 AM - 4:00 PM



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