



Encouragement for those with physical differences

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Whole Foods Market® breaks ground for Fremont store

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Voyages in Watercolor exhibit

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January 29, 2013

Vol. 12 No. 5

Chinese New Year International Festival

SUBMITTED BY SUGI SHIVA

This year's Lunar New Year – Year of the Snake – will be celebrated throughout the month of February with a collection of Chinese culture, art, history, and traditional food courtesy of Chinese Restaurant Foundation. The International Chinese New



Year Celebration is the first ever month-long Chinese New Year event in the San Francisco Bay Area and will be an enriching experience for local citizens and children.

During the festival, the restaurant foundation will host exhibits of food, art, culture, and travel

related to Chinese cuisine and China's history with the United States. Calligraphy, Lion dance, presentation on Chinese culture and tradition, art exhibit depicting the fusion of East and West, and a history exhibit on 160 years of Chinese Cuisine in the U.S.

will be on display for all attendees to learn from and enjoy. There will also be take-home goodie bags for children.

A variety of traditional Chinese New Year foods will be served, from specialty foods to street snacks. Ranch 99, in addi-

tion to other Chinese restaurants within the Tri-City area, will be catering.

The festival will be open to the public from February 1 to

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History in the making

By SUZANNE ORTT

PHOTOS BY ANN ALLISON-MARSH

James Logan High School (JLHS) was abuzz the weekend of January 18 – 20, with over 2,000 students from California and as far away as Mississippi and Wyoming. All were there for a busy three days of competition. The teens, following historic debate and speech traditions in our country, spent three days at Logan High participating in the Martin Luther King, Jr. Invitational Forensics Tournament.

Debate and historic speech is a tradition in our country. The Lincoln-Douglas



Duo winners: Ryan Le and Mariah Boyd

Debates, a series of seven, are perhaps the most famous. Abraham Lincoln, an Illinois senatorial challenger debated the incumbent Stephen Douglas in 1858.

One hundred and five years later, Martin Luther King, Jr. gained a reputation as an exceptional speaker. His "I Have a Dream" speech in 1963 often repeated, especially on the anniversary of his birthday.

Currently, a popular forensic speech tournament has been hosted at James



Group photo of the three Duo groups in the finals

Logan High School in Union City, since its start in 1987. According to Tommie Lindsey, founder of the program at Logan, the tournament allows participants to "Live out the dream of Martin Luther King Jr. through speech and debate."

Lindsey emphasizes that debate competition provides students with an opportunity to have a voice and express themselves. He believes in the power of forensics (debate). Graduates with forensics experience generally go on to college and become professionals and leaders.

Alums return annually to help with the tournament. They join parent and teacher volunteers who judge the presentations, help organize the tournament, recruit and train judges, and run the snack bar. Volunteer judges are crucial and 250 are needed to assist each day.

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At the Oakland Zoo 'Everyone Wants to Carry the Babies'

By DENNY STEIN

Spring did its thing, again last year, and Oakland Zoo babies are now closing in on their first birthday. Many are on exhibit, so go see the new generations! On a visit,

houses a tiny white-speckled frog, perfectly formed, as big as your thumbnail. That's the Amazon milky tree frog, sometimes known as the mission golden eye tree frog because of the golden cross on its pupil. Milky tree frog eggs turn into tadpoles, de-



Milky Frog. Photo credit: Adam Fink

walking through the entrance, two four year old boys held this conversation: "Malcolm," said one, "how old are you?" "I don't know," said the other, "my age keeps changing." So don't wait to visit your zoo, because the animals are growing and changing too.

When you think of adorable young zoo babies, what comes to mind? Monkeys, giraffes, otters, wallaroos? Yes, they are all there. But first stop, the reptile house,

velop legs and become tiny froglets in about four weeks. In June, over 100 milky tree frog babies hatched.

The next nursery contained the precocious (because of their live birth) spiny blue lizard. Reptile Amphibian Keepers, like Adam Fink, are responsible for making sure the eighteen newbies get the best diet and light to grow big enough to discourage the gila monsters from seeing them as a meal.

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Got Flu? Here's the Latest on This Year's Flu Season and What You Can Do

By now you've heard that this winter's flu season is upon us—and it has hit with a vengeance across much of the nation. By early January, 47 states had reported widespread influenza activity to the Centers for Disease Control (CDC).
“The flu is supposed to be pretty vicious this year,” stated Jason Chu, MD,



Dr. Jason Chu, a pulmonologist with Washington Township Medical Foundation says one of the most important things you should do to prevent the flu is get a flu shot.

pulmonologist with Washington Township Medical Foundation and a member of the medical staff at Washington Hospital in Fremont. “One of the most important things to keep in mind is that this is not a minor ailment. Typically, about 30,000 to



To prevent transmission of the flu clean your hands often with soap and water or a hand sanitizer. Germs, including viruses that cause diseases like the flu, can end up on people's hands and are transferred to surfaces like store counters, door knobs, shopping carts and ATM machines, where they are picked up by others who touch those surfaces.

40,000 people die from complications of the flu each year.”
The good news is there are steps you can take to help prevent the flu. If you do get sick, there are things you can do to keep from getting worse and avoid giving it to others.
“One of the most important things you should do to prevent the flu is get a flu shot, and it's not too late to do it now,” added Dr. Chu.
The CDC recommends that people get vaccinated against the flu as long as influenza viruses are circulating, typically

until April. By early January, tests reported to the CDC were showing that the primary flu virus circulating this year is influenza A (H3N2).
“Most (91%) of the influenza viruses that have been analyzed are like the viruses included in the 2012-13 influenza vaccine. The match between the vaccine virus and circulating viruses is one factor that impacts how well the vaccine works,” the CDC reports on its Web site.
“The flu is a respiratory illness that is usually mild but can become severe, depending on other conditions the person

may have,” said Dr. Chu. “In elderly people with additional respiratory problems, it can be more serious.”
People often confuse the flu with a cold or other respiratory ailment. There are some key symptoms that should alert you to the possibility that what you are suffering is the flu. It hits you suddenly, usually with a high fever, chills, muscle aches, weakness and respiratory symptoms, such as a cough or sore throat. If the virus affects your lungs, you may have trouble breathing.
“Young children who get the flu often have more subtle signs,” cautioned Dr. Chu. “They may breathe faster than normal, feel irritable, drink fewer liquids, and even vomit. For older people who are suffering from flu symptoms, if they have increased difficulty breathing and seem confused, it is very important they see a doctor as soon as possible.”
Because influenza is a virus, there is not a lot you can do to treat it except to let it run its course. Drink lots of fluids and get plenty of rest. Antibiotics are ineffective and should not be taken, unless you get an infection in addition to the flu, Dr. Chu advises.
To prevent the flu or to keep it from getting worse, you can take an antiviral medication, which is available by prescription from your physician. Doctors prescribe a higher dosage if the medication is taken to treat the illness, rather than prevent it.

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A Washington Hospital Channel

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	1/29/13	1/30/13	1/31/13	2/01/13	2/02/13	2/03/13	2/04/13
12:00 PM 12:00 AM	Turning 65? Get To Know Medicare	Diabetes Matters:Vacation or Travel Plans?	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Minimally Invasive Hip Replacement	Important Immunizations for Healthy Adults	Alzheimer's Disease	Kidney Transplants
12:30 PM 12:30 AM							Washington Women's Center: Sorry, Gotta Run!
1:00 PM 1:00 AM	Washington Women's Center: Cancer Genetic Counseling	Voices InHealth: Healthy Pregnancy	Washington Women's Center: Heart Healthy Foods	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Living Well with Diabetes: Overcoming Challenges	Voices InHealth: Demystifying the Radiation Oncology Center	Inside Washington Hospital: Washington Township Center for Sleep Disorders
1:30 PM 1:30 AM							Washington Township Health Care District Board Meeting January 9th, 2013
2:00 PM 2:00 AM	Vitamins and Supplements - How Useful Are They?	Washington Township Health Care District Board Meeting January 9th, 2013	Voices InHealth:The Greatest Gift of All	Washington Township Health Care District Board Meeting January 9th, 2013	Your Concerns InHealth: Pediatric Care – The Pre-School Years	Inside Washington Hospital: Patient Safety	Washington Township Health Care District Board Meeting January 9th, 2013
2:30 PM 2:30 AM							Learn More About Kidney Disease
3:00 PM 3:00 AM		Learn More About Kidney Disease	Arthritis: Do I Have One of 100 Types?	Voices InHealth: Medicine Safety for Children	Turning 65? Get To Know Medicare		Voices InHealth: Medicine Safety for Children
3:30 PM 3:30 AM							Don't Let Back Pain Sideline You
4:00 PM 4:00 AM	Don't Let Back Pain Sideline You	Turning 65? Get To Know Medicare	Strengthen Your Back! Learn to Improve Your Back Fitness	Diabetes Matters: Top Foods for Heart Health	Important Immunizations for Healthy Adults	Don't Let Back Pain Sideline You	Skin Cancer
4:30 PM 4:30 AM							
5:00 PM 5:00 AM	Learn How to Eat Better!	Your Concerns InHealth: Senior Scam Prevention	Minimally Invasive Surgery for Lower Back Disorders	Kidney Transplants	Shingles	Dietary Treatment to Treat Celiac Disease	Alzheimer's Disease
5:30 PM 5:30 AM							
6:00 PM 6:00 AM	Community Based Senior Supportive Services	What You Should Know About Carbs and Food Labels	Alzheimer's Disease	Don't Let Back Pain Sideline You	Washington Township Health Care District Board Meeting January 9th, 2013	Washington Township Health Care District Board Meeting January 9th, 2013	Your Concerns InHealth: Decisions in End of Life Care
6:30 PM 6:30 AM							Your Concerns InHealth: Vitamin Supplements
7:00 PM 7:00 AM	Voices InHealth: Radiation Safety	Learn If You Are at Risk for Liver Disease	Voices InHealth: Radiation Safety	Financial Scams: How to Protect Yourself (Late Start)	Dietary Treatment to Treat Celiac Disease	Voices InHealth: Cyberbullying - The New Schoolyard Bully	Heart Healthy Eating After Surgery and Beyond
7:30 PM 7:30 AM							Washington Township Health Care District Board Meeting January 9th, 2013
8:00 PM 8:00 AM	Diabetes Matters: Ins and Outs of Glucose Monitoring	Raising Awareness About Stroke	Diabetes Matters: Dietary Supplements: What You Need To Know	How to Maintain a Healthy Weight: Good Nutrition is Key	Alzheimer's Disease	Your Concerns InHealth: A Good Night's Sleep	Diabetes Matters: Back to the Basic Keys for Success
8:30 PM 8:30 AM							Diabetes Matters: Top Foods for Heart Health
9:00 PM 9:00 AM	Diabetes Matters: Top Foods for Heart Health	Diabetes Matters: Key To A Healthy Heart with Diabetes	Your Concerns InHealth: Senior Scam Prevention	The Weight to Success	Influenza and Other Contagious Respiratory Conditions	Learn About Nutrition for a Healthy Life	Diabetes Matters: Top Foods for Heart Health
9:30 PM 9:30 AM							
10:00 PM 10:00 AM	Healthy Nutrition for Your Heart	Wound Care Update	GERD & Your Risk of Esophageal Cancer	Vitamins and Supplements - How Useful Are They?	Your Concerns InHealth: Vitamin Supplements	Wound Care Update	GERD & Your Risk of Esophageal Cancer
10:30 PM 10:30 AM							
11:00 PM 11:00 AM	Healthy Nutrition for Your Heart	Wound Care Update	GERD & Your Risk of Esophageal Cancer	Vitamins and Supplements - How Useful Are They?	Living with Heart Failure	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Voices InHealth: The Legacy Strength Training System
11:30 PM 11:30 AM							

People with Diabetes Should Take Heart

Washington Hospital Seminar Focuses on Preventing Cardiovascular Disease

If you have diabetes, you are at serious risk for heart disease. In fact, people with diabetes are twice as likely to suffer from heart disease as those who don't have diabetes, according to the National Institutes of Health. In addition, heart attacks in people with diabetes are more serious and more likely to result in death.

“We treat people with diabetes as seriously as someone who has already had a heart attack even if they haven't,” said Dr. Ash Jain, a cardiologist and medical director of Washington Hospital's Vascular Services Program. “Diabetes damages the small and large arteries in the body, which increases the risk for heart disease and other complications.”

He will talk about ways to prevent heart disease at an upcoming seminar titled “Protecting Your Heart,” scheduled for Thursday, February 7, from 7 to 8 p.m. The seminar is part of Washington Hospital's free monthly Diabetes Matters education series and will be held at the Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue (Washington West), in Fremont.

Diabetes occurs when the body does not produce enough insulin or is not able to use it properly. Insulin is a hormone needed to convert sugar, starches, and other food into energy. When this process doesn't work properly, glucose (sugar) levels in the blood can get too high.

Complex Processes

Dr. Jain will explain how diabetes can lead to heart disease. He said several complex processes within the body work together to significantly increase the risk for heart disease, including atherosclerosis, high blood pressure, high blood cholesterol, and obesity.

High levels of glucose in the blood causes atherosclerosis, a process in which fatty deposits known as plaque build up in the arteries, causing them to narrow over time. This narrowing restricts the flow of blood to the heart.

High blood pressure also damages the arteries over time, making them more susceptible to the plaque rupture, buildup, and narrowing associated with atherosclerosis. High blood cholesterol causes fatty deposits to build up on the artery walls.

Obesity leads to certain metabolic changes that contribute to diabetes and heart disease, Dr. Jain said. Obesity can cause insulin resistance, which raises blood glucose levels. Also, more fat tissue in the body makes the heart work harder because it has to pump more blood through additional blood vessels, causing blood pressure to increase.

Controlling Risk Factors

Dr. Jain will offer tips for reducing the risk of developing heart disease. He will talk about some of the medications that are avail-



Dr. Ash Jain, (above) cardiologist and medical director of Vascular Services at Washington Hospital will discuss the link between diabetes and cardiovascular disease at an upcoming Diabetes Matters seminar titled “Protecting Your Heart.” The seminar will take place on Thursday, February 7, from 7 to 8 p.m. at the Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue (Washington West), in Fremont. To learn more about Diabetes Matters and other diabetes programs at Washington Hospital, visit

able today to control these risk factors.

“We have to aggressively treat high cholesterol and high blood pressure in people with diabetes,” he added. “Lifestyle modifications are also critical and can help to reduce the need for medications.”

Dr. Jain said a proper diet can help to keep blood glucose levels and other risk factors under control. He said it's important to stick to a heart healthy meal plan that is low in carbohydrates, salt, and fat and high in fiber and lean protein. Maintaining a healthy weight, getting plenty of physical activity, and reducing daily stress levels are also key to preventing heart disease.

“It takes a lot of motivation to make these lifestyle changes,” he added. “But the payoff is great.”

Dr. Jain will also discuss the importance of diagnosing heart disease early. He said heart disease typically develops at a younger age in people with diabetes, so it's necessary to start looking for blockages in the arteries much earlier. He will explain some of the procedures available to diagnose and treat these blockages.

“Preventing heart disease requires a holistic approach,” Jain said. “You have to keep risk factors under control while aggressively monitoring changes in the body that could lead to heart disease.”

To learn more about Diabetes Matters and other diabetes programs at Washington Hospital, visit www.whhs.com/diabetes. For information about the Heart Program, visit www.whhs.com/heart.

Washington
Women's Center
Book Club:
Come Join
Us for a "Wild"
Discussion!
Two-part group
book-review sessions
scheduled in
February

Coping with a personal loss is something everyone experiences at some point in life: being abandoned by a parent as a child, losing a parent to an early death due to cancer. In her best-selling personal memoir, “Wild: From Lost to Found on the Pacific Crest Trail,” author Cheryl Strayed tells the story of her efforts to recover from her losses and rediscover her life and sense of purpose by hiking more than 1,100 miles through the wilderness – on her own.

The author notes: “This hike taught me acceptance. I had to accept the fact of the hour. The fact of the mile. The fact of the summer. The facts of my life. Over and over again, I found that if I could accept those difficult things, everything else sort of gave way. Each step led me to the next step and the truth that was going to reveal itself. The Pacific Crest Trail gave me a really grand sense of humility, which is what you need so you can keep walking in ways both literal and metaphorical.”

Strayed's book is the first reading selection chosen for Washington Women's Center's all-new book club, facilitated by Breast Care Navigator Patty Chadwell. The first half of the book will be discussed on Wednesday, February 6.

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What the Future Holds for Stroke Care

Learn About Solutions to Emotional Challenges When Living with Stroke

For being the No. 1 cause of long-term disability, stroke—also known as a brain attack—is perhaps one of the most often misunderstood diseases. Furthermore, even if you do know what stroke is and how to identify it, there are still many pieces of the puzzle that may remain missing.

Ash Jain, M.D., medical director of Washington Hospital's Stroke Program, urges all members of the community to take every opportunity to learn as much as they can about this deadly disease.

What Is the Future of Stroke Care?

“There are so many misconceptions about stroke as a disease process,” says Dr. Jain. “For example, when people think of stroke, many times they think it's something that only impacts the elderly population. The truth is that we see patients in the ER who are in their 40s, 50s and 60s.

“Stroke is something that everyone in the community should know how to recognize, because it may impact someone close to you.”

During an upcoming free Stroke Education Series seminar on Tuesday, Feb. 5, Dr. Jain will talk about what the future holds for stroke diagnosis and management.

“It is very important for people to be aware of the latest developments and what's to come in stroke care,” says Dr. Jain. “Our program, as a certified Primary Stroke Center, is always striving to achieve the most efficient means of diagnosis and proven acute management techniques that lead to the best possible outcomes for our patients.”

One of the ways that Washington Hospital's program has done this is by actively participating in the international stroke community to ensure that the program has the most up-to-date data available. Last October, Dr. Jain and Stroke Program Clinical Coordinator Doug Van Houten, R.N., traveled to the World Stroke Congress in Brazil to share research and compare ideas.

“We have taken the next step in our goal to provide the best stroke care at a local level,” he says. “The future of acute stroke management is constantly evolving, and we need to stay at the forefront of the research.”

The first step to combat stroke is to seek out accurate information about the disease, Dr. Jain says, particularly since what may not have been treatable in your grandparents' day could now have a readily available solution—given you're aware of it and seek medical attention quickly.

Dr. Jain also is quick to point out that widening treatment windows and impressive advancements have allowed for vastly better outcomes in recent years. However, this is particularly true at Primary Stroke Centers—programs that are certified by The Joint Commission and the American Heart Association (AHA)—like Washington Hospital's.

“I ask that community members take time to attend this free educational series and help themselves, their family and friends,” Dr. Jain says. “People need to know how important it is to learn about stroke prevention and management, because stroke is absolutely devastating if the right actions are not taken in a timely manner.”

Living with stroke

According to the National Stroke Association, more than 7 million people in the United States have survived a stroke. But what happens after patients receive acute management and rehabilitation in the hospital when—ideally—the stroke survivor goes home?

During the upcoming stroke seminar, Van Houten will focus on some of the lesser-known—yet very real—impacts of stroke.

“When it comes to stroke, it's all about brain damage,” he explains. “The brain is a big compartmentalized organ, and if the part of the brain responsible for sensory function of the left leg is affected by stroke, then you can't feel that leg well. And there are sections of the brain that, when damaged by stroke, can result in blindness, hearing loss, inability to speak. ... Even the part of the brain that controls emotions and keeps you energized and feeling positive—if the stroke hits that area, then bam, there it goes.”

“Emotionally, a stroke survivor might be suffering from something that isn't quite as noticeable in a crowd of people, but it's very real.”

Van Houten says the emotional impact of stroke is often the hardest to deal with. Many times, stroke survivors must cope with depression, anger, and pseudobulbar affect (PBA), also known as emotional lability—which refers to the tendency toward involuntary crying or uncontrollable episodes of crying or laughing, or other emotional displays. Van Houten gives the example of a family patriarch who, after a stroke, bursts into tears when shown a picture of a puppy.

“This is a real effect of stroke, and it's hard for people,” he says. “There can be inappropriate laughing, somber moments, and it can be hard for the stroke survivor to straighten out those emotions. It's also very surprising for family members.”

Van Houten notes that there are effective medications to treat things like depression, and the Stroke Support Group at Washington Hospital is a terrific resource for stroke survivors and their caregivers to listen and share in a supportive environment.

“If someone has a moment of emotional lability in the Stroke Support Group, we say: it happened; we can deal with it; let's go forward. Just move forward.”

He adds that part of living with stroke is finding ways to resolve everyday issues and get back to living life as normally as possible—or, as Van Houten says, finding the “new normal” after stroke.

Get the Answers

To learn more about what future holds as far as diagnosis and acute management of stroke and how to cope with life after stroke, attend the free community education seminar on Tuesday, Feb. 5, from 6 to 8 p.m. in the Conrad E. Anderson, M.D. Auditorium, Rooms A and B, in the Washington West building at 2500 Mowry Avenue in Fremont.

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

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continued from page 2

Got Flu? Here's the Latest on This Year's Flu Season and What You Can Do

"The flu spreads through droplets that come from the respiratory system," explained Dr. Chu." So, if you have the flu and you touch your nose or eyes, or if you cough, sneeze, or send small droplets into the air while you are talking, the droplets can contaminate surfaces that are then touched by others. In turn, they may touch their nose or mouth."

"The majority of flu is transmitted by kids from the close environment of school and brought back home to their families. Once you've been exposed, it only takes one to four days before you get sick."

To discourage the transmission of the flu virus, the most important thing you can do is to clean your hands often with soap and water or a hand sanitizer. Be sure to wash your thumbs and the webbing between your thumb and fingers—areas that are most often missed.

You can also avoid spreading flu germs by covering your mouth when you cough or sneeze and staying home when you are sick. To avoid getting the flu in the first place, stay away from others who may already have it.

Dr. Chu reported that more than two-thirds of patients coming to his office right now have some type of respiratory problem. Flu is just one of the ailments that can have respiratory involvement during the cold and wet months of the year. People may also suffer from bronchitis or pneumonia.

"Respiratory problems most often affect the bronchial tubes, but if the problem gets into the air sacs of the lungs, called the alveoli, it becomes pneumonia," he explains.

Every year, more than 60,000 people die from complications of pneumonia. People with other respiratory problems, like asthma or chronic obstructive pulmonary disease (COPD) are especially vulnerable.

Learn more

To find out more about this year's flu season, go to the Web site of the Centers for Disease Control at www.cdc.gov. For more information about Washington Township Medical Foundation, visit www.mywtmf.com. To learn about Washington Hospital, go to www.whhs.com.

Legal Aid Association honors Wieckowski

SUBMITTED BY JEFF BARBOSA

The Legal Aid Association of California will honor Assemblymember Bob Wieckowski (D-Fremont) with a Hero of Justice Award for his work in the state Legislature. The award will be presented to Wieckowski at a ceremony on February 1, 2013 at the Fremont Family Resource Center. He is the first Assemblymember to receive the new award.

"We are so happy to be able to recognize Assemblymember Wieckowski's incredible commitment to low-income Californians by presenting him with the Hero of Justice Award," said Julia Wilson, executive director of the Legal Aid Association of California. "Assemblymember Wieckowski has shown through his legislative work that he truly understands the issues affecting the day-to-day life of Californians in need."

The Legal Aid Association is presenting the award in recognition of the Assemblyman's work authoring Assembly Bill 1775 in 2012. The bill, signed into law by Governor Jerry Brown, allows low-income wage earners to have an additional \$100 a week protected from wage garnishment. It will help struggling families afford more groceries and pay their rent.

Interested in understanding Dyslexia?

SUBMITTED BY BETH MATSSON-BOZE

This popular learning disabilities simulation is a hands-on learning activity that lets you experience some of the challenges and frustrations faced by people with dyslexia, a language-based learning disability. The program, "Experiencing Dyslexia," to be held on Saturday, February 9, from 9 a.m. – 11 a.m., is a lively and thought-provoking activity for teachers, parents, or anyone interested in better understanding the lives of individuals with dyslexia.

