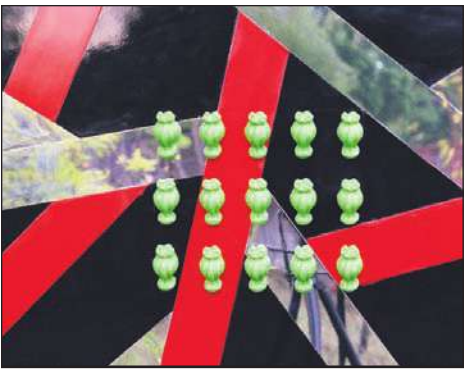




Phantom Art Gallery hosts local sculptor

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Gung Hay Fat Choy!

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Mattos Elementary "Family Science Night" fun

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TRI-CITY VOICE

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February 5, 2013

Vol. 12 No. 6

BY GUSTAVO LOMAS

A band, in the beginning, only has its members, instruments, and empty pieces of paper. Some may simply seek fame but for others, fame is simply part of a much larger dream. This year marks the 50th Hayward Area Recreation and Park District's Battle of the Bands, and for those who participate, a first step toward success.

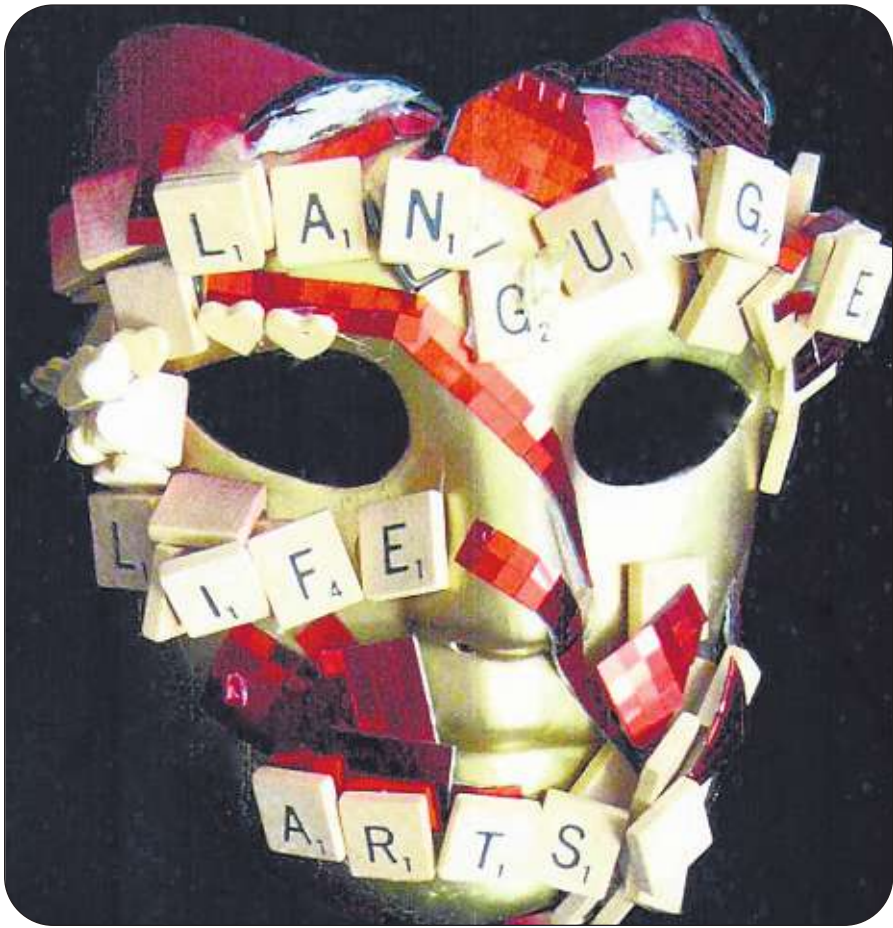
The mission of H.A.R.D. is, "to enrich the quality of life for our community by providing a variety of recreation activities, parks and facilities that promote health and wellness, learning and fun." Michael Maine, Recreation Leader 2, said, "This is about broadening opportunities for the youth and bands who perform. It gives the bands a chance to play at a big venue that seats up to 1,400 people on a great stage in a nice place, not to mention an experience that can be a starting point."

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50 years of Battling Bands