Facilitated by Nancy Redding, past president of the Northern California Branch of the International Dyslexia Association (NCBIDA) and guided by station leaders, all participants will rotate among six learning stations that simulate language-related tasks that may be encountered in the classroom and workplace.

The cost for the program is \$10/person by February 8 or \$15 at the door. (Limited to 60 participants). To register, call the Stellar Academy for Dyslexics office at (510) 797-2227.

Experiencing Dyslexia

Saturday, Feb 9

9 a.m. - 11 a.m.

Stellar Academy for Dyslexics

38325 Cedar Blvd., Newark

(In the Neighborhood Church Building)

(510) 797-2227

Fee: \$10/person by February 8.

(\$15 at the door)

(Limited to 60 participants)



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Encouragement for those with physical differences



By JULIE GRABOWSKI
PHOTOS BY BECKETT GLADNEY

At some point in our lives, all of us have felt the hurt and embarrassment of being stared at, teased, or laughed at because of the way we look. Most of the time, these are stages that can be changed by time or rectified by different clothes, a new haircut, or makeup. But what if there was no way to grow out of it?



Or, if under the changes that could be made, hurt still remained?

Boldly Me addresses the questions and needs of those who are physically different, providing support, education, and guidance in order to help them learn to love themselves and enjoy their lives. The Fremont-based nonprofit was established in 2012 and welcomes people suffering from the emotional trauma of hair loss, burn injuries, birth



Leaders and volunteers of Boldly Me.

defects, weight issues, degenerative disorders, and other physical challenges.

"I have a very full, rich life now but it took me a long time to get here," says Founder and President Alanna Powell, who has had alopecia universalis (hair loss over the entire body) since she was two years old. Powell says people hide under clothes, wigs, or prosthetics, and inside, they are in pain. Boldly Me provides a comforting environment; classes, counseling, and recreation build self-esteem and inspire joy and the confidence for people to go after their dreams.

"We want to help people love and accept themselves the way they are," says Powell. This love and acceptance also extends to siblings and parents who suffer just as much or more than their loved one. In these kinds of situations, the entire family is trying to adjust, and the aim is "figuring out how the entire family system can cope and transcend the difference," says Powell.

Boldly Me is 100 percent volunteer-based and offers a number of classes in-

cluding: Theatre, Image and Beauty, Yoga, Dance, Basketball, Communication and Self Esteem, Baton Twirling, Relaxation, and Business Self Esteem. Many instructors are already coaches and teachers in their outside lives, but must go through an application process to ensure that the organization maintains a high level of quality and provides a great experience. They are willing to work with people who are interested in participating, who may have worked in a teaching capacity years ago, and get them up to speed on necessary requirements.

Classes and instructors are always evolving and changing, growing with the ideas and involvement of the community. "It's really about bring the community together, figuring out what talents they have and letting them unleash their passion to serve others," says Powell.

The schedule follows the school year calendar, offering classes September - December, January - March, and April - June. In the summertime, they host various recreational events such as a day at the pool or hiking, where attendees can just relax without worrying about their appearance or the stares of others.

Functioning on a shoestring budget, Boldly Me looks to the community for

class space, relying on the generous offerings of elementary schools, community centers, churches, and businesses. Club Sport and Mission Peak Fitness are among those who have offered assistance. While the long-term vision is to have their own facility, for now the use of community venues helps keep costs low. (Due to this arrangement, class locations may shift.)

A new session of classes begins on February 2 for all ages including individuals, family, and friends.

Boldly Me is also organizing a talent show event on April 12, which will include performances by their classes, along with a silent auction and dinner. They are looking for people or organizations to donate gift baskets or sponsor the event.

Boldly Me looks to the new year with the goals of fundraising, raising awareness of their program, and growing their base of support. As a 100 percent donation-based organization, they greatly appreciate any community support in their efforts to help those in need live boldly.

For more information about Boldly Me to register for classes or make a donation, call (408) 768-9257 e-mail info@boldlyme.org or visit www.boldlyme.org.

continued from page 1

History in the making

Lindsay says the community also benefits economically. Motels, hotels, and restaurants increase their revenues over this weekend.

Principal Amy McNamara of James Logan High explains that the expense of the Forensics Program, approximately \$80,000 per year, is basically self-sustaining as a result of the tournament.

A notable aspect to the event is the formal dress code required by Lindsey. Students must dress up. Young women are expected to appear in a black business suit, (jacket and skirt) with solid colored and collared shirt. They are expected to be in solid black dress shoes as well. The young men dress in black suits, ties, and dress shoes. McNamara says that when she tells fellow principals that students on her campus get dressed up one weekend a year, they find it hard to believe.

At this year's tournament, a phenomenal final event was the notable highlight; the Duo (two par-

ticipants) finals. Students must interpret a published piece within these rules: performers cannot touch one another nor have eye contact and the time limit is ten minutes or less. All of the Duo presentations revealed an incredible level of talent and hard work. Judges had a difficult task but persevered and declared Mariah Boyd and Ryan Le of James Logan High School as winners.

As the tournament drew to a close, the stage in the Performing Arts Center glittered with award trophies. The auditorium was filled with over 550 exuberant students, parents, teachers, and community members for the Awards Ceremony. The 17th annual event ended with the expectation that next year's forensics tournament will continue to make history.

For more information about the James Logan High School Forensics Program, please visit <http://jlhsforensics.org/home>

Letter to the Editor

Stop the flu

The annual flu season is here – however it is of greater magnitude than of previous years. Having reached epidemic proportions in the United States, the illness is now widespread in 47 states and 37 children have reportedly died from the flu season thus far.

This season's outbreak is more severe given that last year's flu was on the milder end of the spectrum. According to Bill Hanage, an epidemiologist from the Harvard School of Public Health, a flu season's gravity depends on the susceptibility of the population and the type of virus going around. This year, the H3N2 virus is the predominant bug. Because it has not circulated in recent years, there is an increased susceptibility and opportunity for sickness.

Although the Tri-City area has not yet reached national flu epidemic proportions, it is in our best interest to be aware of the flu so as to prevent

severe consequences.

The flu is a respiratory illness with symptoms, such as fever, body aches, extreme tiredness, and dry coughing, similar to the common cold. However, the flu can be differentiated in that the cold symptoms gradually onset and are usually milder and include runny or stuffy noses. The flu usually enters the body through the mouth, nose or eyes. When a person with the flu coughs or sneezes, the virus become airborne and can be inhaled by anyone nearby. Additionally, the flu can be spread by touching contaminated surfaces and then touching one's face.

School-age children, older adults, and people with compromised immune systems are more susceptible to the flu. The best prevention is the flu vaccine supplied every year. This year's strain protects against three different forms of the virus, lowering the risk of getting sick. It is important to get vac-

inated each year to maintain optimal immunity as the vaccine is changed annually to best target the mix of flu viruses expected. This year, people who received the vaccine are about 60% less likely to end up at the doctor's office with the flu.

In addition to the vaccine, it is important to wash one's hands often with soap and water to limit the spread of the flu. Disinfecting surfaces and objects that may be contaminated with germs, keeping one's face hands-free, covering sneezes and coughs, and avoiding close contact with sick people are other ways to prevent the virus.

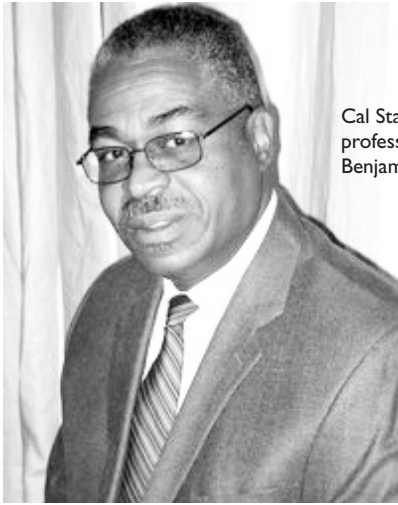
Above all, it is highly advised to get vaccinated this season so as to protect yourself and others around you from the flu.

Cara Yi
Fremont

The Black Middle Class: Social Mobility – and Vulnerability

SUBMITTED BY MYRON FREEDMAN

The American middle class is in peril, particularly the African-American middle class. On Satur-



Cal State East Bay professor Benjamin P. Bowser

day, February 2, at 5 p.m., CSUEB professor Benjamin P. Bowser will examine the historic context for this situation and outline the issues, threats, and questions surrounding a new, still developing

middle class, and the role African-Americans will play. This program will be held at Palma Ceia Baptist Church in Hayward.

For their fourth annual Black History Month Program, Hayward Area Historical Society presents this free program in collaboration with the Women's Ministry of Palma Ceia Baptist Church and the South Bay Area Chapter of the LINKS, Inc.

The Hayward Area Historical Society preserves and interprets the diverse history of the Hayward, Castro Valley, and San Lorenzo area through educational programs, history exhibitions, and the preservation of historic sites and artifacts.

For additional information regarding "The Black Middle Class: Social Mobility – and Vulnerability," contact Johanna Fassbender at (510) 581-0223 or visit www.haywardareahistory.org.

The Black Middle Class: Social Mobility – and Vulnerability
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Fire Call

SUBMITTED BY CAPT. STEVE SILVA

At 1:46 a.m. on January 21, 2013, the Fremont Fire Department dispatched four engine companies, one truck company and two battalion chiefs to a reported structure fire at 40527 Albrae Street, Fremont – Fremont Furniture Outlet. The first engine company on scene reported smoke coming from 40539 Albrae Street, as well as 40527 Albrae Street, and requested a full assignment (1st Alarm).

Engine 57 crew discovered a fire in 40527 Albrae Street, with Sprinkler system activation, holding the fire in check. Crews removed the remains of a corner piece sofa set. Engine 53 secured the sprinkler system. Truck 57 set up positive pressure for ventilation. The fire caused damage to the area of origin, and is being investigated. Although the fire was confined to the area of origin, most of the suspected damage was caused by smoke and water on the new furnishings. There were no injuries to firefighters or civilians. A Fire investigator was requested to the scene.

Roof Noise

BY ANIKA KOHOUTEK

It was December 12, 2012 and my dad, my sister, and I were all eating dinner. All of a sudden we heard a noise that was coming from the side



backyard. Sure enough they were able to get to him, right there on our rooftop!

The police commanded him to move to the front of the house and climb down on the ladder that a fire truck had brought. Once they had put the criminal in one of the many police cars, my sister and I were allowed to go outside again. First I told all the neighbors what happened. Then I was so excited and scared that I didn't know what to do next. I went inside our house where my dad was talking to three policemen; my sister Ella was close behind me. My dad asked the policemen if they could take a picture with us. After taking the picture I was excited again so I went outside where I met a fireman who let my sister and me go inside the fire truck. It was really cramped inside the cab.

On my way back into the house, I had an idea. I wanted to know how many officers came to catch the criminal so I counted and there were 23 policemen, two policewomen and five firemen! I saw my dad talking to the person with the K-9. I heard that the K-9 was taking commands in German from the policeman. The K-9 was so cute so I asked the po-

of our house. We all listened closely trying to find out what or who was making the noise. It went on for at least five minutes; then the noise stopped. I was scared! At first my dad thought it was only a raccoon, but he didn't sound so sure anymore. Two minutes later the noise sounded again and my dad decided it was time to call H911.

After he called, I looked out the window into the darkness of the front yard and to my surprise the police were already there. "That was fast!" I said to myself. The police were looking all around our house for the guy. However, the police could not get to him because he was on the back of our rooftop. I opened the door so that the police could get to our

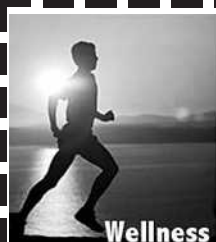
liceman if I could pet him. I was surprised to find out how soft he was.

Soon, after petting the dog, all of the police cars left. The last car to go was the one with the man in it. I saw his mean face go by. Afterward, I told my friends that live down the street. As I walked back home I was thinking "what could be even more exciting?"

As I went to bed I answered my question... nothing could get more exciting around my neighborhood!

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Anika is a fourth Grader at Mattos Elementary School



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continued from page 3

Washington Women's Center Book Club: Come Join Us for a "Wild" Discussion!

The second half will be discussed on Wednesday, February 20. Both book club sessions are scheduled from 7 to 8:30 p.m. in the Washington Women's Center Conference Room located in the Washington West Building at 2500 Mowry Avenue in Fremont.

"Washington Women's Center offers a wide range of services and classes geared toward improving women's health, but we

wanted to offer women an opportunity to gather together in a more informal, social setting," says Chadwell. "We decided that a book club would be an ideal environment for lively, stimulating discussions that allow women to share their thoughts and experiences with each other."

Chadwell notes that "Wild" was chosen as the first book club selection because of its broad appeal to women of all ages and all walks of life.

"We decided not to choose a book that dealt specifically with breast cancer, even though that is one of the issues we deal with quite often at the Women's Center," she says. (Strayed's mother died of lung cancer at age 45.) "The book does deal with some physical and mental health issues, however, and it could lead to some interesting conversations on how we deal with those aspects of our lives."

Because the book club is a new offering at Washington Women's Center, Chadwell says she has "no expectations" as to where the group will lead.

"We really want the women in the book club to help determine our path going forward, and we are open to suggestions for books that we can explore together," she says.

As Cheryl Strayed remarks in her book: "I'd never done anything like that before. I had nothing to lose by giving it a whirl."

To register for the book club discussions on February 6 and 20, please visit www.whhs.com/event/class-registration or call (800) 963-7070. For more information about the Women's Center Book Club, call (510) 608-1301.

Online forum for City's General Plan Update



Hayward residents met at a General Plan Update community workshop at Hayward Area Recreation and Park District offices, January 24, 2013.

SUBMITTED BY THE CITY OF HAYWARD
PHOTO BY LORY HAWLEY

The City of Hayward has launched Hayward2040.org, a new comprehensive community engagement website, where citizens can engage, communicate and collaborate with City leaders and other residents on an update of the Hayward General Plan.

The goal is to involve the community in the planning process and to obtain meaningful feedback that will help shape the General Plan and future of the City. Hayward2040.org is an online tool to gather input and generate ideas on what community members want Hayward to become over the next 25 years. Obtaining input from a broad range of citizens is important to ensure the General Plan reflects the community's priorities.

Hayward2040.org gives contributors a chance to share new ideas, second others' ideas and expand upon existing ones. Community members can provide feedback on initiatives and directly work with City leaders and staff on a variety of subjects online anytime, anywhere. The discussion will start with topics such as "What is your vision for Hayward?" and "What are the three things you love most about living in Hayward?" and expand from there, based on input.

The site also measures and tracks participation, identifying the most interested citizens and most compelling topics. Developed by MindMixer, the site makes it easy for General Plan administration to respond to and communicate with citizens and achieve measurable results and invaluable insights for the planning process.

The General Plan is the City's over-arching policy and planning document. It provides a blueprint for growth and development, sets city-wide policy and outlines a set of programs and projects to achieve the community's vision.

Specifically, the purpose of a General Plan is to: identify land use, transportation, environmental, economic, and social goals and policies as they relate to new development; provide a basis for the City's decision-making; provide citizens with an opportunity to participate in the planning and decision-making process; and inform citizens, developers, decision-makers and others of the ground rules that guide development within Hayward.

To share your ideas about how you would like the City of Hayward to develop, visit www.Hayward2040.org.

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History

Warm Springs Names

Two primary roads through the Warm Springs District of Fremont are Mission Boulevard and Warm Springs Boulevard.

"Mission Road" was often referred to as the road to Mission San Jose ("the Mission") in early days. Later, it became Highway 9, Highway 21 and Mission Boulevard. On some maps it was labeled as State Route 238 to State Route 262. Pioneers called Warm Springs Boulevard "the road from Alvarado to Pueblo San Jose." It later became known as the San Jose-Oakland Highway, Irvington-Warm Springs Road and finally Warm Springs Boulevard. The northern end was eventually named Old Warm Springs Boulevard. The road de-



Fred and Rudolph Weibel



Josiah Stanford

scription was a result of the natural hot springs of Agua Caliente Creek (Spanish for "hot water.")

Warm Springs Village was named by the railroad. It was first called Harrisburg after Abram Harris who owned the property. When George

terville. Dr. J. Haley Durham was an Irvington dentist who served the community in many capacities.

Leitch Road was named for the family that lived and farmed there for several generations. Kato Road, sometimes marked Avenue, is a reminder of the family that lived and

nity leaders here for many years. Logic would suggest that Brown Road was named for them, but it was apparently named for the Brown family that owned property on the road.

Some roads appear to be named for their purpose. It's obvious that there were lots of prunes grown near Prune Avenue. Although other crops were grown there, prunes were dominant. Prunes were also grown in other areas, but more than one Prune Avenue would be confusing. There were also several roads near the railroad, but only one could be called Railroad Avenue. Landing Road would appear to be inappropriate because no planes land nearby. However, planes did land in the area years ago; Landing Road is a historic reminder of these airports. The name, however, probably refers more properly to the boats that landed near Mud Slough at Warm Springs Landing. Planes landed at airports and sometimes converted pasturelands, while boats could only dock at landings.

Two present schools, Leitch and Weibel, were named for people. The Leitch family enjoyed a long association with the local schools. Leitch School is appropriately named for James. Weibel School was named for Fred Weibel.



Leitch Family

Peacock built a hotel and store there, it was called Harrisburg. The post office was established as Harrisburg but in 1885 it was changed to Warm Springs, 10 years later to Warm Springs (one word), and finally back to Warm Springs, the logical name. Finally Warm Springs became the name for the railroad depot, post office, village and the school.

Where Mission Boulevard joined Warm Springs Boulevard was sometimes called "The Junction" or the "Y." The 1947 Sesquicentennial Edition of the Washington News featured a photograph of the Junction Inn "at the 'Y' in Warm Springs where the two highways meet." It was no longer appropriate to call the crossing the "Y" after Mission Boulevard was extended toward Freeway 17.

Other roads were named for local pioneers. Grimmer Road was named for Dr. Elmo Grimmer, a physician who lived and practiced in Irvington. His son Chuck grew up to be a dentist practicing in Cen-

terville. Dr. J. Haley Durham was an Irvington dentist who served the community in many capacities.

Leitch Road was named for the family that lived and farmed there for several generations. Kato Road, sometimes marked Avenue, is a reminder of the family that lived and

farmed there for years. They survived the evacuation of Japanese Americans in 1942 and the death of their son, Joe, who was serving in World War II.

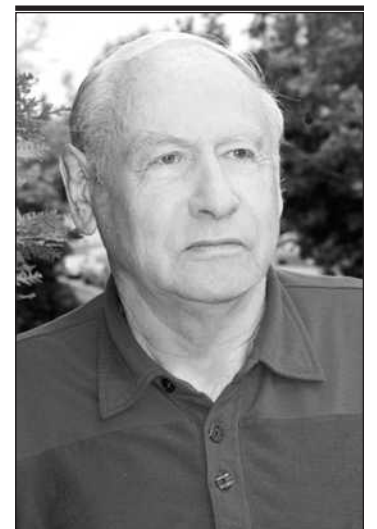
Curtner Road was named in honor of Henry Curtner who farmed here and eventually owned much of the land in the area. He employed recent immigrants and helped them get a start by farming on the slopes. The mansion he had built in 1876 still stands as a Warm Springs architectural and historical treasure in the City of Fremont.

Stanford Avenue leads to the site of the Warm Springs where the Stanford family lived on their prosperous country estate. Their home is gone, but California Historical Marker Number 642 marks the location of their historic vineyard and winery.

Several roads were named for pioneer family members. Scott Creek Road remembers Scott who farmed near Scott Creek. Others in this category include Warren and Cushing. Members of the Brown family were prominent merchants and commu-



Junction Inn



PHILIP HOLMES

PEEK INTO THE PAST

www.museumoflocalhistory.org

Photos courtesy of
 The Museum of Local History

Letter to the Editor

Race to the Top funds could be better used

My joy turned to disappointment, when I found out that our future grant is to buy lap tops or I-pads for each student. Although technology can be used to solve many of our current problems, it is not the panacea and more often than not only worsens a situation.

I see two underlying problems using technology this way in schools: students are unable to appreciate its value and, instead of stimulating their brains, it might just add to the distractions.

Even regular consumers, paying for goods, cannot see true value because of all the costs involved, externalized costs in particular (costs not totally absorbed according to “Story of Stuff”: pollution, outsourced jobs at different rates in different countries, subsidized transportation, waste, etc.); how can students see it? Recently, an email from an administrator, asked us to supervise our computer lab more closely, due to keyboard deterioration due to vandalism.

I am for technology when used wisely. There is plenty of information that can improve Foreign Language instruction with enough LCD projectors in every classroom. Cameras in cell phones are a good savings resource but nevertheless, students cannot follow a lesson if they decide to text, on and off, during entire periods.

Entertainment at home through electronics can be a good learning tool but it should not replace physical activity or problem solving on a regular basis. Has the objective of education turned into merely keeping up with entertainment?

Aren we using I-pads to seriously address the problem of updating huge textbooks or just as an aid to sell gadgets? The urgency of saving paper from textbooks pales in comparison to the trash created every school lunch with disposables. And the postal service intends to increase junk mail to survive!

At this pace, teachers will soon be unnecessary but, why wait? Since remote education can solve everything, we can eliminate schools altogether, and students will never have to leave home! Furthermore, let’s just go straight to the dystopian society from “The Matrix” because we are already bored with the one of “The Hunger Games.” Is there any hope?

School objectives need to be reevaluated. While there were scarce means of communication in the old days, a system of education had to be created to spread knowledge to the masses but, climate change now poses a major challenge leaving little or no viable alternatives for future generations if we continue “educating” them this way.

Our system of education needs to be reformed because students graduate from high school completely disconnected from the value of labor. Technology and theory are given too much prominence, removing the importance of production; this type of instruction increases the chasm between laborers and intellectuals.

Instead, everybody should be familiar with trades. We need to incorporate trades throughout all levels of education: toddlers and, kids from elementary school level, growing community gardens; mid school teens, cooking and preserving foods while raising small animals; high school students fabricating ceramics, clothing and shoe wear without electricity; community college students performing jobs within organic self sustaining farms, where “retired” senior citizens have the choice to reside and administer.

And finally, a natural breastfeeding program should be created. A nurturing and inviting space must be designed within day care centers, and law providing a six month break option dedicated to adapting the newborn and mother, in stages, to increasing separation if the mother returns to a full time job.

Not only newborn immune systems would benefit but, nutritional and emotional needs in mothers and babies could be met while partnering with other women in the same stage of life. Mothers can remain productive, aiding in the care of other infants within the same facilities. If women can be rescued from abusive environments, kids will have more opportunities to succeed in life.

Adriana Saavedra
Union City
“Every student, every trade”



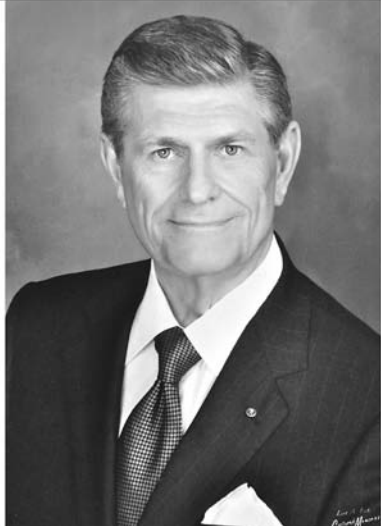
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SUBMITTED BY BEVERLY RYANS

The City of Newark is seeking residents, as well as individuals who work within the City of Newark, to participate in our eight week Citizen Police Academy. The next Academy is scheduled to begin on April 11, 2013 and will run through May 30, 2013. Classes meet on Thursday evenings from 5:30 p.m. to 9:00 p.m. at the City Administration Building located at 37101 Newark Boulevard.

This eight week academy is designed to provide participants with a “behind the scenes” look at local law enforcement and to promote a greater understanding and awareness of our role in the community. Police personnel will provide an overview of the department’s structure, services, and personnel, as well as offer students the opportunity to ask questions and discuss any specific public safety concerns they might have. Participants will also be given an opportunity to ride along with a police officer to experience first-hand the duties they perform on a daily basis.

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- Ride-a-long

Citizen Police Academy participants will be selected through an application process.

Applicants must:

- Have no prior felony or serious misdemeanor convictions.
- Be willing to have a background check completed.
- Have the ability to attend scheduled sessions.
- Be at least 21 years of age.
- Live or work in the City of Newark.
- Not be a prior Citizen Police Academy graduate

Those interested should complete and submit an application form, which is available online at www.newark.org, no later than February 28, 2013.

Don’t delay...space is limited!

For more information on the Newark Citizen Police Academy, please contact Beverly Ryans at (510) 578-4352 or beverly.ryans@newark.org.

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Internship opportunity

SUBMITTED BY MICHELLE TAN

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The purpose of the program is to:

- promote interest in transportation as a potential career;
- help students understand the role of transportation agencies in the community, county and region;
- provide skill-building and enrichment opportunities during all phases of the program; and
- provide assistance to our partner transportation agencies.

Interested tenth, eleventh, and twelfth grade students are invited to apply now.

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1. Complete online application.
2. Attach to the application a page that describes in your own words a transportation problem in your community and explains what you think could be done to resolve the matter.
3. Also attach one letter of recommendation from a teacher, principal, counselor, religious leader or employer (two letters are required if GPA is below 2.8).

Program requirements and information:

http://www.mtc.ca.gov/jobs/high_school/

Listing of the internship opportunities and application form:

<http://jobs.mtc.ca.gov/InternshipOpportunities/jobinternship.html>

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BUSINESS

Din of hammers, oil wells signal Bakersfield boom

By TRACIE CONE
ASSOCIATED PRESS

BAKERSFIELD, California (AP). For most of its existence, Bakersfield has inhabited that awkward in-between place. Not as sophisticated as Los Angeles, just over the Tehachapi Mountains to the south, not as wealthy as its longtime economic rival Fresno, equidistant to the north.

But as many communities continue to struggle economically, good things are happening in this place best known for endless oil fields and the "Bakersfield Sound" — a twangy style of steel guitar music made popular by hometown country crooners Buck Owens and Merle Haggard.

Bakersfield and surrounding Kern County find themselves in lofty positions on key national lists measuring economic vitality: No. 1 metro area for long-term private sector job growth, No. 1 county for construction gains and No. 1 large metro area for annual economic growth.

Cheap land, affordable housing, proximity to Los Angeles, a location that's within a three-hour drive of 90 percent of the state's population, and a planning department that doesn't throw up roadblocks are driving the region's economic revolution, business leaders say.

Caterpillar's new parts distribution center at the confluence of Interstate 5 and Highway 99, the state's two major north-south transportation arteries, went from handshake to grand opening last August in just eight months. It joined 35 other logistics centers near there such as Frito Lay, Ikea, Dollar General, Famous Footwear and Target, drawn to the county because it is a one-day turnaround for truckers delivering from San Francisco to San Diego.

The demand for industrial and office space has left Kern County with little inventory.

"Everything is moving," said David Wagner, contractor Wallace & Smith's superintendent on a 28,000-square-foot (2,600-square-meter) business complex that's now a skeleton of I-beams. "The developer already has tenants for this and it won't open until April."

The contractor just finished a 160,000-square-foot (14,900-square-meter) cold storage facility in Delano, a NASCAR-style racetrack and a regional blood bank. It has four apartment complexes under construction and will break ground in February on a minor league baseball stadium.

Electrician Bryce McCall wondered during the downturn whether he had chosen the right profession. Not anymore.

"My wife and I would discuss whether I would be better off going to the oil fields," he said as he drilled wiring conduits in a new garage at a new development. "Now the jobs are happening and we're starting to pick up."

There's such an active business climate that this fall the Kern County Economic Development Corporation and Bakersfield Californian newspaper bucked industry trends by launching a print paper, the Kern Business Journal, now on its second edition. A new east-west freeway through the middle of town is paved and close to opening.

Long reliant on agriculture and oil, there's diversity of industries emerging, with renewable energy and aerospace gaining a foothold.

At the Mojave Air and Space Port in southeast Kern County, Virgin Galactic's SpaceShipTwo preps for the day it will carry passengers into suborbital space, and Paul Allen's Stratolaunch Systems is building the world's largest aircraft — one that will carry rockets with commercial cargo and, eventually, passengers to the edge of space.

The wider, extended runway the company needs already was built. The space port complex has 400 acres (160 hectares) pre-approved for construction.

Despite the progress, hurdles remain. Unemployment in the county is 12.4 percent, down from 16.2 percent in December 2010 but still above the statewide average of 9.8 percent. And Bakersfield still is a hard sell for some.

Two years ago, State Farm consolidated its insurance centers in Rohnert Park in the Bay Area and Fresno into its Bakersfield office. The company expected that 35 percent of the Rohnert Park workers would take the transfer. After taking bus tours of the city with its vibrant downtown and tree-lined neighborhoods, 70 percent of the workers took the transfer.

"People come here and they say, 'Oh my God, there are amenities and people can speak full sentences.' It's the perception versus the reality," said Richard Chapman, president of the Kern County Economic Development Corporation.

Chapman said the area's workforce, while reliable, needs to be better educated and trained. Many young people tend to go away to college and not come back. "We have 100 job openings for welders, but companies aren't going to train you," Chapman said.

Bakersfield has boomed before — it saw huge population and economic growth when the economy surged in the late 1990s and into the early years of the new century. But it fell hard when the bottom dropped out of the housing market. Now, it's housing that's helping to make the city attractive again.

The median price of a three-bedroom home is \$130,000 — down from \$216,000 in 2007 — which makes the region appealing to employers looking to relocate.

It's also a cheap place to do business. In a recent analysis of the taxes and fees charged by 421 U.S. cities, the annual Kosmont-Rose Institute Cost of Doing Business Survey rated Bakersfield a "low cost" city for doing business. Los Angeles was rated "very high cost."

Much of the boom Bakersfield is enjoying is because high oil prices and new technology for extraction have revived the \$10 billion industry that seemed dried up 25 years ago when Kern County set out to diversify its economy and expand its tax base. Some estimates place up to 80 percent of California's oil under Kern County soil, with an estimated 12 billion barrels trapped in shale, the largest deposit of any county in the U.S. Today's \$100-a-barrel prices have inspired the innovation needed to extract it.

Chevron is expanding its offices, and other oil companies and related industries are eying land for development.

Kern County also has embraced 21st century energy by pre-zoning project areas for wind and solar. The value of wind energy projects is assessed at \$7.5 billion. Wind will generate 3,000 new Kern County jobs this year, the industry estimates.

Recently, philanthropist and retired oil executive Gene Voiland bought the Bakersfield Blaze, a Class A minor league farm team of the Cincinnati Reds. His stadium project is part of a new high-end shopping complex on the affluent west side of the city. PG&E is removing an antiquated oil-burning power-generating plant to clear 200 prime acres (80 hectares) for the project.

"I've moved here four times while I was in the oil business, and I'm retired here because I thought it was the best place I've ever lived," he said. "It's a good town. People do their jobs."

Calif. colleges see more money in Brown's budget

By TERENCE CHEA
ASSOCIATED PRESS

SAN FRANCISCO (AP). After years of difficult budget cuts, Gov. Jerry Brown is offering more money to California's public colleges and universities, but in return he wants them to hold down costs, expand online learning and stop raising tuition, which has increased sharply in recent years.

The Democratic governor released a 2013-2014 budget plan this week that for the first time in years increases funding for K-12 schools and higher education, thanks in part to voter approval of his Proposition 30 tax initiative, increasing sales and income taxes, in November.

College and university officials all welcome the increased funding and had no immediate plans to increase tuition.

The University of California and California State University systems would each receive an additional

\$250 million, which includes \$125 million promised for not raising tuition this academic year. California Community Colleges, which has 112 campuses, would get a \$197 million boost.

Brown proposed a plan to steadily increase funding for the three systems over the next four years, but only if they freeze fees at current levels, noting that UC and CSU tuition has nearly doubled over the past five years.

The governor said he plans to attend meetings of the UC Board of Regents and CSU Board of Trustees over the next two weeks to urge university administrators to spend within their means.

"The people in the university are going to have to find a way to do the same thing with fewer growing resources than they're used to," Brown told reporters Thursday. "Can we turn down this relentless increase in spending that is so much higher than the cost of living?"

Brown wants colleges and universities to expand the number of online courses they offer to reduce costs and allow more students to get the classes they need to graduate.

His budget plan calls for UC and CSU to each spend \$10 million to develop digital versions of high-demand courses — and \$17 million for the community college system to develop a "virtual campus" of 250 new online courses.

"Deploy your teaching resources more effectively," Brown said. "We want more kids to be able to get through school quicker."

Brown's budget proposes caps on the number of classes students can take at in-state tuition levels, a policy aimed at encouraging so-called super seniors to complete their degrees faster.

UC and CSU students would be limited to 270 quarter units or 180 semester units — 50 percent more than the minimums needed to graduate. Community college students would be limited to 90 units. Those thresholds would fall in subsequent years.

Although Brown isn't offering as much as they asked for, college leaders said they're pleased his budget would begin to reverse years of cuts that have led to steep tuition hikes, reduced enrollment and reductions to academic programs.

UC officials noted the 10-campus system currently receives about \$1 billion less — about 30 percent — in state funding than it received five years ago. Tuition increases only made up 38 percent of that shortfall, with the rest covered by spending cuts, restructuring operations, fundraising and other revenue sources, said Patrick Lenz, UC's vice president for budget and capital resources.

"We share Gov. Brown's interest in stabilizing tuition, and will explore every opportunity to do so," but the university must also maintain the quality of its education, research and health care programs, Lenz said.

CSU Chancellor Timothy White said the governor's budget "heads us in the right direction," but he noted

continued on page 23





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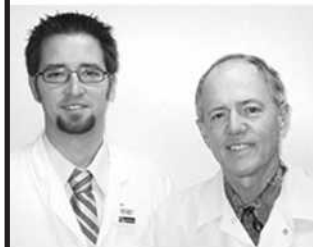
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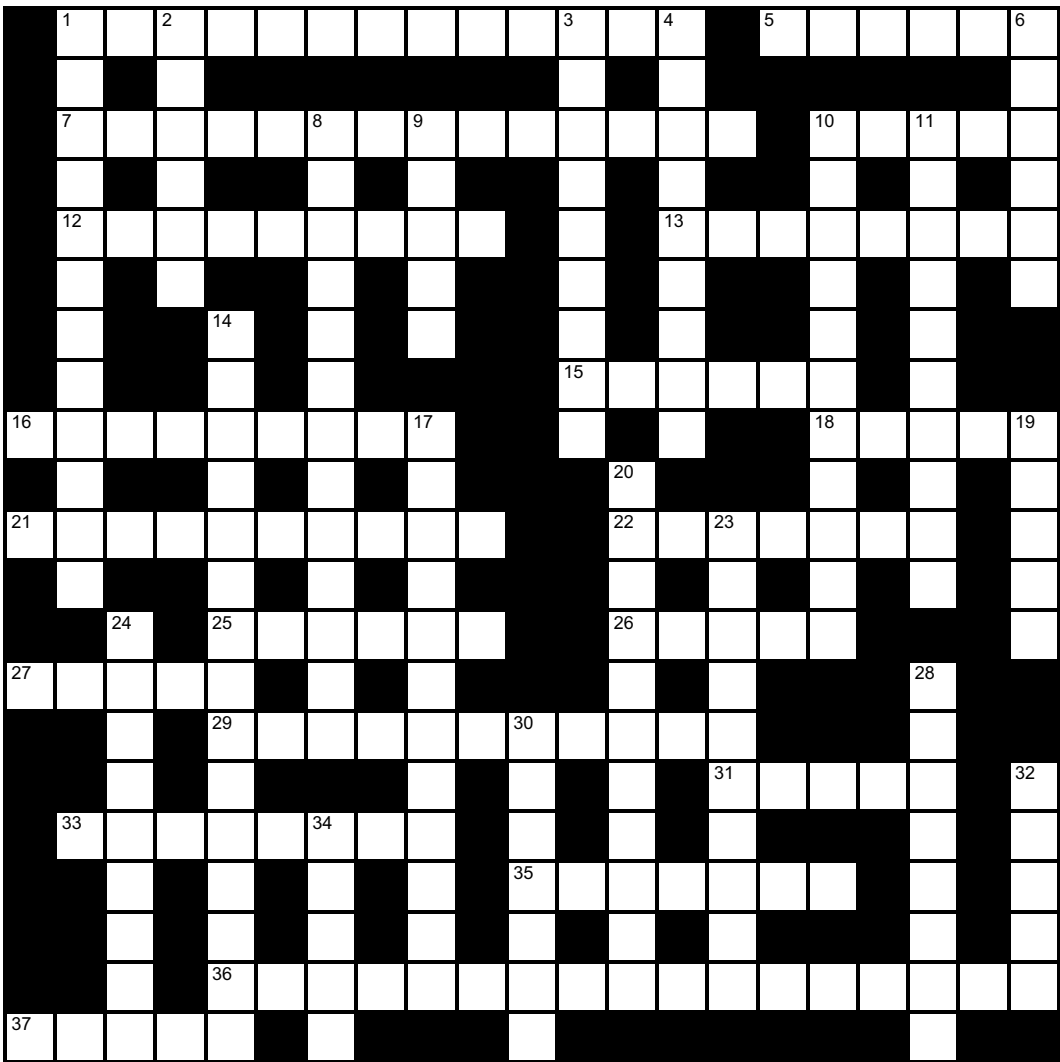
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Mind Twisters

Crossword Puzzle

B 198



Across

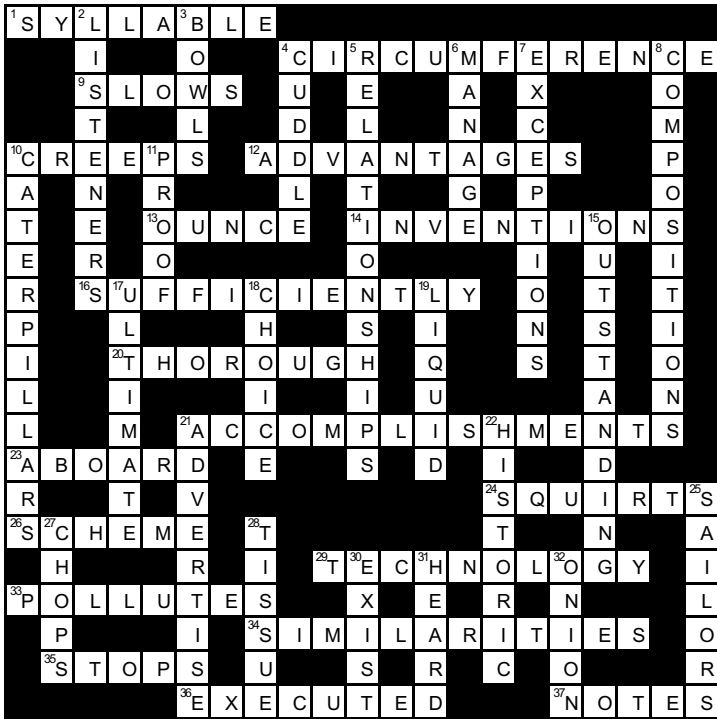
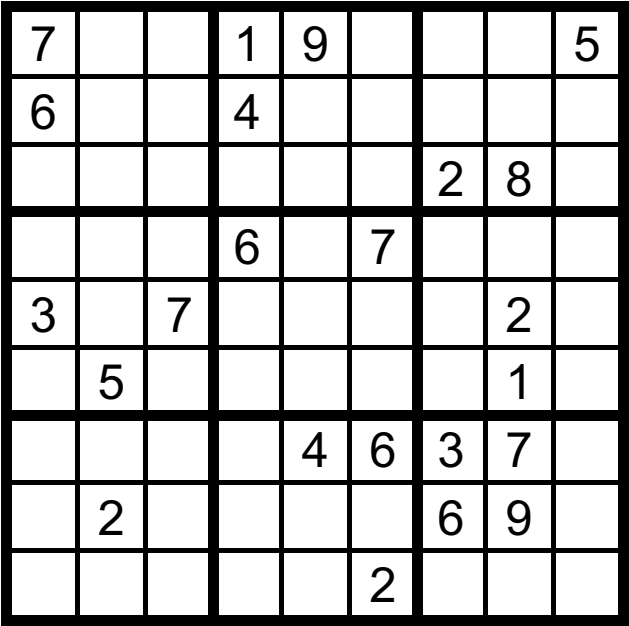
- 1 Possibilities that can help someone grow (13)
- 5 Verse (6)
- 7 Dejection at something not turning out the way it should (14)
- 10 Groups of wolves (5)
- 12 Go with (9)
- 13 Funny (8)
- 15 Make fit (6)
- 16 Making something relative to another (9)
- 18 Bring up the rear (5)
- 21 Operated by machinery (10)
- 22 Gather (7)
- 25 In three parts (6)
- 26 Positions in a hierarchy (5)
- 27 Openings of a chamber (5)
- 29 Places to eat (11)
- 31 Accept (5)
- 33 Song holder (8)
- 35 Therefore (7)
- 36 Where Santa leaves the gifts (9,8)
- 37 Duties (5)

Down

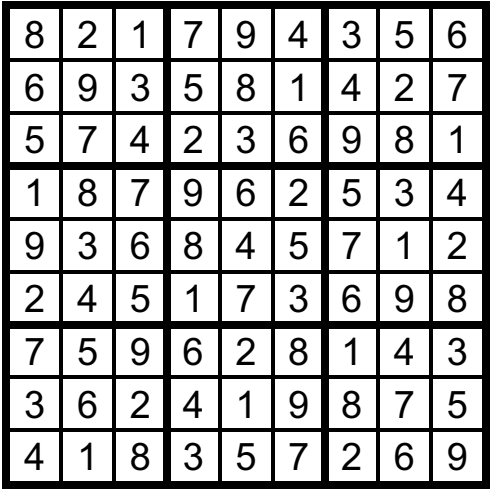
- 1 Fuddy-duddy (3-9)
- 2 Symbol of hotness (6)
- 3 Without any delay (9)
- 4 Not natural in case of fibres (9)
- 6 Back up (6)
- 8 Spectrum of things that can happen (13)
- 9 The Dow, e.g. (5)
- 10 Ratios (11)
- 11 Kids and adults love to eat them (10)
- 14 Features (15)
- 17 Parents' parents (12)
- 19 Finger ____ (5)
- 20 People who make a scientific study of celestial bodies (11)
- 23 Crime and ____ (10)
- 24 Letters that make words (9)
- 28 Fantastic (8)
- 30 Beats in music (7)
- 32 "Nothing ____!" (5)
- 34 Eye drops (5)

Sudoku:

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



B 197



Tri-City Stargazer JANUARY 30 – FEBRUARY 5, 2013 BY VIVIAN CAROL

For All Signs: Jupiter, the largest planet in our solar system, turns direct on Jan. 30 after a four month period of retrograde motion. He is known as Zeus to the ancients, father figure to the others, and his better side symbolizes human expansiveness and spiritual wisdom. His negative qualities are ostentation, pomposity and expansion without discipline or roots. During his retrograde periods, promises and expectations are often too optimistic and fall short of the mark. When he is direct, as he will be through next October, projected hopes are more likely to come to fruition.

Aries the Ram (March 21-April 20): Now is the time to consider letting go of something or someone who is like a bag of concrete. Over the next six weeks life will work more smoothly if you let yourself be led by the "signs," circumstances, and people around you. It is not a time to attack in anger or initiate new ideas, but to respond to what comes your way.

Taurus the Bull (April 21-May 20): For the next 3.5 weeks your activities are on display. Others are noticing your performance, so make it great. You may be standing in the limelight. Do the best you can to cooperate with the Powers that Be in your life because they are stronger than you.

Gemini the Twins (May 21-June 20): During the first half of the week, your frame of mind is expansive and optimistic. Later it shifts toward the need to concentrate your mental power. The Twins are often rolling from one side to the other, changing perspectives on a dime. Avoid obsessing. Move your body.

Cancer the Crab (June 21-July 21): At present your rational mind tells you one set of facts

while the heart/instincts are in another camp altogether. Take your conflict to a higher place - not one of "either/or" but "both/and." A larger perspective would satisfy both ends of the equation. The result will be truly creative.

Leo the Lion (July 22-Aug 22): In late Oct. An issue concerning aging of property or elderly family members came to your attention. It is possible that you procrastinated, perhaps hoping it would go away. Now it is once again in front of you and something must be done. Rest assured that it won't go away.

Virgo the Virgin (August 23-September 22): You have concerns over a child, a lover, or a neighbor. Beware of the Critic, whether it is directed inwardly or outwardly. He may be in fine form this week. Focus on something that is totally neutral. Walk the dog. Wash dishes. Move your body in order to shift away from negative thoughts.

Libra the Scales (September 23-October 22): Venus, your ruling planet, moves into the sector of life related to children, recreation,

and romance for the next 3.5 weeks. The goddess of love is happy in this territory and often brings new energy and light wherever she goes. Your opportunities to share your love, whether personal or humanistic, will be rewarding.

Scorpio the Scorpion (October 23-November 21): Relationships are intense and complicated. It is time to bring closure to a project or a person who requires too much attention and effort. Use special caution if a new lover enters your life at this time. There is something deceptive about the relationship. The "ideal" may not be real.

Sagittarius the Archer (November 22-December 21): Give special attention to the lead paragraph because Jupiter is your planetary ruler. Now that it is turning direct in your partnership house, your decisions concerning relationships will be much easier. The next few months may bring a beneficial business partnership, more clientele, or a deeper commitment.

Capricorn the Goat (December 22-January 19): A new plan that

formed in your mind in October is arriving at a turning point. This is a time in which you are challenged to pour more resources into the plan or let it go. You have fantasies about returning to safety, but you know you cannot. This is one small hurdle that may look bigger than it is.

Aquarius the Water Bearer (January 20-February 18): Venus has entered your sign this week and will be traveling "with you" through February 26th. Her presence gives you an air of poise and people will simply like how you look. You may become interested in making improvements in how you are seen.

Pisces the Fish (February 19-March 20): Both Mercury and Mars enter your sign this week. Prepare for six weeks of increased activity in your daily life. It is time to identify your boundaries. Pay careful attention to signs of burnout, such as irritability, infection, and unusual fatigue. If these occur, make new assessments of how much you will and will not do.

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continued from page 1

Chinese New Year International Festival

Feb 28, from 10 a.m. to 3 p.m., Monday-Friday and weekends from noon - 4 p.m. School tours require prior registration, and admission is free.

The Chinese Restaurant Foundation is a non-profit organization, whose main goals are to promote Chinese and American culinary interactions, with an emphasis on increasing the understanding of Chinese culture in Northern America and helping spread the influence of Chinese cuisine across the culinary realm.

For more information, contact the Chinese Restaurant Foundation at (510) 797-0808 or Info@ChineseRestaurantFoundation.org.

Chinese New Year International Festival

Friday, Feb 1 – Thursday, Feb 28

10 a.m. to 3 p.m. (Mon-Fri)

12 Noon - 4 p.m., Weekends

(except Saturdays, Feb 9 & 16)

Chinese Restaurant Foundation

8407 Central Ave., Newark

(510) 797-0808

www.chineserestaurantfoundation.org

Additional Tri-City Chinese

New Year Celebrations:

Chinese New Year Celebration

Saturday, Feb 9

Celebrate the Year of the Snake with members of the Citizens For a Better Community, South Bay

Chinese Club and Association of Northern California Chinese Schools.

1 p.m. – 2 p.m.

Fukaya Room

Martial arts demonstration, dance, music, story telling.

1 p.m. – 4 p.m.

Crafts and Traditional Art demonstrations -

Children's Area

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1421

www.aclibrary.org

Lunar New Year Dinner

Sunday, Feb 24

6 p.m.

Chinese New Year dinner, entertainment and raffle. Call for reservations

Mayflower Restaurant

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(510) 266-3504

www.FunRotary.com



Guest Artist Demonstrates Collage

SUBMITTED BY SACHIE JOHNS

For details, call The FAA Gallery/Centre at (510) 792-0905 or visit: www.FremontArtAssociation.org.

Prominent and award-winning local artist/teacher Grace Rankin will be The Fremont Art Association's February Guest Artist. Rankin will discuss and demonstrate the versatile use of torn paper collage: accenting a watercolor painting, to "fixing" a failed piece, or as your primary medium. The event will be held Wednesday, February 6 from 7 p.m. to 9 p.m. at The Fremont Art Association Centre/Gallery in Niles-Fremont. This fun and informative event is free and the public is welcome to attend.

Rankin's recent collage piece "Charlie" was a winner in an F&W Media Mixed Media competition, which will be published in a new North Light book, "Incite: Dreams Realized," available in September 2013.

Grace Rankin is primarily a self-taught multimedia artist with a current focus in watercolor and mixed media/collage. Rankin has studied design and collage and portraiture with nationally recognized artists Gerald Brommer, Mike Bailey, and Ted Nuttall. The artist has been teaching watercolor for the past 25 years, both on location and in the studio. She also teaches in Europe and on cruise ships periodically. She is a signature member of Society of Western Artists and Alliance of California Artists and is a long time member of the FAA and the gallery. Her art works have been exhibited in many prominent public facilities in the region. Collectors of her art include Clint Eastwood.

Guest Artist Demo

Wednesday, Feb 6

7 p.m. – 9 p.m.

The Fremont Art Centre/Gallery

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(510) 792-0905

www.FremontArtAssociatin.org

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SHORTY GARCIA PARK

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2:30-4:00pm: U11 Girls (DOB: 8/01/02-7/31/03)
4:00-5:30pm: U12 Girls (DOB: 8/01/01-7/31/02)
4:00-5:30pm: U13 Boys (DOB: 8/01/00-7/31/01)



SUNDAY FEBRUARY 10

ACCINELLI PARK

9:00-10:30am: U9 Girls /Boys (8/01/04-7/31/05)
11:00-12:30pm: U10 Boys (DOB: 8/01/03-7/31/04)
11:00-12:30pm: U11 Boys (DOB: 8/01/02-7/31/03)
1:00-2:30pm: U12 Boys (DOB: 8/01/01-7/31/02)
1:00-2:30pm: U13 Girls (DOB: 8/01/00-7/31/01)
2:30-4:00pm: U14 Girls (DOB: 8/01/99-7/31/00)

*Age groups are based on 2013/14 age matrix



PLEASE REGISTER ALL PLAYERS ON LINE AT OUR CLUB WEBSITE, PRIOR TO THE TRYOUT DATE.

www.UCPREMIER.org

For questions, contact Competitive Program Director Victor Juarez at doc@ucpremier.org

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Career and Community Resource Fair

SUBMITTED BY NINA MOORE

The Fremont Chamber of Commerce is pleased to present its third annual Career and Community Resource Fair on Friday, February 1st at the Fremont Adult School. This event is a job fair and community resource fair rolled into one, aimed at helping individuals who are job-hunting, interested in starting their own business, seeking to update or expand their skills, or interested in local resources that can help those in transition. Additionally, this year the fair will provide information to local businesses interested in opportunities available through the BART extension to San Jose project.

Local employers who are hiring will be on site to explain their job opportunities and accept resumes. Educational institutions that provide training programs for those seeking to develop new technical skills or transition careers will be on hand to provide information about their programs, along with local service providers who provide health care, housing referrals and other support services to individuals and families in need. Workshops providing information on the latest job-search strategies, financial tips during times of transition, and how-to information and considerations about starting a business are also scheduled.

This year, we are very pleased to announce Skanska-Shimmick-Herzog (SSH) as the presenting sponsor of the 2013 Career and Community Resource Fair. Skanska-Shimmick-Herzog is the joint venture firm awarded the contract to build the 10-mile BART extension from Warm Springs to Berryessa Road in San Jose by the Valley Transportation Authority (VTA). They are expected to engage over \$100 million of work for women and minority owned businesses that are California Disadvantaged Business Enterprise (DBE) certified. As a key contributor to such an important local infrastructure project, SSH believes it has an obligation to reach out to local businesses with the intent to engage a substantial number of such

entities for key components of the project. They are delighted to be partnering with the Fremont Chamber of Commerce in furthering their outreach efforts to local businesses, and will be at the Fair to provide further information about the opportunities available.

Additional services available during the Fair include one-on-one resume review (provided by One Stop Career Center and other local HR professionals) and

one-on-one business start-up counseling (provided by SCORE counselors and small business owners).

Appointments are suggested for resume reviews and business start-up counseling to ensure that those interested will be able to be seen. Walk-ins will be taken only if available time slots remain. Interested parties should contact Nina Moore at the Fremont Chamber of Commerce: (510) 795-2244.

A complete list of recruiters, educational and service providers who will be available at the fair can be found at www.fremontbusiness.com.

Check the Chamber website (www.fremontbusiness.com) for confirmed times of workshops.

- Starting a Business**
9 a.m. – 10:30 a.m.
- Successful Interviews Workshop**
9:00 a.m. – 10 a.m.
- Can your Credit Report Cost You a Job?**
9:00 a.m. – 10 a.m.
- Fast Track to Having a Business: Selecting a Network Marketing Company**
10:15 a.m. – 11:15 a.m.
- Using LinkedIn as a Job Search Strategy?**
10:15 a.m. – 11:15 a.m.
- Successful Business Plans**
10:45 a.m. – 12:15 p.m.
- How to Keep Your Financial Boat Afloat During Career Transition**
11:30 a.m. – 12:30 a.m.
- The Interview is Over: Now What?**
11:30 a.m. – Noon

Career and Community Resource Fair
Friday, Feb 1
8:30 a.m. – 12:30 p.m.
Fremont Adult School
4700 Calaveras Ave, Fremont
(510) 795-2244
www.fremontbusiness.com

Fremont police recruiting teens for Explorer Post

SUBMITTED BY FREMONT PD

The Fremont Police Department is currently accepting applications for our teen Explorer Program. The Explorer Program is a fun and safe way for teenagers to learn more about the field of law enforcement and get community service hours. Explorers donate between 5-20 volunteer hours each month by participating in a number of department activities including; ride-a-longs, traffic control, building tours and special events. All new Explorers are required to attend a one-week Explorer Academy in southern California during their first year.

If you are between the ages of 14 - 18 and think that you might be interested in learning more about becoming a Police Explorer or having a future career in law enforcement, please visit the Department's Explorer Volunteer web-page at <http://www.fremontpolice.org/Explorers>

Applications will be accepted through February 8, 2013.



Whole Foods Market® breaks ground for Fremont store

SUBMITTED BY NINA MOORE

The Fremont Chamber of Commerce and property owner Robson Homes hosted a groundbreaking ceremony for the new Whole Foods Market, to be built on the Northwest corner of Mowry Avenue and Paseo Padre Parkway, on Friday, January 25.

Construction of the 52,000-square-foot Whole Foods Market and retail development was approved by Fremont City Council in July 2012. The grading permit was issued in October 2012. Whole Foods Market is expected to open in late 2013.

Whole Foods Market has been long-awaited and reflects

the city's changing demographics. "The addition of Whole Foods Market validates Fremont's attractive environment for lifestyle retail, and will serve as an anchor for Fremont's new Downtown," said Bill Harrison, Mayor of Fremont.

"The Fremont Chamber of Commerce is delighted and encouraged to see this type of economic development in Fremont," said Cindy Bonior, Fremont Chamber of Commerce. "We know that Fremont residents have long expressed a desire to have a Whole Foods Market in our community and we are sure that it will be a draw for the region as well."

Mark Robson, CEO of Robson Homes, added "Whole Foods Market not only offers high-quality natural and or-

ganic foods, but also will serve as a catalyst for other great retailers to come to the community."

"We are thrilled to soon be a part of the wonderful Fremont community," said Rob Twyman, Whole Foods Market Regional President, Northern California and Reno Region. "We are looking forward to working with the city and its residents during the coming months to both build a great store and to connect with and support this community via our various community partnership programs."

More information on Downtown Fremont can be found at: www.Fremont.gov/Downtown



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- Five-course dinner featuring seafood selections, filet mignon and lobster entrée and a rich chocolate dessert
- Léal Vineyards award-winning wines paired with each course
- 6:30 p.m. reception, 7:00 p.m. dinner
- \$80 per person, plus tax and gratuity

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For More Information and Tickets:
Contact **Linda Ashley** - Newark Chamber of Commerce -
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sitricities.org to order your tickets online.
Sponsorships Available from \$100 – \$1,000

"Voyages in Watercolor" exhibit

SUBMITTED BY PATTY O'ROURKE

Local award-winning artist, teacher, community supporter, and cruise line art instructor Jan Schafir invites you to a sensational art exhibit, reception, and book signing of her newly published art book, "Voyages in Watercolor." Original paintings on display reflect the creations by the artist while adventuring as a cruise line art instructor and are available for purchase at special values while on exhibit from February 1 – 28.

"About six years ago, I saw an ad in an art magazine looking for watercolor teacher on cruise ships and applied for it and was accepted. I had cruised for many years on my own sketching and painting, and thought this would be the ideal opportunity to use my skills and travel at the same time," says Schafir. "Since that time, I have traveled on all the Cunard 'Queen' ships, QE2, Queen Mary, Queen Elizabeth, and the Queen Victoria as well as the Celebrity Ships to Alaska. I taught the passengers how to paint scenes



from the ports of call the ship would be stopping at on that particular cruise, giving each one, one of their own 'souvenirs' to take home with them."

Schafir's classes were a huge success with the passengers, cruise ships, and her placement bureau, resulting in the organization of an exhibit with over thirty paintings created on her voyages all over the world, as well as the publication of an art book titled "Voyages in Watercolor."

"This journey along with my teaching here in Fremont has been one of the highlights of my professional career, and this show is the culmination of my efforts thus far," says Schafir. "I will never stop paint-

ing or teaching my students who have become my close friends and enrich my life."

A celebration of these collectible watercolor treasures beckons at a reception and book signing on Sunday, February 10 with music performed by Jules Goldberg, great refreshments, and very special values. Matted Giclée art prints will be available the day of the reception at special pricing, and Schafir's book "Voyages in Watercolor" will be available for purchase

at the show as well as on www.blurb.com and the artist's own website, www.jansartstudios.com.

For more information, contact (510) 409-2836

Voyages in Watercolor Exhibit
Feb 1 - 28

Monday - Friday: 5 a.m. - 9 p.m.
Saturday and Sunday: 6 a.m. - 9 p.m.

Art Reception & Book Signing:
Sunday, February 10
3 p.m. – 5 p.m.
Mission Coffee

151 Washington Blvd., Fremont
(510) 409-2836



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



Continuing Events

Monday, Dec 11- Friday, Feb 1
Ten Women's Perspectives
9 a.m. - 5 p.m.
Work from the women artists of Watercolor Connections
Hayward City Hall
777 B St., Hayward
(510) 538-2787
www.haywardarts.org

Saturday, Dec 14 - Sunday, Mar 3
Strolling Art by Rick Boreliz
10 a.m. - 5 p.m.
Carved walking sticks reflect endemic wildlife & indigenous art motifs
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270

Monday, Dec 18 - Friday, Jan 30
Original Artwork by Jan Schafir
11 a.m. - 2 p.m.
Displays by Jan's art studio
Fremont Cultural Arts Council
3375 Country Drive, Fremont
(510) 794-7166

Monday, Jan 1 thru Sunday, Jan 30
The Boulevard Artists
6 a.m. - 9 p.m.
Exhibit of works by local artists
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Thursday, Jan 10 - Saturday, Feb 2
Retrospectacle - Multimedia Exhibition
12 noon - 5 p.m.
Works by local artist Matt Ritchie
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Fridays, Jan 11 thru Feb 22
Domestic Violence Counselor Training - R
9:30 a.m. - 4:30 p.m.
Volunteer counselor training. 40 hours must be completed
Safe Alternatives to Violent Environments - SAVE
1900 Mowry Ave, Fremont
(510) 574-2254 www.save-dv.org

Mondays, Jan 14 thru Feb 25
Monday Painting Classes \$
1 p.m. - 4 p.m.
Demos & gentle critiques, all mediums welcome
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.fremontartassociation.org

Arts & Entertainment

Thursday, Jan 24 - Saturday, Feb 23
Mural Hayward
10 a.m. - 4 p.m.
Seven muralists share their art & process
Foothill Arts of the Bay
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Monday, Jan 29 - Thursday, Mar 15
Life of Sculpture
8 a.m. - 6 p.m.
Inspired by Jan Beran
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3409

Saturdays, Feb 2 thru Mar 23
Children's Theater Classes \$R
10 a.m. - 11 a.m.
Presented by Boldly Me. Ages 14 & under
Centerville Presbyterian Church
4360 Central Ave., Fremont
(408) 768-9257
www.boldlyme.org

Tuesday, Jan 29
Weekday Bird Walk
7:30 a.m. - 9:30 a.m.
Discover bird life on a tranquil trail walk
Garin Regional Park
1320 Garin Ave., Hayward
(510) 582-2206
www.ebparksonline.org

Tuesday, Jan 29
Write Your Story
1 p.m. - 3 p.m.
Learn to organize your thoughts, edit, & start writing
Union City Branch Library
34007 Alvarado Niles Rd., Union City
(510) 745-1464

Tuesday, Jan 29
East Bay Jazzinators Concert
7:00 p.m. - 8:30 p.m.
Youth band performs jazz classics
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Tuesday, Jan 29
Cribbage Club
6:30 p.m.
Beginner's night
Round Table Pizza Centerville
37480 Fremont Blvd, Fremont
(510) 793-9393

Wednesday, Jan 30
"Coffee with the Cops"
8 a.m. - 9 a.m.
Meet Chief of Policy Richard Lucero & his staff
Suju's Coffee (new location)
4949 Stevenson Blvd., Fremont
(510) 790-6740

Friday, Feb 1
Career and Community Resource Fair
8:30 a.m. - 12 noon
Workshops & exhibits
Fremont Adult School - Community Center
4700 Calaveras Ave., Fremont
(510) 794-2538

Friday, Feb 1
Comedy Night \$
7 p.m.
Featuring Mark G and Bob Johnston
Newark-Fremont Hilton Hotel
39900 Balentine Dr., Newark
(510) 744-1000

Friday, Feb 1
American Red Cross Blood Drive - R
11:30 a.m. - 4:30 p.m.
Schedule an appointment. Use sponsor code: KAISERUNION
Kaiser
3555 Whipple Road, Union City

Saturday, Feb 2
VITA Tax Services
1 p.m. - 4 p.m.
Trained volunteers prepare taxes for households earning less than \$50,000
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Saturday, Feb 2
"Write to Read" Volunteer Tutor Training - R
10 a.m. - 5 p.m.
Learn to become an adult literacy volunteer
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 745-1573

HAYWARD AREA HISTORICAL SOCIETY

HISTORY AROUND TOWN

THE BLACK MIDDLE CLASS: SOCIAL MOBILITY - AND VULNERABILITY

Palma Ceia Baptist Church
28605 Ruus Road, Hayward
Saturday, February 2, 5pm

The American middle class is in peril, particularly the African-American middle class. Join CSUEB professor Benjamin P. Bowser in our 4th Annual Black History Month program, as he examines the historic context for this situation, and outlines the issues, threats and questions surrounding a new, still developing middle class, and the role African-Americans will play. In partnership with the Women's Ministry of Palma Ceia Baptist Church and the South Bay Area Chapter of the LINKS, Inc.

HAYWARDAREAHISTORY.ORG 510-581-0223

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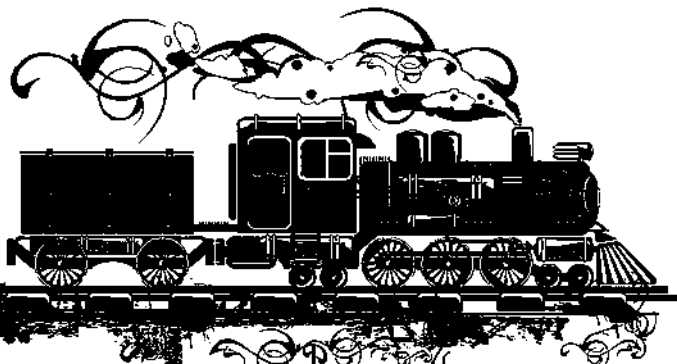
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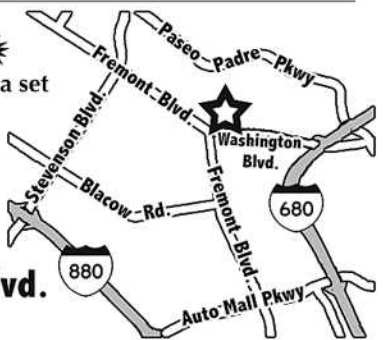
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**6170 Thornton Ave.,
Suite 1, Newark**

Saturday, Feb 2

Black History Month Program

5 p.m.

Discussion of social mobility & vulnerability of the black middle class

Palma Ceia Baptist Church

28605 Ruus Rd., Hayward

(510) 581-0223

Saturday, Feb 2

Beautiful Butterflies \$

11 a.m. - 12 noon

Make a butterfly from clothespins & tissue paper

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

Saturday, Feb 2

Changes in the Butterfly Grove \$

2 p.m. - 3 p.m.

Stroll out to the eucalyptus grove & visit the monarch butterflies

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

Saturday, Feb 2

Mary Pickford Night \$

7:30 p.m.

Selection of the short films of Mary Pickford

Niles Essanay Theater

37417 Niles Blvd, Fremont

(510) 494-1411

www.nilesfilmmuseum.org

Saturday, Feb 2

Meet a Working Robot

2 p.m.

Watch a demonstration & learn how to build a robot

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1400

Saturday, Feb 2

Bird Walk

2 p.m. - 3 p.m.

Learn about migration & habitat. Meet at Isherwood staging area

Quarry Lakes

2250 Isherwood Way, Fremont

(510) 795-4895

Saturday, Feb 2

Family Nature Hour

2 p.m. - 3 p.m.

Stories, games & activities for all ages

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

Saturday, Feb 2

Willie Davenport Olympian Track and Field Clinic \$R

8 a.m. - 4 p.m.

Meet Olympians, work with clinicians at various track & field stations

James Logan High School

1800 H St., Union City

(510) 304-7172

www.logantrackandfield.com

Saturday, Feb 2

Pick Up a Free Reusable Bag and a New Habit

9 a.m. - 12 noon

Bag giveaway to reduce pollution

Hayward City Hall

777 B St., Hayward

(510) 208-0410

www.cleanwaterprogram.org

Saturday, Feb 2

Water: California's Gold 2013 \$

9 a.m. - 2 p.m.

Learn about the importance of water in California

First Unitarian Church of

Oakland

685 14th Street, Oakland

Saturday, Feb 2

E-Waste School Fundraiser

9 a.m. - 2 p.m.

Drop off old electronics. No fee

Warwick Elementary School

3375 Warwick Rd., Fremont

(510) 733-1189

Sunday, Feb 3

Celebrating the Arts in a Salute to Youth \$

1 p.m.

Student Jazz Band, Choral groups, dancers & vocalists

MacGregor/Bridgepoint School

Auditorium

35653 Cedar Blvd., Newark

(510) 793-5683

www.loved.org

Sunday, Feb 3

California Western Monarch Day \$

11 a.m. - 2 p.m.

Learn about our state insect the monarch butterfly

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

Sunday, Feb 3

Kean \$

3:30 p.m.

Dramatization on the later life of British actor Edmund Kean

Niles Essanay Theater

37417 Niles Blvd, Fremont

(510) 494-1411

www.nilesfilmmuseum.org

Monday, Feb 4

Animal Time for Kids \$

11:45 a.m.

Feed guinea pigs, ducks & hamsters. Ages 1 - 3

Sulphur Creek Nature Center

1801 D. St., Hayward

(510) 881-6747

Tuesday, Feb 5

Update on Diabetes for Women

1 p.m. - 3 p.m.

Presentation by Dr. Archana Bindra, Endocrinologist

St. James Episcopal Church

37051 Cabrillo Terrace, Fremont

(510) 797-1492

Transportation focus group

SUBMITTED BY BETTY DEFOREST

On Thursday, February 7, 2013 South Hayward Parish, in cooperation with the Metropolitan Transportation Commission (MTC), will host a focus group of community leaders to review the MTC's long-range transportation plan for the nine-county Bay Area.

Attendees will have the opportunity to make comments and suggestions and be a voice for the community. The focus group will meet at the Westminster Outreach Center, 27287 Patrick Avenue, Hayward at 7:00 p.m. An overview of

Plan Bay Area will be presented by MTC staff. Light refreshments will be served beginning at 6:30 p.m.

This will be the only focus group in Southern Alameda County. Space is limited. Please RSVP to deforest-betty@hotmail.com as soon as possible.

Metropolitan Transportation Commission Focus Group

Thursday, Feb 7

6:30 p.m.

**Westminster Outreach Center
27287 Patrick Avenue, Hayward**

(510) 782-5495

deforestbetty@hotmail.com

Smith Center Presents! ★ SEASON OF THE ARTS

CLASSICAL PIANO

Gwendolyn Mok
FEBRUARY 9 Sat at 8pm

World-renowned concert pianist and recording artist Gwendolyn Mok will perform an exciting classical music program featuring music of Brahms and Ravel. Mok will perform select pieces on her rare, Paris-built 1875 Erard piano, the brand owned and played by Ravel.

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San Jose Mercury News

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Smith Center Box Office
510 659 6031



SMITHCENTER.COM

FREMONT GIRLS SOFTBALL ASSOCIATION

**Early Registration
for 2013 Season
Girls Ages 5-18**

Saturday, February 2

Time: 10:00 am to 2:00 pm

Where: Irvington Community Center and Los Cerritos Community Center

Fee: \$125.00 per player (with optional \$50.00 Fundraising buy-out)

For more information, visit our website at www.fgsa.org



Niles honors Mary Pickford

SUBMITTED BY NILES ESSANAY SILENT FILM MUSEUM

The Library of Congress and the Niles Essanay Silent Film Museum present a special night devoted to a special lady: Mary Pickford - actress, film maker, and earth shaker.

On Saturday, February 2, we celebrate Mary Pickford at the beginning of her career with a selection of her Biograph and IMP films in 35mm prints from the Library of Congress. (Bruce Loeb will be at the piano.) Christel Schmidt will be on hand to talk about the films and autograph her book, "Mary Pickford: Queen of the Movies."

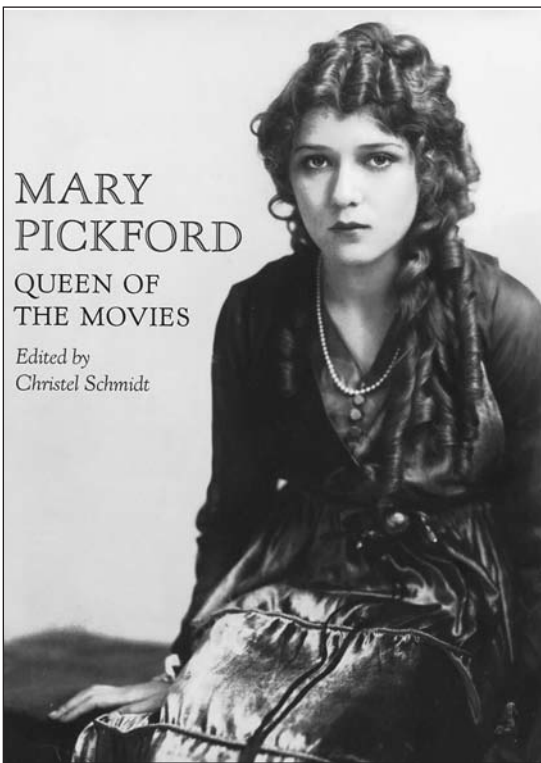
Scheduled films include three from 1909: "Sweet and Twenty," "They Would Elope," and "Trick That Failed"; 1910's "Simple Charity"; "The Dream, Sweet Memories" from 1911; and 1912's "The Informer" and The School Teacher and the Waif." (Films may change if unavailable.)

This program is held in conjunction with the Smith Rafael Film Center and the Roxie Theater in San Francisco, and all branches of Books, Inc.

Tickets are \$6 for members and \$8 for non-members, and are available through PayPal at www.nilesfilmmuseum.org.

Mary Pickford Night
Saturday, Feb 2
7:30 p.m.

Niles Essanay Silent Film Museum



Edison Theater
37417 Niles Blvd., Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Tickets: \$6 members, \$8 non-members



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for 10% Discount
One Coupon/Discount Per Visit
Cannot combine discounts

Progressive Oil Painting Classes

SUBMITTED BY
SACHIE JOHNS

Award-winning artist/illustrator Christopher Walsh, noted for outstanding detail, will reveal his trade secrets to create fabulous paintings on Thursdays starting February 7 from 2 p.m. to 4 p.m. at The Fremont Art Centre/Gallery in Niles-Fremont.

The classes will consist of hands-on learning that is clear, concise, and fun. There will be painting outdoors, weather permitting. At the end of these progressive painting classes, you will complete a painting you can be proud of. The fee is \$35 per session. Bring your basic oil painting supplies, including a canvas. A list of optional art supplies will be provided to those who register.

Feb. 7 & 21: Still life using live props for beginners. A tour of his studio is included in this first class. 2 p.m. – 4 p.m.

Feb. 14 & 28:
Landscape/Seascape for advanced painters.
2 p.m. – 4 p.m.

Christopher J. Walsh began painting at a young age. Born and raised in Long Island, New York, he came to California after graduating high school and attended junior college studying commercial art while oil painting on the side. After working as a technical illustrator in the aerospace industry and designing "part identifier manuals" for semi-conductor industries, he quickly gained a reputation for outstanding detail, a trait that is evident in his paintings. An award-winning artist with "Best of Show" earnings to his credit, his subjects are technically inspired: nautical, architecture, aviation, and automotive portrayals. His art works are now being exhibited in multiple of galleries throughout the Bay Area. A resident of Niles, Walsh is an on-site

artist at the Smith's Cottage - Thomas Kinkade signature gallery in Niles. To view the artist's works, visit: chriswalshartist.com or tour the Smith's Cottage Gallery.

To register, please call the FAA Centre/Gallery at (510) 792-0905 or visit fremontartassociation.org. For questions regarding supplies and others, contact Christopher Walsh at (510) 402-9220 or e-mail pittss2b2003@yahoo.com.

Progressive Oil Painting Classes
Thursdays in February
Thursdays: Feb. 7 & 21 for beginners
Thursdays: Feb. 14 & 28 for advanced
2 p.m. – 4 p.m.
The Fremont Art Centre/Gallery
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org
Fee: \$35 per session

BOOKMOBILE SCHEDULE

Alameda County Bookmobile stops
Renew books by phone
(510) 790-8096
For more information
(510) 745-1477

2:00 – 2:45 Eden House Apts.,
1601 - 165th Ave., SAN LEANDRO
3:15– 3:45 Baywood Ct.,
21966 Dolores St.,
CASTRO VALLEY
6:00 – 6:30 Camellia Dr. &
Camellia Ct., FREMONT

Tuesday, January 29
9:15–11:00 Preschool Storytimes -
FREMONT
2:00–2:30 Preschool Storytimes -
FREMONT
2:30 – 3:25 Cabrillo School,
36700 San Pedro Dr., FREMONT
4:45 – 5:30 Baywood Apts.,
4275 Bay St, FREMONT
5:50 – 6:30 Jerome Ave. and
Ohlones St., FREMONT

Thursday, January 31
9:50 – 10:20 Preschool Storytimes -
FREMONT
10:40–11:30 Preschool Storytimes -
NEWARK
1:15 – 1:45 Stellar Academy,
38325 Cedar Blvd., NEWARK
2:00 – 3:00 Graham School,
36270 Cherry St, NEWARK

Wednesday, January 30
1:00 – 1:45 Hillside School,
15980 Marcella St.,
SAN LEANDRO

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

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

Transition Information Night

SUBMITTED BY
ROSA BURCIAGA

The 4th annual Transition Information Night for high school students with disabilities will provide a showcase of agencies, schools, and community resources to help students prepare for life after high school. Parents and students are encouraged to attend this event and leave with useful transition planning information.

Organizations on hand will include Community Integrated Work Program (CIWP), Community Resources for Independent Living (CRIL), Friends of Children with Special Needs, East Bay Innovations/Project Search, Alameda County Transportation, College of Alameda, Fremont Adult School, Ohlone College DSPS, San Jose Job Corps, Family Resource Center, Alameda County Disabilities Council, and Social Vocational Services. Participants like Tri-City Volunteers provide the opportunity for students to pick up some job skills and experience to list on their resume until they are ready to find paid employment. New this year is culinary arts program Kitchen of Champions, which offers a 10 to 12-week program for those who

qualify and helps students find employment afterward.

Past Transition Information Nights have drawn around 100 to 150 parents and students, but organizers are always shooting for more and trying to get the word out. The program tries to invite new organizations each year and target the specific population of students with disabilities in order to provide information, awareness of available benefits, and options as they move into a new stage of life.

Sandi Soliday from the Alameda County Disabilities Council will be this year's Guest Speaker, talking about the importance of transition. Representatives from the Transitions Program will also be on hand to answer any questions.

The Transitions Program is run through Fremont Unified School District and serves Union City, Newark, and Fremont. Admission to the event is free. For more information contact Rosa Burciaga at (510) 657-2350 ext. 12436.

Transition Information Night
Tuesday, Feb 5
6 p.m. - 8 p.m.
Teen Center (Central Park)
39770 Paseo Padre Pkwy.,
Fremont
(510) 657-2350 ext. 12436

The Fremont, Newark, and New Haven Unified School Districts present:

4th Annual Transition Information Night for High School Students with Disabilities



February 5th, 2013
6-8pm
Location: Teen Center (Central Park) 39770 Paseo Padre Parkway Fremont, CA 94538

A number of organizations including:

- Community Integrated Work Program (CIWP)
- Union City Leisure Services
- Community Resources for Independent Living (CRIL)
- Friends of Children with Special Needs
- East Bay Innovations/ Project Search
- Alameda County Transportation
- Eden I&R

- College of Alameda
- Fremont Adult School
- Ohlone College DSPS
- San Jose Job Corps
- Family Resource Center
- Alameda County Disabilities Council
- Social Vocational Services

Will be present to provide relevant transition information for students and parents! See you all there!

For More Information please contact
Rosa Burciaga at 510-657-2350 ext. 12436
rburciaga@fremont.k12.ca.us

SPORTS

Soccer team dedicates game to injured student



Women's Soccer

BY KENNY JACOBY

On Tuesday, January 22, the Mission San Jose Warriors Varsity Women's Soccer squad had the game of their season, as they ousted the Irvington Vikings in a 4-0 blowout at Tak Fudenna Stadium.

Both the Varsity and JV teams dedicated their games to fellow Mission San Jose Senior Cole Lewis, who was badly injured in a car accident earlier in the school year. All proceeds from admissions as well as donations collected in a jar at the ticket booth were donated to Cole and his family.

In the first half, Mission San Jose came out firing on all cylinders, with crisp passing, aggressive play, and hard shots on goal. Sophomore Melody Song put the Warriors on the board first with a well-placed volley past the diving goalkeeper that set the score at 1-0. Not long after, Senior Captain Kristin Moyer buried a shot into the left corner of the net to give Mission San Jose a two-goal lead.

The Warriors did not stop there, as Sophomore Sharan Singh delivered the coup de grace to the Vikings. Her two goals, highlighted by a beautifully placed bender from the edge of the penalty box into the top right corner of the net, gave Mission San Jose a more than comfortable 4-0 lead at halftime.

Cole Lewis came out to the game to support the Warriors and watch their tremendous victory. Senior Captain Kylie Moltzen and Sophomore Courtney Facha maintained the clean sheet for the Warriors in the second half to keep the shutout for Mission San Jose. After the win, the team greeted Cole with a "Get Well" poster signed by the players and many of Cole's high school classmates.

After the game, Moyer said, "In the end that game was really just for Cole. We were all motivated by his presence in the stands and we wanted to show how much we support and care for him by dedicating our game to the Lewis family and playing our hearts out. The score clearly reflected how excited we were for the cause and I think the fundraiser was a success."

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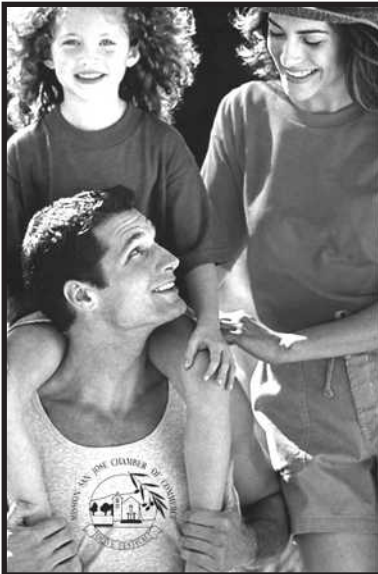
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Players and families score with UC Premier Soccer

SUBMITTED BY VICTOR JUAREZ

Following a banner year that included several league and tournament championships, UC Premier enters the 2013 year with high expectations of continued growth and success. UC Premier, the competitive program of the Union City Youth Soccer League (UCYSL), will have 27 high level soccer teams competing in the 2013 spring season, three additional teams from the previous year.

UC Premier Competitive Program Director Victor Juarez credits this past year's growth and success to a volunteer coaching staff and low player fees. "I believe we are one of the last major soccer clubs in Northern California which continues to use a volunteer coaching staff while offering high level player development in a fun and positive environment", stated Juarez.

Mostly all of the volunteer coaches at UC Premier are parents of a child who plays on the team they coach. Most coaches are former semi-pro, college or high level soccer players themselves who continue to enjoy the "beautiful game" through coaching and share their passion

for the sport with their own children. Without the high payroll of a professional coaching staff, UC Premier is able to maintain the lowest competitive soccer player fees in the surrounding area at approximately \$700 yearly, per player.

Most major clubs in the area have followed the trend of outsourcing and contracting an entire professional coaching staff to over see the club's coaching responsibilities with the expectation of strong player development and increased club value. The payroll cost of a professional coaching staff is generally passed on to the club's membership in the form of competitive and training fees. In most soccer clubs, competitive fees can range from \$1,500 up to \$2,200 yearly, per player.

To ensure UC Premier players are receiving the equivalent player development as other clubs do from an employed professional coaching staff, UC Premier provides their volunteer coaches with USSF (United States Soccer Federation), NSCAA (National Soccer Coaches Association of America) and CYSA (California Youth Soccer Association) coach education courses and licensing free of charge.

UC Premier has reinvested the funds collected from player competitive fees to provide UC Premier Coaches and members with an elite team of soccer directors. Kevin Broomfield, a former English and US professional soccer player, serves as a full time Technical Director for the league. Broomfield supports and educates volunteer coaches with player development programs; team training sessions, soccer camps and clinics. Enrique Blancas is a National "C" licensed professional contracted as the Player Development Program Director (PDP). Blancas is responsible for youth player and coach development. Blancas responsibilities include identifying and developing top motivated players and coaches within the U6-U10 age group, provide specialized training with youth coaches and offer exposure to the high level competitive program. Javier Cabrales, former professional goal keeper in his second year with the club, offers high level goal keeper training five days a week to UC Premier players, ages 7-19.

Juarez states, "The UC Premier philosophy moving forward is to invest in the

education and licensing of our local volunteer coaches in order to empower them with the knowledge, information and licensing to develop high level competitive soccer players who will compete with all the other major soccer clubs."

Through this philosophy, UC Premier is able to offer comparatively low competitive fees, which in return makes it very affordable to all those families interested in playing high level competitive soccer.

"Most all of the UCYSL Board members and volunteer coaches work jobs of forty hours or more a week. Board and coach positions are volunteer and soccer is our passion, not our livelihood. To be able to experience volunteer parents and children growing simultaneously, as coaches, players and proactive citizens is our compensation", states Juarez.

UC Premier is currently conducting open tryouts for their competitive teams and invites all those interested to visit the UC Premier website at www.ucpremier.org for detailed information or contact Competitive Program Director Victor Juarez at doc@ucpremier.org.

Cribbage Club completes second quarter of play

SUBMITTED BY TRACY YOTT

With 18 weeks of play in the books mid-January, American Cribbage Congress (ACC; www.cribbage.org) Grass Roots Cribbage Club #43 has recently completed the first half of their official season. Two-time club champion and club director Tracy Yott of Newark currently leads with 150 points, followed by Terry Higgins of Hayward with 137 points and the reigning club champion Charlie Dunn from S. San Francisco with 125 points. Not far behind are Roy Kaufmann of San Leandro with 119 points and Bob Christopher from Oakland with 117 points. Points earned each week allow for local, regional and national ranking. This tight race should develop nicely in the weeks to come.

The weekly 9-game tournaments are attended by a mix of male and female players from 24 to 93 years of age. The club averaged 19.8 players per week during the first half of this season, a 7.2% improvement from the first half of the 2011-2012 Season. Many players arrive up to 90 minutes early to have dinner, catch up with friends and maybe play a warm-up game or two.

Recent newcomers to the Beginners club on Tuesday evenings have exclaimed that they thought they knew how to play the game. Tracy Yott and Reginald Lennie show cribbage players how to play the odds, anticipate their opponent's cards and when to play offensive or defensive. With no membership fees, the Beginners club is a low pressure and self paced way to learn how to play the great game of cribbage and eventually advance to tournament level cribbage.

ACC Grass Roots Club #43 welcomes all players of any skill level to join us. Tuesdays evenings are open to everyone who already enjoys the game or would like to learn how to play while Wednesdays are for intermediate to advanced players who are capable of playing a game in 15 – 20 minutes.

For more information, email cribbagegr43@yahoo.com or call Tracy Yott at 510-793-6472. Or simply show up any Tuesday before 6:15 p.m. at Round Table Pizza (Centerville), 37480 Fremont Blvd., Fremont.

Logan vs Irvington

Men's Basketball

Submitted by Coach Fortenberry

January 23, 2013
Logan 72, Irvington 49

Logan (12 - 7, 4 - 2 MVAL)
Bell 6, Fajardo 3, Schaper 6, Kaye 9, Loza 6, Pratt 2, Torain 7, Godfrey 6 15, Rodriguez 2, Leno 16.
Total: 72

Irvington (6 - 11, 2 - 4 MVAL)
Ho 4, Zhou 4, Scott 3, Bajwa 8, A. Elsner 9, M. Elsner 3, Canete 2, Walkup 8, Sheldon 8.
Total: 49

3-pt goals: Scott 1, A. Elsner 3, M. Elsner 1, Fajardo 1, Kaye 1, Torain 1.

JV Logan (4 - 15, 2 - 4 MVAL)
Logan 51, Irvington 49

Frosh Logan (8 - 11, 4 - 2 MVAL)
Logan 52, Irvington 37

Logan v Kennedy Fremont

Men's Soccer

Submitted by James Williams

January 23, 2013
Logan 1, Kennedy-Fremont 2

JFK: Fernando Melgar 3:00, Isaiah Fapounda 65:00
JL: Christian Alvarado (Miguel Montoya) 19:00

JL Goalie: Andres Marquez, 80 min, 1 save, 2 GA
JFK Goalie: Adrian Fuentes, 80 Min, 4 saves, 1 GA

JL Shots: 15, JFK Shots: 5

JL Record: 8 - 6 - 5 (5 - 1 - 3)

JL Next Opponent: Friday, 1/25/13 v Moreau @ Moreau 6 p.m.

Moreau v Logan

Men's Soccer

Submitted by James Williams

January 25
Moreau 3, Logan 1

MO: Abram Ulloa (Jacob McCutcheon) 8:00, Moises Bustamante (Jacob McCutcheon) 25:00, Jacob McCutcheon 77:00

JL: Fabian Ruiz Mejia (Christian Alvarado) 28:00

JL Goalie: Alexis Sainz, 80 min, 3 GA, 3 saves
MO Goalie: Eduardo Rubio, 80 min, 1 GA, 3 saves

JL Record: 8-7-5 (5-2-3)

JL next Opponent: vs. Newark @ Newark 1/30/2013 6 p.m.

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).

Newark City Council January 24, 2013

Presentations and Proclamations:

Introduction of new employee Jenna Laguna was the Administrative Support Specialist at Silliman Center.

Commend Kathryn Hamilton – a participant in the Newark's Adult Co-Ed Volleyball League - and Peter Beireis – Senior Recreation Supervisor - for life saving actions to revive Jesse Leyva who collapsed during a volleyball league playoff game. Kathryn administered chest compressions until Peter, trained in use of the Automated External Defibrillator, used the device to revive Mr. Leyva. Alameda County Fire Department Engine 27 arrived to assume care.

Written Communications:

Planning Commission referral of a conditional use permit to modify an existing wireless telecommunications facility at 6201 Lafayette Avenue (Newark Jr. High School)

Planning Commission referral for a monument sign at 7000-7200 Jarvis Avenue (Mahey Plaza).

Consent:

Accept contract with New Image Landscape Company for park and landscape services

Accept contract with Pacheco Brothers Gardening for miscellaneous landscape repair

Approve amendment plan for 2012-2014 Biennial Budget and Capital Improvement Plan for FY 2012-2013.

Nonconsent:

Introduce ordinance regarding garbage collection services and sign a Franchise Agreement with Allied Waste Services of North America LLC.

City Council Matters

Reappoint Mark Gonzales and Eric Hentschke as Newark representatives to the Dumbarton Rail Corridor Citizen Advisory Panel – term expires January 31, 2015.

Mayor Alan Nagy	Aye
Vice Mayor Ana Apodaca	Aye (recuse minutes of last meeting)
Luis Freitas	Aye
Maria “Sucy” Collazo	Aye
Bob Marshall	Absent



New Newark employee Jenna Laguna is introduced and given custody of the Newark trophy for safekeeping



Kathryn Hamilton and Peter Beireis were honored for their life-saving actions at the Silliman Center

Union City City Council January 22, 2013

Proclamations and Presentations:

Recognize winners of the City's Annual Recycling Poster Art Contest. Winners were awarded certificates and cash prizes sponsored by Tri-Ced Recycling.

Recognize 2012 Employee of the Year recipients: Rich Digre (General Government); Jerry Martinez (Public Safety) and Bob Calderon (Public Works)

Prescience International presented the first of several reports on the feasibility and marketing of a Union City Innovation Center. Favorable location and proximity to clean tech companies was cited.

Consent Calendar:

Approve replacement of City Hall computing equipment through sole source provider Tech Depot using financing with HP Financial Services.

Authorize agreement with TW Telecom Holdings, Inc. in the amount of \$142,417.60 for fiber-optic connection and internet services.

City Manager Reports:

Informational report of preliminary revenue projections and proposed budget for FY 2013-14 and 2014-15 (Operating and Capital Budget).

Mayor Carol Dutra-Vernaci	Aye
Vice Mayor Emily Duncan	Aye
Jim Navarro	Aye
Pat Gacoscos	Aye
Lorrian Ellis	Aye



Public Works - Employee of the Year Bob Calderon receives congratulations from Union City Mayor Carol Dutra-Vernaci



winners of the City's Annual Recycling Poster Art Contest. Winners were awarded certificates and cash prizes sponsored by Tri-Ced Recycling.

Cougars take sole possession of first place

Men's Basketball

**SUBMITTED BY
MIKE HEIGHTCHEW
PHOTOS BY MIKE
HEIGHTCHEW**

The Newark Memorial Cougar boys basketball team fought its way to first place in the Mission Valley Athletic League (MVAL) by handling the scrappy Washington Huskies 47-36 on January 23 at Newark. It's a new year in the MVAL and The Washington Huskies orchestrated the showdown this year with great new team speed and a new, solid team defense.

Both teams were undefeated in league play so this was a real test for the Newark Cougars who rose to the challenge and showed and why they are 10-time league

champions. The Cougars put on defensive clinic early, holding Washington scoreless in the first Quarter. But, at the same time, the Huskies showed that are ready to make a race out of the MVAL this year as they were able to show down the Cougars fast firing attack holding them to just eight points in the first Quarter.

Washington pushed Newark to the edge and took the lead early in third Quarter when Matt Isola buried a three pointer early in the third quarter, Newark responded with great defensive play and Newark's Jo Jo Zamora took control of the paint with 13 of his game-high 17 points in the second half. The host Cougars ran off 12 straight points opening up a 28-17 lead and never looked back in what many would consider the MVAL basketball game of the year.



continued from page 12

Calif. colleges see more money in Brown's budget

that state funding for Cal State also fell more than 30 percent over the past five years.

"We still face many fiscal challenges and will continue efforts to operate efficiently and effectively," White said in a statement Thursday.

CSU officials said Friday it's still early in the

university budgeting process, but at this point there have been no discussions about raising tuition this fall.

"Tuition is really the last resort," said CSU spokesman Mike Uhlenkamp. "We wouldn't increase tuition unless we were forced to, and

there's no real reason to do so at this point."

State lawmakers also warned colleges and universities against raising tuition when the state gives them more money.

UC and CSU cannot "come back and find ways to raise fees on students when the circum-

stances don't warrant it, and clearly the circumstances don't warrant it," said Assembly Speaker John Perez, D-Los Angeles.

Associated Press Writer Juliet Williams contributed to this report from Sacramento.

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13664061
Superior Court of California, County of Alameda
Petition of: Renata Causic Gliniewicz for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Renata Causic Gliniewicz filed a petition with this court for a decree changing names as follows:
Renata Causic Gliniewicz to Renata Causic
The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: Mar. 22, 2013, Time: 8:45 AM, Dept.: 504
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening - Tri-City Voice
Date: Jan. 18, 2013
WINIFRED Y. SMITH
Judge of the Superior Court
1/29, 2/5, 2/12, 2/19/13

CNS-2436501#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG12661721
Superior Court of California, County of Alameda
Petition of: Alexia Cassandra Guevara for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Alexia Cassandra Guevara to Alexia Cassandra Pereira
The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: 3/15/2013, Time: 8:45 AM, Dept.: 504
The address of the court is 24405 Amador Street, Hayward, CA 94544
Amended order to show cause
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri-City Voice
Date: January 07, 2013
WINIFRED Y. SMITH
Judge of the Superior Court
1/22, 1/29, 2/5, 2/12/13

CNS-2434844#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG12660169
Superior Court of California, County of Alameda
Petition of: Allie Nelson for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Allie Nelson filed a petition with this court for a decree changing names as follows:
Allie Nelson to Golda Ayele Gaba
The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: March 8, 2013, Time: 8:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice
Date: January 11, 2013
C. Don Clay
Judge of the Superior Court
1/22, 1/29, 2/5, 2/12/13

CNS-2432898#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG12656302
Superior Court of California, County of Alameda
Petition of: Mark Angelo Palanca for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Mark Angelo Palanca filed a petition with this court for a decree changing names as follows:
Mark Angelo Palanca to Mark Angelo Palanca Mesina
The court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
Notice of Hearing:
Date: Friday February 15, 2013, Time: 8:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street, Room 108, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri-City Voice Newspaper
Date: November 15, 2012
Winifred Y. Smith
Judge of the Superior Court
1/15, 1/22, 1/29, 2/5/13

CNS-2431855#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 4737310
The following person(s) is (are) doing business as:
A J Services, 4715 Serra Ave., Fremont, CA 94538, County of Alameda
Evelyn Chino-Tan Cheng, 4715 Serra Ave., Fremont, CA 94538
Yen-Te Chiang, 4715 Serra Ave., Fremont, CA 94538
This business is conducted by Married Couple
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Evelyn Chino Tan Cheng
This statement was filed with the County Clerk of Alameda County on January 11, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/29, 2/5, 2/12, 2/19/13

CNS-2436749#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473953
The following person(s) is (are) doing business as:
Joti Market, 27938 Baldwin St., Hayward, CA 94544, County of Alameda
Joti Emporium LLC, CA. 3371 Todd Way, San Jose, CA 95124
This business is conducted by a limited liability company
The registrant(s) commenced to transact business under the fictitious business name or names listed above on n/a
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Jotika Chand, Manager
This statement was filed with the County Clerk of Alameda County on January 16, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/29, 2/5, 2/12, 2/19/13

CNS-2436505#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474002
The following person(s) is (are) doing business as:
Jordan Richter Skateboarding Academy, 5487 Carmel Way, Union City, CA 94587, County of Alameda
Jordan Richter, 5487 Carmel Way, Union City, CA 94587
This business is conducted by an Individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Jordan Richter
This statement was filed with the County Clerk of Alameda County on January 17, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/29, 2/5, 2/12, 2/19/13

CNS-2436491#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473751
The following person(s) is (are) doing business as:
Cyclone Shipping, Inc., 4028 Ralston Common, Fremont, CA 94538, County of Alameda
Cyclone Shipping, Inc., CA, 4028 Ralston Common, Fremont, CA 94538
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on Dec. 1, 2011
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Eric Bailey, President
This statement was filed with the County Clerk of Alameda County on January 11, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/22, 1/29, 2/5, 2/12/13

CNS-2433756#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 412951
The following person(s) has (have) abandoned the use of the fictitious business name: **All American Pet Sitters, 4870 Whitfield Ave., Fremont, CA 94536**
The Fictitious Business Name Statement for the Partnership was filed on July 7, 2008 in the County of Alameda.
Lloyd M. Cowan, 4870 Whitfield Ave., Fremont, CA 94536
Kimberly A. Kinson, 4870 Whitfield Ave., Fremont, CA 94536
This business was conducted by: Co-Partners
S/ Lloyd M. Cowan
Kimberly Kinson
This statement was filed with the County Clerk of Alameda County on January 14, 2013.
1/22, 1/29, 2/5, 2/12/13

CNS-2433453#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473777
The following person(s) is (are) doing business as:
All American Pet Sitters, 6023 Peppertree Ct., Newark, CA 94560, County of Alameda
Ron McClanahan, 6023 Peppertree Ct., Newark, CA 94560
Kristine McClanahan, 6023 Peppertree Ct., Newark, CA 94560
This business is conducted by Co-Partners.
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Ron McClanahan
Kristine McClanahan
This statement was filed with the County Clerk of Alameda County on January 14, 2013.
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/22, 1/29, 2/5, 2/12/13

CNS-2433450#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473626
The following person(s) is (are) doing business as:
Opto Maven, 49091 Woodgrove CMN, Fremont, CA 94539, County of Alameda
Degang Cheng, 49091 Woodgrove CMN, Fremont, CA 94539
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on n/a
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Degang Cheng
This statement was filed with the County Clerk of Alameda County on January 10, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/22, 1/29, 2/5, 2/12/13

CNS-2432891#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473492
The following person(s) is (are) doing business as:
Slate's Courier Service, 44960 Lopes Ct., Fremont, CA 94538, County of Alameda
Richard Slate, 44960 Lopes Ct., Fremont, CA 94539
This business is conducted by an Individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Richard W. Slate, Jr.
This statement was filed with the County Clerk of Alameda County on January 8, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2431530#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473409
The following person(s) is (are) doing business as:
Acti-Kare Responsive In-Home Care, 32999 Lake Wawasee St., Fremont, CA 94555, County of Alameda
Inis Inc, CA, 32999 Lake Wawasee St., Fremont, CA 94555.
This business is conducted by a Corporation.
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Immanuel Joseph, President
This statement was filed with the County Clerk of Alameda County on January 4, 2013.
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2431023#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 420670
The following person(s) has (have) abandoned the use of the fictitious business name: **Lush Event Rentals, 5664 Impatiens Common, Fremont, CA 94538**
6341 Potrero Drive, Newark, CA 94560
The fictitious business name referred to above was filed on 2/4/2009 in the County of Alameda.
Shiella Go Lim, 5664 Impatiens Common, Fremont, CA 94538

This business was conducted by:
S/ Shiella Go Lim
This statement was filed with the County Clerk of Alameda County on January 4, 2013.
1/15, 1/22, 1/29, 2/5/13

CNS-2430410#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473421
The following person(s) is (are) doing business as:
Lush Event Rentals, 4858 Balboa Way, Fremont, CA 94536, County of Alameda
James Dahlin, 4858 Balboa Way, Fremont, CA 94536
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 1/4/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ James Dahlin
This statement was filed with the County Clerk of Alameda County on January 4, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2430404#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473262
The following person(s) is (are) doing business as:
Marisa Lyssand Garden & Design, 627 Wasatch Dr., Fremont, CA 94536, County of Alameda
Marisa Lyssand, 627 Wasatch Dr., Fremont, CA 94536
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 01/16/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Marisa Lyssand
This statement was filed with the County Clerk of Alameda County on December 31, 2012
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2430398#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473370
The following person(s) is (are) doing business as:
Best Institute, 2450 Peralta Blvd. #218, Fremont, CA 94536, County of Alameda
Sarla Rani Arya, 38694 Country Terrace, Fremont, CA 94536
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 07/07/2004
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Sarla Rani Arya, Owner
This statement was filed with the County Clerk of Alameda County on January 3, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2430035#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473347
The following person(s) is (are) doing business as:
Creekside Apartments, 3465 Richmond Blvd., Oakland, CA 94611, County of Alameda
P.O. Box 69, Fremont, CA 94537-0069
Michel N. Miller Trustee, Michel N. & Mary Packard Trust, created Nov. 22, 2000, 37722 Los Arboles Dr., Fremont, CA 94536
This business is conducted by a Trust
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 1/1/13
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
Michel N. & Mary Packard Miller Family Trust Dated Nov. 22, 2000.
/s/ Michel N. Miller, Trustee
This statement was filed with the County Clerk of Alameda County on January 3, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2429896#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473344
The following person(s) is (are) doing business as:
Fresh Kick Vending, 47460 Hoyt St., Fremont, CA 94539, County of Alameda
Qing Lin, 47460 Hoyt St., Fremont, CA 94539
Susan Lin, 47460 Hoyt St., Fremont, CA 94539
This business is conducted by husband and wife
The registrant(s) commenced to transact business

under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Qing Lin
This statement was filed with the County Clerk of Alameda County on January 03, 2013.
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2429894#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473372
The following person(s) is (are) doing business as:
Shah Associates, 44208 Ibero Way, Fremont, CA 94539, County of Alameda
Gowri Shah, 44208 Ibero Way, Fremont, CA 94539
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 01/03/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Gowri Shah
This statement was filed with the County Clerk of Alameda County on January 03, 2013.
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/15, 1/22, 1/29, 2/5/13

CNS-2429889#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473254
The following person(s) is (are) doing business as:
Labqualitek, 2929 7th Street, Berkeley, CA 94710, County of Alameda
Labqualitek, DE, 2929 7th St., Berkeley, CA 94710
This business is conducted by a Limited liability company
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 12-28-12
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Sergei Aleshkov, President and CEO
This statement was filed with the County Clerk of Alameda County on December 28, 2012
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/8, 1/15, 1/22, 1/29/13

CNS-2428893#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473169
The following person(s) is (are) doing business as:
T.W. Services, 37039 Arden St., Newark, CA 94560, County of Alameda
Timothy L. Winkie, 37039 Arden St., Newark, CA 94560
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 12/26/2012
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Timothy L. Winkie, Owner
This statement was filed with the County Clerk of Alameda County on December 26, 2012
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
1/8, 1/15, 1/22, 1/29/13

CNS-2428509#

GOVERNMENT

Notice is hereby given that sealed bids will be accepted in the office of the Alameda County Planning Department, 224 W. Winton Avenue, Suite 111, Hayward, CA 94544 **NETWORKING/ BIDDERS CONFERENCES for RFP CDA 2013-01 Ashland Cherryland Business District Specific Plan Update South County** - Wednesday, February 6, 2013, 2:00 PM, Alameda County Planning Department, 224 W. Winton Avenue, Suite 160 (Public Hearing Room), Hayward, CA and **North County** - Friday, February 8, 2013, 2:00 PM, 1401 Lakeside Drive, Room 110, 11th Floor, Oakland, CA **Responses Due by 5:00 pm on February 28, 2013** County Contact: Rodrigo Orduña, (510) 670-5400, rodrigo.orduna@acgov.org
Attendance at Networking Conferences is non-mandatory. The RFP is available via the GSA website - www.acgov.org under Current Contracting Opportunities.
1/29/13

CNS-2435629#

Beloved Walters Jr. High custodian to retire

SUBMITTED BY
CHERYL BALDWIN

Walters Jr. High school will soon be missing one of their most beloved staff members. Custodian, Dwayne Cross will retire in February after 33 years with Fremont Unified School District. He spent one year of his career at Horner Jr. High and the other 32 years as head custodian with Walters.

Dwayne is a long time Fremont resident, having lived here since he started fifth grade, nearly 52 years. He attended Blacow Elementary and then actually attended the school where he spent his career,

Walters Jr. High, before moving on to become a football and baseball star at Kennedy High School.

During his time at Walters he was an integral part of creating what has become a school icon, the Mission Era mural that still hangs in the office today. Dwayne was also drafted by the army after high school during the Vietnam conflict and served two years.

He plans to enjoy plenty of golf during retirement and taking his boat out on the Delta during the summer months. The Walters staff looks forward to him having more time to bake his famous chocolate chip cookies for them.



OPINION



WILLIAM MARSHAK

One of my pet peeves is the notion that without a “big brother” or “big sister” neighbor, such as Silicon Valley, San Francisco, San Jose, Oakland, etc., the greater Tri-City area has little to offer. I have heard countless times that we are simply a “bedroom community” for more affluent and recognized areas. In my opinion, this is not only untrue, but an indication of a basic inferiority complex that should not be tolerated. The emergence of our area as a vital and essential component of the San Francisco Bay Area is not a recent phenomenon; this area has been a critical resource of the peninsula and cities of San Francisco, Oakland and San Jose for over a century. Agriculture, manufacturing and recreation have excelled here as

Regional promotion

well as leadership in water conservation and environmental preservation. Our problem has not been the lack of resources, quality of life or innovation in arts and sciences, rather the promotion of these virtues.

Although business-oriented Chambers of Commerce currently exist in each of our cities and focus on supporting an important sector of our economy, a regional perspective including promotion of a rich quality of life and venues would appeal to visitors and enhance our own self-image. Actions by city-oriented economic development personnel have produced successful outcomes at times including the recent groundbreaking of Whole Foods in Fremont. However, a different, complementary organization - a Convention & Visitor's Bureau - has been used in other locales with success.

It is time to consider a Visitor's Bureau for the Greater Tri-City area. It will not only promote the valuable qualities of our corner of the world to visitors, but reinforce positive aspects to residents. Ever check out local hotels and see what they promote in brochures and literature for those who visit? Very few, if any, speak of the local amenities. “Local” for many visitors means traveling - and spending their money - many miles from

their hotel to cities in the greater Bay Area without much regard for what is available within steps.

A Visitor's Bureau would be tasked with identifying and promoting what we have without municipal bickering. If something is worth promoting, whether in Fremont, Newark, Union City, Hayward or Milpitas, it will be done. This means that visitors will be more likely to hang around at least for a day or two and spend their money in our cities. Instead of slogans of “Shop - (fill in the city)”, we would actually promote the beauty and offerings of our area. Over time, the multitude of unfulfilled, dusty plans for museums, convention centers and performing arts venues would not only be revived, but find support, funding and become reality.

William Marshak
PUBLISHER

Tough guys like warm toes, too

BY SAMANTHA CRITCHELL
AP FASHION WRITER

NEW YORK (AP), So many outdoor enthusiasts seem fearless: They climb the biggest rocks, hike the highest points, ski the steepest trails and do unimaginable things with their snowboards. But they don't like doing it with cold fingers, a chilly wind at their back, or a chafed chin.

It's those little things that can stop you in your tracks, say outerwear insiders, so designers and manufacturers have worked to satisfy them. There are zipper “garages” at the top of parkas to keep metal from rubbing against the skin; fabric flaps cover the rear ends of snowboarders who spend quite a bit of time with their backsides in the snow; and curved elbows so that climbers' jackets don't ride up when they extend their arms.

A ponytail opening on hats and hoods is now a common option, and some gloves and mittens have miniature wiper blades for goggles.

Talk about cushy - there is ergonomic padding in expedition-worthy socks.

“Details are everything. ... Every little detail adds a little bit of an advantage to an experienced climber, skier,” says Greg Thomsen, managing director of Adidas Outdoor USA. “Just because you're tough doesn't mean you don't want to keep warm. If they're comfortable, athletes can go to the next level.”

Ed Schmults, CEO of Wild Things, a technical outerwear brand, adds: “If your fingers or toes are

cold, you're not having a good time. In that way, gear should be neutral.”

Athletes, whether they are serious mountaineers or weekend skiers, don't want their clothes to be a distraction, adds Neil Munro, product director of The North Face Summit Series. They want to put all their energy into their sport, he says.

Among the new North Face features are lightweight down - arguably the biggest trend in the outdoor market, Munro says - that's been combined with a synthetic fiber so that when you wear a backpack the feathers don't get pushed away from the core and subtle prints that add friction to slippery waterproof shells to keep the backpacks from moving around.

A little touch, such as fleece-lined pockets, takes less technical know-how but can have just as much impact, Munro says. “Who doesn't want fleece-lined pockets?”

Meanwhile, Adidas has shaved off fabric bulge - that, says Thomsen, can affect a climber's important view of below - and has employed “body mapping” to put ventilation and insulation where they're needed.

Fits-brand socks are sewn with a tapered circular design that mimics the curve of the muscles in the lower leg, and there's emphasis on removing rubbing and bulk. The knit is uniquely flat to allow maximum contact with the boot.

Schmults says he has seen the interest in customization skyrocket. In response, his company now lets consumers decide where they want their

pockets, what kind of cuff they want and what color the zippers will be.

Discerning winterwear customers want to choose if they have pockets and where they want them to be. They make these choices in their broader closet, he says, and they want them for their athletic clothes.

And “athletic clothes” is a broad term, Schmults notes. It's everything from the “jaws-of-death skier” to the “dog walker” and everyone in between. All those people share many of the same concerns: They want to be as warm as possible, as comfortable as possible and as stylish as possible.

“When you live in a cold climate, you're wearing your ski jacket or parka 50 percent of the time or more,” says Sarah Perel, sales manager for the Montreal-based brand Pajar. “You want it to work and you want it to look good.”

Shoppers can be that demanding because advances in technical fabrics have matched innovative design, including backpack straps and internal belts to cinch the waist and keep out wind, and the increased awareness of fashion trends, she says. Hello, fur-lined hoods.

It seems innate to go for the do-it-all gear, says Munro.

“When mountaineers are going off to the Himalayas to climb a mountain that's never been climbed before, they know no one is going to see them, but they STILL gravitate to what looks best on them and is the most fashionable,” he says.

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ADJUDICATION:

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For more information about becoming a patient care volunteer, please contact
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volunteer@lifespringshospice.com

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Letter to the Editor

The numbers game being used by Fremont's City Council to fill Bill Harrison's open Council position reminds me of the old con game, "which shell is it under?" What happened to the chivalry of old when imprisoned Knights were treated as important guests when defeated?

Bill Harrison could have shaken hands with Steve Cho and asked him publicly to accept his endorsement to fill Bill Harrison's own open council seat, especially after the mayoral race was won by such a small margin. Steve Cho may have declined, having no corresponding fiduciary responsibility to accept. However, available talent is available talent. Political affiliation should not be a factor in post election actions nor hinder post election working conditions. Those elected now represent equally all voting citizens in their electorate—those

Numbers Game

who voted for them and those who did not. It becomes their fiduciary duty to weigh all available options and come to a conclusion in the best interests of voting citizens in their electorate—not to a conclusion based on any fiduciary's best interest.

Voting citizens in Fremont have already voiced their choice for Council through the last election's results, offering both a first and a second choice. Reaching out to honor voters' choices and working positively within those choices is a duty of our elected fiduciaries, regardless of their own personal political aspirations.

Can you hear me now?
Faye McKay
Fremont Voting Citizen

Kid Scoop®

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HIBERNATION

Use the special Hibernation Code below to learn some incredible facts about one deep winter sleeper—the woodchuck!



Help the Woodchuck Find His Bedroom



Do Not Disturb!

Each August the woodchuck, also known as a groundhog, goes on an eating binge.

He starts to eat and eat and eat. A layer of fat that is at least $\frac{1}{4}$ of an inch thick forms on its body.

Before it gets sleepy, the woodchuck builds an underground home with tunnels and rooms, with a soft mattress of grass and leaves in the bedroom. As the weather gets colder in the fall, the fat woodchuck heads for its bedroom.

The woodchuck curls up into a ball and falls into such a deep sleep that it appears dead. This is called **hibernation**. Its heart slows from 100 beats per minute to only about 20. Its body temperature drops from 98.6 degrees Fahrenheit to about 60. A hibernating woodchuck could be rolled around like a ball, and it would not wake up!

Standards Link: Life Science: Understand how animals can adapt to their environment.

Standards Link: Visual Discrimination: Eye-hand co-ordination.

Kid Scoop Together:

Meet Phil

On Groundhog Day, weather forecasters in the U.S. look to Punxsutawney Phil for advice. Here's his story.

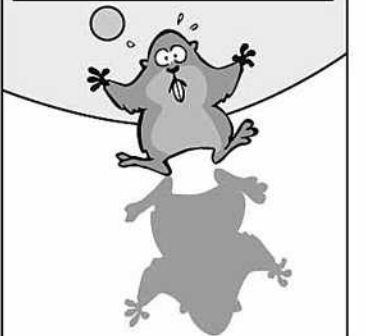
On February 2, the town of Punxsutawney, Pa., begins the big Groundhog Day celebration before sunrise.



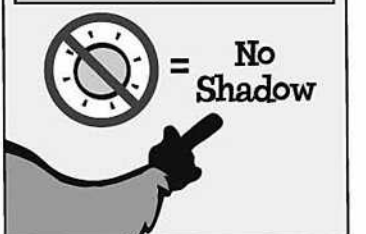
As the sun rises, I get ready to emerge from my stump. All eyes are on me!



The legend says that if the sun is out, I see my shadow, get scared, and hide back in my burrow, and spring will not arrive for another six weeks.



But if the sun isn't shining, then there are no shadows to be seen. I stay out looking for food, and spring will arrive very soon!



Once my prediction has been made, the crowd cheers for me. Then I go back to sleep until spring!



Standards Link: History: Students understand the traditions, events and legends associated with special days.

Kid Scoop-doku™

Complete the grid by using all the letters in the word LUNCH in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

L	U	N	C	H
				N
	H			
				U
		H		

THE Hibernation Code



Use the code to tell what time you do each of the following:

Example: If you do homework at 4:30, show it this way...



Do Homework

Start School

Eat Lunch

Take a Bath

Go to Bed

Standards Link: Math: Associate symbols to numerals; compare time to real events.

How Do Animals Know When to Hibernate?

Scientists have found a special chemical in the blood of hibernating animals. They call it **HIT** or Hibernation Inducement Trigger. Although they do not know what this chemical is, they do know that it appears when one of three things happens:

- the days become shorter and there is less light
- there is a big drop in temperature
- food is scarce

Winter Weather Forecast

Look at your newspaper's weather forecast for the coming week. Then search through the newspaper and circle words that could be used to describe the expected weather conditions.

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

Kid Scoop Puzzler

One summer day, blood with HIT taken from a hibernating woodchuck was injected into a lively one.

Result: HIBERNATION

Conclusion: _____

Standards Link: Reading Comprehension.

Double Double Word Search

WOODCHUCK
CHEMICAL
HOME
SCARCE
SLEEP
CODE
ANIMALS
WINTER
WAKE
BUILT
LUNCH
THREE
DAYS
MATTRESS

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

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

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

FROM THE Kid Scoop LESSON LIBRARY

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Get to the Roots

Find words in the newspaper that have suffixes and/or prefixes. For each word that you find, circle the root word and underline the prefix and/or suffix.

Standards Link: Vocabulary: Identify suffixes and prefixes.

Why is the letter 'A' like a spring flower?

ANSWER: A B (bee) comes after it!

Write On!

A Long Winter's Nap

Imagine that you were going to hibernate for the winter. Write about how you'd prepare and what it would be like to wake up after sleeping so long.

Are you a writer?

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

If so, maybe writing for the Tri-City Voice is in your future. We are looking for disciplined writers and reporters who will accept an assignment and weave an interesting and accurate story that readers will enjoy.

Applicants must be proficient in the English language (spelling and grammar) and possess the ability to work within deadlines.

If you are interested, submit a writing sample of at least 500 words along with a resume to tricityvoice@aol.com or fax to (510) 796-2462.

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510-489-7045

Convergence House of Prayer
40645 Fremont Blvd., Ste 16,
Fremont
510-656-2335
www.ichop.org

Harbor Light Church
4760 Thornton Ave., Fremont
510-744-2233
www.harborlight.com

Light of the World Christian Center Assembly of God
43297 Osgood Rd., Fremont
510-651-5922

Templo De La Cruz
All services in English
24362 Thomas Ave., Hayward
510-886-1644 www.tdlc.org

BAHA’I FAITH

Alameda County West Center
21265 Mission Blvd., Hayward
510-377-3392

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Alder Avenue Baptist Church
4111 Alder Ave., Fremont
510-797-3305
www.alderavebc.com

Bay Area Baptist Church
38517 Birch St., Newark
510-797-8882
www.bayareabaptist.org

Berean Baptist Church
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510-792-3928

Calvary Baptist Church
28924 Ruus Rd., Hayward
510-589-9677

Chinese Independent Baptist Church
37365 Centralmont Pl., Fremont
510-796-0114
www.cibcfremont.org

Christ Centered Missionary Baptist Church
22979 Maud Ave., Hayward

Community Church of Hayward
26555 Gading Rd., Hayward
510-782-8593

Fairway Park Baptist Church
425 Gresel St., Hayward
510-471-0200 www.FPBC.org

First Baptist Church of Russell City
2979 Maude Ave., Hayward
510-538-3320

First Baptist Church of Newark
6320 Dairy Ave., Newark
510-793-4810

Heritage Baptist Church
2960 Merced St., San Leandro
510-357-7023 www.hbc.org

Landmary Missionary Baptist Church
573 Bartlett Ave., Hayward
510-918-0663
www.LMBCHAYWARD.org

Memorial Baptist Church
4467 Stevenson Blvd, Fremont
510/657-5522
www.bmaca.org/fremont2.html

Mission Peak Baptist Church
41354 Roberts Ave., Fremont
510-656-5311
www.missionpeakbaptist.org

Mission Way Baptist Church
38891 Mission Blvd., Fremont
(510) 797-7689

New Hope Baptist Church
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510-487-7472

Palma Ceia Baptist Church
28605 Ruus Road, Hayward
510-786-2866
www.palmaceiachurch.org

Park Victoria Baptist Church
875 S. Park Victoria Dr., Milpitas
408-263-9000
www.parkvictoria.org

Pathway Community Church
4500 Thornton Ave., Fremont
510-797-7910
www.pathwaycommunity.info

Resurrection Baptist Church
1221 Pacific Ave., San Leandro
510.363.3085
www.therbchurch.org

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

Warm Springs Church
111 E. Warren Ave., Fremont
510-657-4082
www.warmspringschurch.org

BUDDHIST

Buddhanusorn Thai Temple
36054 Niles Blvd., Fremont
510-790-2294

Purple Lotus Temple
30139 Industrial Pkwy SW, Unit
J&K, Hayward
510-489-8868
www.plbs.org/www.purplelo-
tus.org

So. Alameda County Buddhist Church
32975 Alvarado Niles Rd.,
Union City
510-471-2581 www.sacbc.org

CATHOLIC

Corpus Christi Church
37891 Second St., Fremont
510-790-3207
www.corpuschristifremont.org

Holy Spirit Catholic Church
37588 Fremont Blvd., Fremont
510-797-1660
www.holyspiritfremont.org

Old Mission San Jose Church
43266 Mission Blvd., Fremont
510-657-1797

Our Lady of Guadalupe Parish
41933 Blacow Rd., Fremont
510-657-4043
www.guadalupe-parish.org

Our Lady of the Rosary Church
703 C St., Union City
510-471-2609
www.olrchurch.org

St Anne Catholic Church
32223 Cabello St., Union City
(510) 471-7766

St. Elizabeth Catholic Church
750 Sequoia Dr., Milpitas
408-262-8100

St. James the Apostle
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(w. of Decoto Rd.), Fremont
510-792-1962
www.sjapostle.net

St. John the Baptist Catholic Parish
279 S. Main St., Milpitas
408-262-2546
www.sjbparish.org

CHINESE CHRISTIAN

Home of Christ Church
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510-742-6848 www.hoc6.org

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38325 Cedar Blvd., Newark
510-668-1989
www.svacnewark.org

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Abundant Grace Community Church
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(650)575-3345
http://www.abundantgcc.org/

Bay Area Dream Center
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www.calvarybiblechurch.us

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510-656-8979
www.calvaryfremont.org

Calvary Chapel Hayward
1244 B St., Hayward
510-396-0318
www.calvaryhayward.com

Calvary Chapel San Leandro
Marina Community Center
15301 Wicks Blvd San Leandro
510-421-3207
www.calvarysanleandro.com

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

Christ's Chosen Vessel Ministries International
(Meets at Spring Valley Bible Church Building, 220 S. Main St. Milpitas
(650) 834-3776

Christ Community Church of Milpitas
1000 S. Park Victoria Dr.,
Milpitas
408-262-8000
www.cccmilpitas.org

Christian Life Church
1699 Orchard Ave., San Leandro
510-483-8940
www.clife-church.org

Christian Worship Center
241 So. Main St., Milpitas
408-263-0406
http://www.cwscj.org

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

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

Church of Christ – Hayward
22307 Montgomery St.,
Hayward
510-582-9830
www.haywardchurchofchrist.org

Church of Christ South Hayward
320 Industrial Pkwy.,Hayward
510-581-3351
www.churchofchristhayward.com

Discovery Fremont
38891 Mission Blvd. (@ Walnut),
Fremont
510-797-7689

East Bay Christian Fellowship
1111 H Street, Union City
510-487-0605 www.ebcf.net

Emmanuel Mission Church
5885 Smith Ave., Newark
(510) 793-6332
www.cmalliance.org

Family Bible Fellowship
37620 Filbert St., Newark
510-505-1735
www.fbministries.org

First Church of Christ, Scientist
1351 Driscoll Rd., Fremont
510-656-8161
http://fccsf.hypermart.net/church/index.html

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

Fremont Community Church
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510-657-0123 www.gofcc.org

Fremont Journey of Faith Church
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510-793-2100
www.jof-fremont.com

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gssam@sbcglobal.net

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www.grxfremont.org

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Fremont
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www.newlifebayarea.org

New Life Church
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Newlifechurchofs.org

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San Leandro
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www.living-tree.org

WORD OF LIFE - A Foursquare Church
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www.ucapostolic.org

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www.missionpeakbaptist.org

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Estudio Bíblico
510-585-1701 lbfchurch.org

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(510) 573-1800
mcofremont@yahoo.com

Mision Hispana Esperanza Viva
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Fremont
510-754-5618
www.esperanzaviva.org

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Christian Fellowship International Church
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875 S. Park Victoria Dr., Milpitas
408-386-2215
http://cficmilpitas.multiply.com/

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4300 Hansen Ave. Fremont

510-797-3695
www.fremontchurchofchrist.org

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Light By The Mountain Church
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nilesdiscoverychurch.org

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Christ’s Community Church
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Castro Valley
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www.holycrosscv.org

EVANGELICAL COVENANT

South Bay Community Church
47385 Warm Springs Blvd.,
Fremont
510-490-9500 www.sobcc.org

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Newark Community Church
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www.newarkcommunitychurch.org

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www.asianindianchurchministries.org

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Vedic Dharma Samaj Hindu Temple and Cultural Center
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Chabad of Fremont Jewish Center
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Congregation Shir Ami
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www.bethtorah-fremont.org

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510-661-9079
www.j-church.org

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Centerville Ward
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510-797-1200

Central Park Ward
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510-795-6658

Fremont (Deaf) Branch
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Glenmoor Ward
38134 Temple Way, Fremont
510-793-8060

Irvington Ward
510-656-8754
510-656-7522 (Foyers)

Mission Peak Ward (English and Chinese)
48851 Green Valley Rd., Fremont
510-657-2156
510-623-7496 (Foyer)

Newark (Spanish) Branch
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LUTHERAN

Chinese Mission of Hope Evangelical-Lutheran Church
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http://www.hopelutheranfre-mont.org/zh.html

Calvary Lutheran Church & School (Behind Wendy’s)
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San Lorenzo
510-278-2555 Sch 278-2598
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Epiphany Lutheran Church ELCA
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510-278-5133
www.eastbayepiphany.org

Good Shepherd Lutheran Church
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Holy Trinity Lutheran Church
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Hope Lutheran Church
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510-276-3860

Messiah Lutheran Church
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Hayward
WWW.messiahhayward.org
510-782-6727

Oromo Christ Evangelical Lutheran Church
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510-276-7980
olibuse@yahoo.com

Our Savior Church & Preschool
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510-657-3191
www.oslfremont.com

Prince of Peace Lutheran Church/School
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www.ststephenccl.org

METHODIST

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www.tricityame.org

First Chinese United Methodist Church
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Fremont
(510) 490 – 0696
www.chinesemethodist.org

First United Methodist Church
1183 B St., Hayward

First United Methodist Church
2950 Washington Blvd, Fremont
510-490-0200
www.fremont-methodist.org

South Hayward UMC
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(510) 780-9599
www.southhaywardumc.org

St. Paul United Methodist
33350 Peace Terr., Fremont
510-429-3990
www.stpaulumcfremont.org

VICTORY CENTER A.M.E. ZION CHURCH
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510-429-8700

MUSLIM

Islamic Society of East Bay
33330 Peace Terr., Fremont
510-429-4732 www.iseb.org

Al-Medinah Educational Center: Masjid & School
5445 Central Ave., Newark

NON DENOMINATIONAL

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275 Redwood Ave., Milpitas
www.cathedraloffaith.org

Central Church of Christ
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Fremont
510-792-2858

Crossroads Church
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510-651-0301
www.crossroadsfremont.org

Fremont Community Church
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(510) 657-0123 www.gofcc.org

Grace Church Fremont
36060 Fremont Blvd., Fremont
510-936-1423
www.gracechurchfremont.org

Heavenly Christ's Church (Meets in Calvary Lutheran Church)
17200 Via Magdalena
San Lorenzo
510-303-5592

Mission Springs Community Church
48989 Milmont Dr., Fremont
510-490-0446
www.msccfremont.org

Morning Star Church
36120 Ruschin Dr., Newark
510-676-1453
www.msconline.org

New Birth Christian Ministry Center
3565 Arden Rd., Hayward
510-782-1937

New Seed of Faith Ministry
36600 Niles Blvd., Fremont
www.nsofm.com
510 612-4832

Revelation Christian Fellowship
1670 Orchard Ave.,
San Leandro
510-352-4707
www.revelationcf.org

True Jesus Church
1190 Davis St., San Leandro
510-522-2125 www.tjc.org

Victory Outreach Fremont
40086 Paseo Padre Pkwy.,
Fremont
510-683-4660
info@vofremont.org

ORTHODOX CHRISTIAN

St. Christina Orthodox Church
3612 Peralta Ave., Fremont
510-739-0908
www.stchristinaorthodox.org

PENTECOSTAL

Glad Tidings Church of God in Christ
27689 Tyrrell Ave., Hayward
510-783-9377
www.gladtidingscogic.com

Union City Apostolic Church
33700 Alvarado Niles Rd.,
Union City
510-489-0687
www.ucapostolic.org

PRESBYTERIAN

Centerville Presbyterian Church
4360 Central Ave., Fremont
510-793-3575
www.cpcfremont.org

First Presbyterian Church of Hayward
2490 Grove Way, Castro Valley
(510) 581-6203
http://firstpreshayward.com

First Presbyterian Church of Newark
35450 Newark Blvd., Newark
510-797-8811
www.newarkpres.org

First Presbyterian Church San Leandro
180 Estudillo Ave., San Leandro
510-483-2772
FPCSanLeandro.org

Immanuel Presbyterian Church of Fremont
4333 Hansen Ave., Fremont
510-494-8020 www.ipcf.net

Irvington Presbyterian Church
4181 Irvington Ave. (corner
Chapel & Irvington), Fremont
510-657-3133

New Bridges Presbyterian Church
26236 Adrian Ave., Hayward
510-786-9333
newbridgespresby@gmail.com

REFORMED CHURCH IN AMERICA

New Hope Community Church
2190 Peralta Blvd., Fremont
510-739-0430
www.newhopefremont.org

RELIGIOUS SCIENCE

Center For Spiritual Living-Fremont
40155 Blacow Rd., Fremont
510-656-9955
www.CSL-Fremont.org

SALVATION ARMY

Hayward Citadel Corps
430 A St., Hayward
510- 581 - 6444

The Tri-Cities Corps
36700 Newark Blvd., Newark
510-793-6319

Korean Congregation Army
36700 Newark Blvd., Newark
510 - 793 - 6319

SEVENTH DAY ADVENTIST

Community Seventh-Day Church
606 H St., Union City
510-429-8446
www.unioncity22.adven-tistchurchconnect.org/

East Bay Fil-Am Seventh Day Adventist Church
32441 Pulaski Dr., Hayward
510-324-1597

Fremont Chinese Seventh-Day Adventist Church

1301 Mowry, Fremont
415-585-4440 or 408-616-9535
Milpitas Adventist Center
1991 Landess Ave., Milpitas
408 726-5331
www.milpitas.netadventist.org

SIKHISM

Fremont Gurdwara
300 Gurdwara Rd., Fremont
510-790-0177
www.fremontgurdwara.org

UNITARIAN

Mission Peak Unitarian Universalist Congregation
(meets at FUMC's Cole Hall)
2950 Washington Blvd., Fremont
510-252-1477
http://www.missionpeakuu.org/

UNITED CHURCH OF CHRIST

Eden United Church of Christ
21455 Birch St. @ Grove Way,
Hayward
510-582-9533
www.edenucc.com

Filipino American United Church of Christ
4587 Peralta Blvd., Fremont
510-797-8408
filamucc@sbcglobal.net

Filipino-American Evangelical UCC
Meets at: Fremont Community
Center
40204 Paseo Padre Parkway,
Fremont
510-487-3891
www.faeucc.org

Fremont Congregational Church
38255 Blacow Rd., Fremont
510-793-3970
www.fremontucc.net

Niles Discovery Church
255 H St., Fremont
510-797-0895
www.nccucc.org

San Lorenzo Community Church
945 Paseo Grande, San Lorenzo
510-276-4808

The Little Brown Church
141 Kilcare Rd., Sunol
925-862-2004
www.littlebrownchurchofsunol.org

United Church of Hayward
30540 Mission Blvd.
Hayward
(510) 471-4452
www.haywarducc.org

UNITY CHURCH

Unity of Fremont
36600 Niles Blvd., Fremont (in the
future home of Niles
Discovery Church
510-797-5234
www.unityoffremont.org

VIETNAMESE

CHRISTIAN CHURCH

Vietnamese Christian & Mis-sionary Alliance Church
38325 Cedar Blvd., Newark
510-623-9063
www.htnewark.org

Celebrate the arts

SUBMITTED BY SHIRLEY SISK

On Sunday, February 3, 2013, at 2 pm – The League of Volunteers – LOV and the Newark Arts Council will present a concert featuring “A Salute to Youth” – talented local young people in the field of instrumental music, vocal and dance. Come enjoy vocalist Amy Mendonca singing music from movies and musicals. Amy is a graduate of Mission San Jose High School and was LOV’s Fred Jueneman Music Scholarship winner in 2012. You will tap your feet and want to get up to dance with the music of the Thornton Junior High School Jazz Band under the direction of Ross Gershenson. Following an intermission with com-

plimentary refreshments – the Bay Area Star Company from Dancemakers will perform. Dancemakers is under the direction of Marcy Borghi. Rounding out the afternoon of entertainment will be the Newark Memorial High School Advanced Choir under the direction of Joanne Hong. Enjoy and support the talents of these wonderful young people. LOV’s concerts are held at the MacGregor/Bridgepoint School Auditorium, 35753 Cedar Blvd., Newark. There is easy access and parking in the rear, as well as in the front parking lot. Doors open at 1:00 pm and the concert will begin at 2 pm. For information call 510-793-5683 & check the website www.lov.org.

A taste of Judaism

SUBMITTED BY TEMPLE BETH TORAH

In the month of February, Rabbi Avi Schulman and Rabbi Eve Ben-Ora will be offering “A Taste of Judaism.” The three-session class is for anyone who is interested in learning more about Judaism in a non-threatening, welcoming environment. This engaging series focuses on Jewish spirituality, ethics and community and is designed for anyone interested in learning about some of the core concepts of Judaism. Participants do not need to be members of Temple Beth Torah.

Sessions for “A Taste of Judaism”:
February 6 – “Jewish Spirituality: How to experience God”
February 13 – “Jewish Values and Ethics: What does God want from humans?”

February 20 – “Jewish Community: No one is an island”

There is no fee for the course. It will be taught on three consecutive Wednesday nights, from 7 p.m. – 9 p.m. at Temple Beth Torah. Each evening will have a break with snacks, of course! To register for the course and for more information, contact Rabbi Eve Ben-Ora at tbteducation@sbcglobal.net or (510) 656-7141. **“A Taste of Judaism”**
Wednesdays: Feb 6, 13 and 20
7 p.m. – 9 p.m.
Temple Beth Torah
42000 Paseo Padre Pkwy, Fremont
(510) 656-7141
tbteducation@sbcglobal.net
The course is free of charge and open to the community

COMMUNITY BULLETIN BOARD

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

Rotary Club Mission San Jose
Fridays at 12:15 p.m.
Papillon Restaurant
37296 Mission Blvd.
Fremont (510) 656-5056
Visit our club. See why we joined for business & fellowship and stayed to change the world. We welcome new members

Kennedy High School Flea Market
First Saturday Every Month
Except January
8 a.m. – 4 p.m.
All Spaces \$20
For more info call
510-657-4070 x27150
bsterling@fremont.k12.ca.us
39999 Blacow Rd., Fremont

Fremont Cribbage Club
teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues. 6:15pm at Round Table Pizza 37480 Fremont Blvd., Centerville
Email:cribbagegr43@yahoo.com
Or call Tracy (510) 793-6472
American Cribbage Congress
www.cribbage.org

Union City Football & Cheer League Season 2012
For more information call Colt Hotline (510) 441-8235 or Check our our website www.ucfcolts.org
We are also looking for Cheer & Football Coaches

Natural Path Meditation Classes
Learn the practice of meditation. All instruction is free. We have an introductory talk every 2nd Sunday of every month 10am 585 Mowry Ave Fremont
Call: Gyan 408-306-7661
www.meetup.com/NaturalPath-Bayarea/

DONATE YOUR COMPUTERS
Help Eliminate Hunger & Food Insecurity
Your donation is tax deductible
Tri-City Volunteers
37350 Joseph Street, Fremont
Mon-Fri 8:30 AM - 4:00 PM
Closed 12 PM - 1PM
Questions Call 1-888-802-8207
tri-cityvolunteers.org

Little Lamb Preschool Open House
Saturday, March 16, 2013
Drop-In between 1-4pm
Free Ice Cream
Meet the Teachers
Visist the Classrooms
Registration Info Available
www.littlelambpreschoolfre-mont.org

T.O.P.S. Weight Support Group Take Off Pounds Sensibly Real People! Real Weight Loss!
Wednesday Nights 6:30 - 8:00
27303 Sleepy Hollow Ave S
Kaiser Building 1st Floor Hayward
RLTOPS0336@yahoo.com
207-651-0565

First United Methodist Church Music Series
Free concerts the first Sunday each month, 4pm. 30 minute organ & piano recitals & occasional guest artists.
Free-will offering opportunity to benefit local charities.
First United Methodist Church
2950 Washington Blvd., Fremont

Country Club of Washington Township Women's Club
First Tuesday of each month at 1:00 p.m.
October through June
St. James Episcopal Church
37051 Cabrillo Terrace
(off Thornton Ave., Fremont)
maryingold06@sbcglobal.net
(510)656-2521

FREE FILMS AND PUBLIC DISCUSSIONS
Screenings on the Second Saturday of each month except August 1:30pm,
Niles Discovery Church
255 H Steet at 3rd
510-797-0895
www.TriCityPerspectives.org

Having trouble controlling the way you eat?
Today there is a solution.
Food Addicts in Recovery Anonymous
Mondays, 7:00 – 8:30 PM
Centerville Presbyterian Church, Room E-204
4360 Central Ave., Fremont
Teri M. 510-757-8214
www.foodaddicts.org

Is Food a Problem for You? Overeaters Anonymous
NO dues - NO fees - NO diets
Monday 7:00 p.m. - 8:15 p.m.
St. James Episcopal Church
37051 Cabrillo Ter, Fremont
Saturday 10:30 a.m. - Noon
1st Presbyterian Church
35450 Newark Blvd, Newark
southernalamedacountyoa.org

SAVE (Safe Alternatives to Violent Environments) Domestic Violence Support Group (Drop In & FREE)
Tue & Thur 7 pm – 9 pm
Fri 9:15 am – 11 am
1900 Mowry, 4th Fl. Fremont
Office (510) 574-2250
24/7 Hotline (510) 794-6055
www.save-dv.org

Celebrate Recovery
Free yourself from any hurt, hang-up or habit
Join us at
33450 9th Street
Union City
Thursdays, 7pm - 9pm
or call anytime
510-586-5747 or
510-520-2769

DONATE YOUR CELL PHONES
Help Eliminate Hunger & Food Insecurity
Your donation is tax deductible
Tri-City Volunteers
37350 Joseph Street, Fremont
Mon-Fri 8:30 AM - 4:00 PM
Closed 12 PM - 1PM
Questions Call 1-888-802-8207
tri-cityvolunteers.org

Learn to Create & Design Web Pages at Ohlone College Enroll in CS 162: XHTML
This class starts Wed. 1/30/13 in Fremont camput, room HH-117, 6:30-9:30pm
Contact Prof Rick: 510-402-8318
profricka@gmail.com
https://webadvisor.ohlone.edu

Mission Trails Mustangs
Mustang & Ford Enthusiasts
Meets 1st Fri of the Month 7pm at Suju's (Winter)
3602 Thornton, Fremont
missiontrailsmustang.org
or call510-493-1559
We do Car Shows & other social activities monthly

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

FREE AIRPLANE RIDES FOR KIDS AGES 8-17
Young Eagles
Hayward Airport
various Saturdays
www.vaa29.org
Please call with questions
(510) 703-1466
youngeagles29@aol.com

American Legion Auxiliary
We meet the third Tuesday of every month at 7pm
Niles Veterans Building
37154 2nd Street, Fremont
susan.peters251@yahoo.com
510656-6848

Become the speaker & leader you want to be Citizens for Better Communicators (CBC) Toastmasters
Guests and Visitors welcome
Saturdays 10:15am
Unitek College Room 141
4580 Auto Mall Pkwy., Fremont
510-862-0893

Friendship Force
Quarterly meetings
Homestays abroad
Hosting visitors
“Changing the way you see the world”
www.ffsfba.org
www.thefriendshipforce.org
510-794-6844

SAVE (Safe Alternatives to Violent Environments) FREE Restraining Order Clinic (Domestic Violence)
Mon @ San Leandro PD 9am-Noon
Tues @ Hayward PD 1–4 pm
Wed @ SAVE's Office 9am-1pm
Office (510) 574-2250
24/7 Hotline (510) 794-6055
www.save-dv.org

FREE Taxes Done & E-Filing WHY PAY
Let VITA do your taxes! IRS-certified Tax Preparers \$51,000 or less income. Restrictions may apply
Fremont Family Resource Ctr
39155 Liberty St., Fremont
M-W 4p-8p F 10a-1p
Open Jan 23-April 15 2013
More Info 510-574-2020

FREE Taxes Done & E-Filing WHY PAY
Let VITA do your taxes! IRS-certified Tax Preparers \$51,000 or less income. Restrictions may apply
Newark Library
6300 Civic Terrace Ave., Newark
Saturdays Only 10a-2p
Open Feb 2 - Mar 16, 2013
More Info 510-574-2020

Mission San Jose High Booster Club
Pasta & Crab Feed
Saturday, March 9, 6-10pm
Newark Pavilion
6430 Thornton Ave., Newark
\$45 Proceeds benefit MSJHS Athletics, Spirit, Performing & Visual Arts programs
msjhsrabfeed@hotmail.com

10 lines/\$10/ 10 Weeks \$50/Year
510-494-1999 tricityvoice@aol.com

Shout out to your community
Our readers can post information including:
Activities
Announcements
For sale
Garage sales
Group meetings
Lost and found

For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every Friday in the TCV printed version and continuously online. TCV has the right to reject any posting to the Community Bulletin Board. Payment must be received in advance.

The “NO” List:

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

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
Easydudz@gmail.com.

Serious Mental Illness
Free 12 week course for caregivers of someone with a serious mental illness starting Mar 7, 2013 from 6:30-8:30pm in Union City. Registration required.
Contact: Barb St. Clair 415-879-0399
or Email Stclair.barb@gmail.com
NAMlacs.org/F2F/mar2013

Purim is coming! Celebrate at Temple Beth Torah!
Services & programs for all ages.
Family Shabbat Services 2/8,
Purim Services 2/23 & Purim Carnival 2/24 We welcome you to explore our inclusive Reform community. 510-656-7141 or visit
www.bethtorah-fremont.org

The League of Women Voters invites you to visit our website at www.lwvfnc.org
You'll find valuable information about your community & voter issues. Keep up to date & learn about our Tri-City area monthly programs. Our programs are nonpartisan & free to the public

HOME SALES REPORT

CASTRO VALLEY

TOTAL SALES: 11

Highest \$:

825,000

Median \$:

510,000

Lowest \$:

294,000

Average \$:

498,182

ADDRESS

ZIP

SOLD FOR

BDS

SQFT

BUILT

CLOSED

18991 Almond Road

94546

370,000

3

1141

1940

12-14-12

4176 Beverly Place

94546

521,000

3

1742

1986

12-14-12

4628 Grenadier Place

94546

825,000

4

3320

1999

12-13-12

17899 Lamson Road

94546

500,000

4

2100

1959

12-13-12

18460 Magee Way

94546

370,000

3

1038

1952

12-13-12

19590 Parsons Avenue

94546

294,000

2

869

1947

12-13-12

5046 Rahlves Drive

94546

510,000

3

1663

1953

12-14-12

20862 San Miguel Avenue

94546

310,000

3

1260

1948

12-12-12

4064 Stevens Street

94546

510,000

3

1544

1952

12-12-12

18775 Vineyard Road

94546

610,000

3

1972

1950

12-13-12

5560 East View Court

94552

660,000

4

1669

1965

12-14-12

FREMONT

TOTAL SALES: 32

Highest \$:

1,315,000

Median \$:

465,000

Lowest \$:

152,000

Average \$:

518,063

ADDRESS

ZIP

SOLD FOR

BDS

SQFT

BUILT

CLOSED

4047 Abbey Terrace #109

94536

236,000

2

823

1986

12-14-12

35920 Ashton Place

94536

645,000

3

1523

1968

12-12-12

4227 Beaumont Street

94536

520,000

3

1803

1961

12-13-12

35768 Caxton Place

94536

650,000

4

1811

1968

12-12-12

38923 Cherry Glen Common

94536

408,000

3

1284

1987

12-14-12

898 Cherry Glen Terrace #127

94536

276,500

2

1168

1987

12-12-12

37003 Contra Costa Avenue

94536

215,000

2

964

1972

12-12-12

4641 Diaz Drive

94536

500,000

3

1543

1958

12-14-12

38510 Gary Lee King Terrace

94536

601,000

-

-

-

12-14-12

37076 Lassen Street

94536

523,500

4

2068

1963

12-14-12

3242 Red Cedar Terrace

94536

152,000

2

750

1986

12-14-12

4315 Bidwell Drive

94538

390,000

4

1933

1963

12-14-12

4174 Blewett Street

94538

465,000

3

1107

1958

12-13-12

40396 Canoga Street

94538

325,000

3

950

1959

12-14-12

39665 Catamaran Court

94538

466,000

3

1401

1961

12-14-12

3532 Fitzsimmons Common

94538

490,000

3

1638

1996

12-14-12

40349 Fremont Boulevard

94538

370,000

3

950

1955

12-14-12

40754 Max Drive

94538

435,000

3

1273

1954

12-14-12

4602 Norwood Terrace

94538

260,000

2

1027

1971

12-14-12

4648 Sorrento Park Court

94538

635,000

4

1669

1965

12-14-12

3695 Stevenson Boulevard #C32594538

94539

295,000

2

1040

1991

12-12-12

583 Becado Place

94539

1,315,000

4

2922

1983

12-14-12

110 Hackamore Lane

94539

320,000

2

835

1983

12-14-12

41580 Higgins Way

94539

822,000

3

1434

1959

12-13-12

44263 Lupine Place

94539

1,089,000

4

2730

1988

12-12-12

461 Mayten Way

94539

610,000

3

1000

1963

12-14-12

43725 Nansa Court

94539

1,050,000

4

2309

1978

12-12-12

34530 Bluestone Common

94555

293,000

3

1166

1970

12-14-12

3789 Grand Lake Drive

94555

380,000

3

1346

1973

12-13-12

HOME SALES REPORT

34498 Northstar Terrace #101	94555	305,000	2	950	1989	12-14-12
33230 Pheasant Street	94555	776,000	-	2774	1979	12-12-12
4425 Sandpiper Court	94555	760,000	4	2749	1979	12-12-12

HAYWARD		TOTAL SALES: 24					
Highest \$:		450,000		Median \$:		290,000	
Lowest \$:		160,000		Average \$:		289,917	
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
1318 B Street #303	94541	160,000	2	989	1984	12-13-12	
21418 Birch Street	94541	425,000	2	2253	1946	12-14-12	
22875 Fuller Avenue	94541	195,000	3	1037	1950	12-13-12	
22915 Grand Street	94541	210,000	1	480	1927	12-14-12	
2232 Morrow Street	94541	356,000	-	-	-	12-12-12	
675 Veranda Circle	94541	204,500	3	1381	2003	12-12-12	
492 Willow Avenue	94541	236,500	4	1458	1920	12-14-12	
2454 Sebastopol Lane #3	94542	165,000	1	787	1984	12-14-12	
15 Astrida Drive #4	94544	240,500	3	1425	1984	12-14-12	
87 Brookstone Way	94544	351,500	4	1804	1992	12-12-12	
25070 Cypress Avenue	94544	290,000	3	1391	1990	12-13-12	
27811 Dickens Avenue	94544	265,000	3	1514	1954	12-14-12	
26687 Gading Road	94544	210,000	3	1137	1952	12-13-12	
375 Orchard Avenue	94544	325,000	3	1267	1950	12-14-12	
24687 Pontiac Street	94544	260,000	3	987	1950	12-14-12	
420 St. Andrews Street	94544	355,000	3	1326	1955	12-14-12	
26725 Tyrrell Avenue	94544	311,500	5	1725	1961	12-13-12	
24209 Willimet Way	94544	272,500	3	999	1957	12-12-12	
24804 Woodacre Avenue	94544	360,000	3	1153	1957	12-13-12	
2098 Boca Raton Street	94545	310,000	3	1128	1956	12-14-12	
1990 Laguna Drive	94545	340,000	4	2000	1996	12-14-12	
2074 Laguna Drive	94545	350,000	4	2000	1994	12-12-12	
1427 West Street	94545	315,000	3	2000	1955	12-12-12	
24863 Yoshida Drive	94545	450,000	3	1800	1996	12-12-12	

MILPITAS		TOTAL SALES: 11					
Highest \$:		1,005,000		Median \$:		420,000	
Lowest \$:		142,000		Average \$:		503,682	
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
571 Bayview Park Drive	95035	508,000	3	1268	1984	12-27-12	
1530 Canton Drive	95035	353,000	4	1187	1959	12-26-12	
1309 Chewpon Avenue	95035	420,000	3	1680	1981	12-28-12	
436 Coelho Street	95035	615,000	6	1962	1964	12-28-12	
440 Dempsey Road #141	95035	142,000	1	676	2007	12-24-12	
1681 Grand Teton Drive	95035	410,000	3	1484	1965	12-28-12	
735 Los Pinos Avenue	95035	1,005,000	4	2514	1982	12-21-12	
375 Louise Court	95035	800,000	3	2585	2005	12-24-12	
282 Lynn Avenue	95035	298,000	3	1146	1970	12-28-12	
278 Merz Court	95035	800,000	4	1964	1978	12-21-12	
1047 North Abbott Avenue	95035	189,500	2	863	1979	12-28-12	

NEWARK		TOTAL SALES: 07					
Highest \$:		605,000		Median \$:		439,000	
Lowest \$:		205,000		Average \$:		424,500	
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED	
6376 Buena Vista Drive #A	94560	205,000	2	1092	1984	12-12-12	
5308 Chapman Drive	94560	605,000	4	2180	1968	12-14-12	
5796 Dichondra Place	94560	439,000	4	1468	1986	12-14-12	
6802 Montcalm Avenue	94560	465,500	4	2020	1972	12-13-12	
36725 Munyan Street	94560	358,000	4	1064	1955	12-14-12	
37062 Walnut Street	94560	340,000	3	1554	1926	12-12-12	
4954 Winchester Place	94560	559,000	4	1639	1968	12-14-12	

SAN LEANDRO		TOTAL SALES: 15					
Highest \$:		410,000		Median \$:		280,000	
Lowest \$:		150,000		Average \$:		277,400	
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
249 Accolade Drive	94577	399,000	4	1627	2002	12-14-12	
580 Alvarado Street	94577	253,000	3	1210	2003	12-12-12	
1064 Arthur Avenue	94577	280,000	4	1535	1942	12-12-12	
14073 Doolittle Drive	94577	215,000	2	1203	1974	12-14-12	
444 Elsie Avenue	94577	255,000	3	1011	1942	12-14-12	
878 Joaquin Avenue	94577	410,000	3	3020	1938	12-13-12	
1004 Midway Avenue	94577	291,000	2	1106	1942	12-13-12	
118 Sunnyside Drive	94577	350,000	3	1084	1924	12-13-12	
1170 Coburn Court	94578	280,000	-	1461	1978	12-14-12	
1177 Louise Street	94578	150,000	3	1340	1948	12-14-12	
14845 Midland Road	94578	230,000	3	895	1953	12-14-12	
513 Olive Court	94578	200,000	3	1014	1950	12-13-12	
2218 Sol Street	94578	305,000	2	1462	1919	12-14-12	
1415 Thrush Avenue	94578	203,000	3	768	1926	12-14-12	
1215 Drake Avenue	94579	340,000	3	1081	1951	12-14-12	

SAN LORENZO		TOTAL SALES: 03					
Highest \$:		350,000		Median \$:		315,000	
Lowest \$:		271,500		Average \$:		312,167	
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED	
375 Hacienda Avenue	94580	315,000	3	1000	1944	12-12-12	
15891 Paseo Del Campo	94580	271,500	4	1300	1944	12-13-12	
17494 Via Alamos	94580	350,000	3	1373	1950	12-14-12	

UNION CITY		TOTAL SALES: 11					
Highest \$:		758,000		Median \$:		450,000	
Lowest \$:		83,500		Average \$:		403,045	

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
33464 11th Street	94587	83,500	4	1400	1912	12-13-12	
32760 Downieville Street	94587	600,000	5	2078	1985	12-13-12	
2108 Eric Court #4	94587	170,000	2	798	1974	12-12-12	
34546 Mahogany Lane	94587	565,000	3	1867	1999	12-14-12	
2129 Mann Avenue #2	94587	212,000	2	903	1972	12-14-12	
32402 Monterey Drive	94587	758,000	5	2763	1997	12-13-12	
4534 Ojai Loop	94587	450,000	3	1555	1984	12-12-12	
32777 Olympiad Court	94587	650,000	4	2496	1999	12-12-12	
4334 Planet Circle	94587	280,000	3	1137	1971	12-12-12	
32428 Springwood Drive	94587	460,000	3	1274	1974	12-14-12	
30653 Union City Boulevard	94587	205,000	1	737	2007	12-14-12	

Water district announces rate Increase

SUBMITTED BY FRANK JAHN

At its meeting on January 10, the Alameda County Water District Board of Directors adopted new rates which will become effective February 1, 2013. The increase will improve water supply reliability and fire protection by funding seismic improvements and the replacement of deteriorating water mains in the Tri-City area.

Beginning February 1, 2013, the service charge on the bimonthly water bill will increase by 100 percent, from \$14.93 to \$29.86, for customers with a 5/8 or 3/4 inch meter. The service charge is designed to recover costs which provide benefit to all and which do not vary with consumption. For the average residential customer using 23 units bimonthly (about 283 gallons per day), the

new service charge will result in a total billing increase of about 17.1% over rates in effect during 2012. The bimonthly commodity rate is not increasing, remaining at \$3.152 per unit (one unit is equivalent to 748 gallons). The increased rates will help fund the Main Replacement and Seismic Retrofit Programs, which have an estimated annual cost of \$10 million. The programs will replace water mains that are nearing the end of their lifespan and strengthen infrastructure along the Hayward Fault to reduce water service interruptions that could impact the entire Tri-City area should a major earthquake occur. The minimum overall price tag for the projects is \$400 million.

“The decision to increase rates is not one the District takes lightly,” said ACWD Board President James Gunther. “But with 20% of our water mains over 50 years old and a distribution system that is vulnerable to earthquakes, additional revenue is needed to safeguard our water supplies,” added Gunther. As ACWD’s new rates go in effect, they continue to rank among the lowest in the Bay Area. For more information on ACWD, visit www.acwd.org or call (510) 668-4200.

Make your home more energy-efficient, earn \$1,500 in rebates

SUBMITTED BY ALEXIS VANNI

Join Energy Upgrade California at the Hayward Home Energy Efficiency Workshop on Thursday, January 31, 2013 from 6:30 p.m. until 8:30 p.m. at Hayward City Hall to learn about how a home energy upgrade can help you save money on utility bills and make your home more comfortable. This event is open to Alameda County homeowners.

If you have ever asked wondered “why is my home so cold and drafty in the winter?” or “how can I lower my utility bills?” or “I want to make my home more energy efficient but how do I start?” this workshop is for you. Attendees will have the opportunity to meet with local participating contractors who can help homeowners decide which upgrades - from simple changes such as wrapping the hot water heater to more advanced measures such as installing double paned windows - make the most sense for your home and budget.

Also learn how to take advantage of the limited-time rebates available through Flex Package that make it easier for Alameda County homeowners to earn money to help pay for energy upgrades. Flex Package rebates of \$1,500 are available on a first-come, first-served basis. More information is available at www.AlamedaFlex.org. Alameda County homeowners can also support local schools by doing an energy upgrade. Through Energize for the Prize, participating Alameda County schools and schools organizations can receive \$250 for every home that performs an energy upgrade. For a list of participating schools in your area, visit www.EnergizeForThePrize.org. To RSVP for this free event, visit <http://euc-workshophayward.eventbrite.com>. **Home Energy Efficiency Workshop Thursday, Jan 31 6:30-8:30 p.m.** **Hayward City Hall, 777 B Street, Hayward** <http://eucworkshophayward.eventbrite.com>

Obituary

Wanda M. Andre Jan 26, 1928 - Jan 18, 2013



Wanda lived in Fremont for over 50 years. She belonged to several organizations in the community, Candle Lighters, Washington Hospital Foundation Board, Ohlone College Foundation, Fremont Philharmonic and Niles-Fremont Inner Wheel. Her favorite things were social events, travel and fashion, but most of all she loved spending time with her husband, children and grandchildren. Devoted wife of Gene Andre of Fremont, CA. Beloved mother of Pamela Margaret and husband Colonel Paul Balash III of Concord, CA; and Gregory Andre(deceased) and wife Kathy Andre of Arizona. Loving grandmother of Cynthia Margaret Stuart of Fremont, CA; John Andre of Arcata, CA and Ben Andre of Oregon. Memorial Services will be held 1:30 PM Saturday, January 26, 2012 at Berge- Pappas-Smith Chapel of the Angels 40842 Fremont Blvd, Fremont, CA. In lieu of flowers, donations to The Washington Hospital Foundation.



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December 15, 1923 – December 30, 2012

Nancy Ann Ward
RESIDENT OF FREMONT
January 4, 1947 – January 4, 2013

Antone “Tony” F. Rago
RESIDENT OF FREMONT
June 14, 1926 – January 10, 2013

Leslie L. Burhans
RESIDENT OF NEWARK
September 3, 1944 – January 11, 2013

Tuapo P. Sao
RESIDENT OF NEWARK
April 10, 1952 – January 17, 2013

Jose Villasenor Franco
RESIDENT OF SUNOL
September 23, 1932 – January 19, 2013

Josephine M. Martinez
RESIDENT OF FREMONT
March 19, 1919 – January 19, 2013

Shirley A. Cornett
RESIDENT OF FREMONT
May 23, 1922 – January 20, 2013

Richard A. Fragulia
RESIDENT OF FREMONT
July 31, 1937 – January 20, 2013

Nicholas J. Herman
RESIDENT OF SAN JOSE
August 4, 1931 – January 20, 2013

Mary Ella Rozell
RESIDENT OF FREMONT
August 9, 1924 – January 20, 2013

Maria Y. Jayne
RESIDENT OF NEWARK
March 7, 1966 – January 21, 2013

Bruce W. Frick
RESIDENT OF CASTRO VALLEY
January 10, 1951 – January 22, 2013

Isabelle Moser
RESIDENT OF FREMONT
November 28, 1920 – January 23, 2013

Audrey J. Baranowski
RESIDENT OF NEWARK
October 11, 1937 – January 24, 2013

Audrey J. Baranowski
RESIDENT OF NEWARK
October 11, 1937 – January 24, 2013

Oliver L. Knapps
RESIDENT OF NEWARK
May 21, 1921 – January 24, 2013

Cremona O. Miller
RESIDENT OF FREMONT
July 31, 1936 – January 25, 2013

Eugene J. Pashote
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September 4, 1988 – January 21, 2013

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RESIDENT OF INDIA
September 10, 1933 – January 23, 2013

Kamala Varahala
RESIDENT OF DUBLIN
June 10, 1942 – January 23, 2013

Norman Fong
RESIDENT OF SAN LEANDRO
December 4, 1924 – January 24, 2013

Chen Tseng Tsou
RESIDENT OF FREMONT
October 10, 1915 – January 24, 2013

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December 1, 1950 – January 26, 2013

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Obituary

Dana “Paul” Washburn

Two days before he died, Paul Washburn reported for work at the Papillon Restaurant where he has been a popular waiter for 27 years. A few hours later owner Charlie Foreman noticed that Paul seemed to be in pain and told him to take a break.

After checking on him, Foreman decided to take him to the hospital. Paul went to the people he had been serving and told them he was sorry, but he had to leave unexpectedly. “I was surprised he did that, but that is the kind of guy he was,” said Foreman.

Dana “Paul” Washburn was born in Texas in 1946. After graduating from high school in Arizona he attended college in San Diego, majoring in history. He served in the US Navy during the Vietnam War. Washburn died on December 30, 2012.

Tom Foreman and his wife, Wasana, opened Papillon Restaurant, in the Niles District of Fremont, in the late 1970s. When their son, Charlie, took over he needed another waiter. After his wife, Nittra, interviewed Washburn she told Charlie, “I just found the waiter of your dreams.” She was right.

“Within a week he was part of our family,” recalled Foreman. “He was particularly close to my brother, Ott. They



were both excellent chefs. Washburn had been the chef at his own Italian restaurant in Scotts Valley. Occasionally they would team up and cook a spectacular meal for special customers.”

The Papillion Restaurant recently hosted a memorial service for Washburn in the room he had designed and decorated. His sister, Tina Marinus, and her husband, Bruce were touched by the many friends, coworkers and customers who gave testimony to the greatness of a

quiet man. One who always helped when he saw someone in need, who took time to train other employees and who could always recommend the perfect wine to complement an entree.

“Paul loved being around food and he was a connoisseur of wine,” said Foreman. “He had an incredible ability to listen and he seemed to be able to feel what you were feeling. He made friends with our customers and remembered their favorite foods. He had a huge following. He absolutely loved befriending people and serving them.”

A long time customer said Paul Washburn represented a classic, elegant way of dining; he made you feel important. Others spoke of Washburn’s ability to expound on art, music, history and sometimes politics. He was an excellent teacher.

“I started here as a host, not an easy job when you are young and people are hungry,” said Ryan Adler. “Paul taught me a lot about the restaurant business. He knew I was an aspiring magician so sometimes, towards the end of an evening, he would talk the diners into watching me perform.”

With his gentle smile and quiet ways, Paul Washburn made the world a little better for everyone whose life touched his. He will be missed.

David Mark Martinez

November 4, 1955 – January 21, 2013

Born in San Jose California, David grew up on 3rd Street and D Streets in the Niles District of Fremont. His parents, Basilio “Buzz” Martinez (predeceased) and his mother Shirley Gallegus Martinez of Hayward provided a loving home and a strong work ethic for David and his two elder brothers Leonard and Dennis.

Taught by his father at an early age, David learned to hunt and fish, perform his daily chores, and to ride a bicycle. Bored with conventional training wheels, he quickly established a confidence and passion for “two-wheeled” cycling.



David attended Hacienda Elementary School, Hopkins Jr. High School and finally graduating from Mission San Jose High School, Class of 1973. While working an assortment of part-time jobs, he continued his education at Chabot Community College of Hayward.

On July 1, 1980 David began his career with the East Bay Regional Parks District. He met the love his life, Linda Marin, of the Marin family, Fremont area residents for many generations. Like a hand in a glove they both enjoyed the outdoors, hiking, backpacking, camping, fishing and an undeniable passion for cycling.

David and Linda were married on August 27, 1989 at Shinn Park in Fremont with many generations of Martinez and Marin families and friends in attendance. Their family began with first-born son Christopher, the apple of their eye.

Their second son Ryan was born two years later and now the family is complete. It’s time to have fun. Let’s go cycling!

As the years passed, raising a family did not deter David and Linda with their passion for cycling. Short rides and long rides with family and friends and among groups of cyclists with popular Bay Area clubs and beyond became a tradition.

Let’s go to Italy! Vacations to Italy were intentionally planned with cycling in mind. Rome, Florence, Venice, Cortina d’Ampezzo, Sirmione, Gaiole in Chianti were just a few exciting cycling destinations. Their travels were rewarded with lifetime experiences and friendships. David and Linda were in love with Italy and they were in love with each other.

Today the motto of the East Bay Regional Parks District is “Embrace Life”. Such a motto

could not be more fitting for the legacy of David Mark Martinez.

January 21, 2013 was the morning that David took his final bicycle ride. His loving family, friends and co-workers mourn his loss and will forever honor his memory.

A David Martinez Memorial Fund has been established with the Bank of the West, Newark Branch, 35125 Newark, CA 94560, (510) 797-2531.

Services Schedule:

Wednesday January 30, 2013, Viewing, 4pm-5pm, Visitation and Remembrance, 5pm-7pm, Catholic Service, 7pm-8:30pm.

Thursday January 31, 2013, Chapel Service, 11:00am-12pm, Burial Service, 12pm-1pm.

Holy Sepulchre Cemetery, Holy Angels Chapel, 1051 Harder Rd, Hayward, CA 94542, (510) 537-6600.

continued from
page 1

At the Oakland Zoo 'Everyone Wants to Carry the Babies'



Spotted Turtle: Photo credit: Adam Fink

It's harder to raise the nine spotted turtles. Eggs are incubated and require close attention to temperature and humidity; the sex of the turtle is determined by the temperature at which they're incubated. Therefore, their keeper "parents" can control the

ratio of male to female births. Once hatched, these little endangered turtles are fed a natural diet of crickets, worms, rodents, and salad... quite a picnic.

As for the mammals, three sleek, cute as a button, new inhabitants reside in the river otters' fresh water pool and grassy hillock area. For the past two years, Ginger and

Heath, have produced a litter. The small dark brown bodies can flip and dive through the water, twisting and playing with each other and their toys for hours. Otters in general, but baby otters in particular, are totally entertaining and endearing.

But if you think that's cute, get a peek at the baby wallaroos in the Wild Australia exhibit. You have to hop a train to travel through this area, but the emus and wallaroos are used to the traffic. You'll have a fair chance of seeing a baby "joey" riding in his mama's pouch, just his head poking out to survey the activity. Joeys start out the size of a kidney bean and don't even peek out until they are six months old. Adult female wallaroos can have three babies at once, each in a different stage of development: a toddler, an infant, and one "on hold" in the gestational stage. The mother produces different milk for the toddler and the infant, according to their nutritional needs.

There's a reticulated kid at the zoo also. No, it's not a python, it's a giraffe. Baby Maggie was born last January weighing eighty pounds and measuring seventy-two inches high. She's quite ac-

Otters: Photo credit: Andrea Dougall



tive and playful, but is also going to "school" behind the scenes, where her keepers are acclimating her to vet visits and working with humans.

In contrast to the dusty veldt-like giraffe enclosure, the squirrel monkey pen is full of greens, canopy trees, grasses, and low bushes, punctuated by climbing logs, hanging toys and feeding stations. At least one squirrel monkey has a baby, but it's hard to spot them. Look for a small monkey firmly perched on the back of an adult. The adult may or may not be the baby's mother because, as their keeper Danielle Stith told us, "Everyone wants to carry the babies." So the aunties, or even sometimes a juvenile male, will sidle up to the mom and transfer the baby to their own back. The baby instinctually, and tightly, grips the fur of its new ride and off they go, swinging and leaping from limb to netting to rock. Hard to imagine but brilliant to watch.

Just as vultures clean up the larger debris of the wild, millipedes eat their way through the tiny bacterial excesses of what's left over. The tiny white babies take

three years to become full size and require judicious monitoring and control of temperature and humidity. According to Adam Fink, Millipedes don't really have a thousand legs, but perhaps one hundred. They have segmented bodies with two legs per segment. If you count down seven segments and a pair of legs is missing, you're looking at a male! Full grown adults, coiled up, are truly beautiful, resembling a shiny exotic rock in the desert.

A visit to the Oakland Zoo is al-



Spiny Lizard: Photo credit: Adam Fink

ways entertaining and informative, but it is even more interesting when the babies are out and about.

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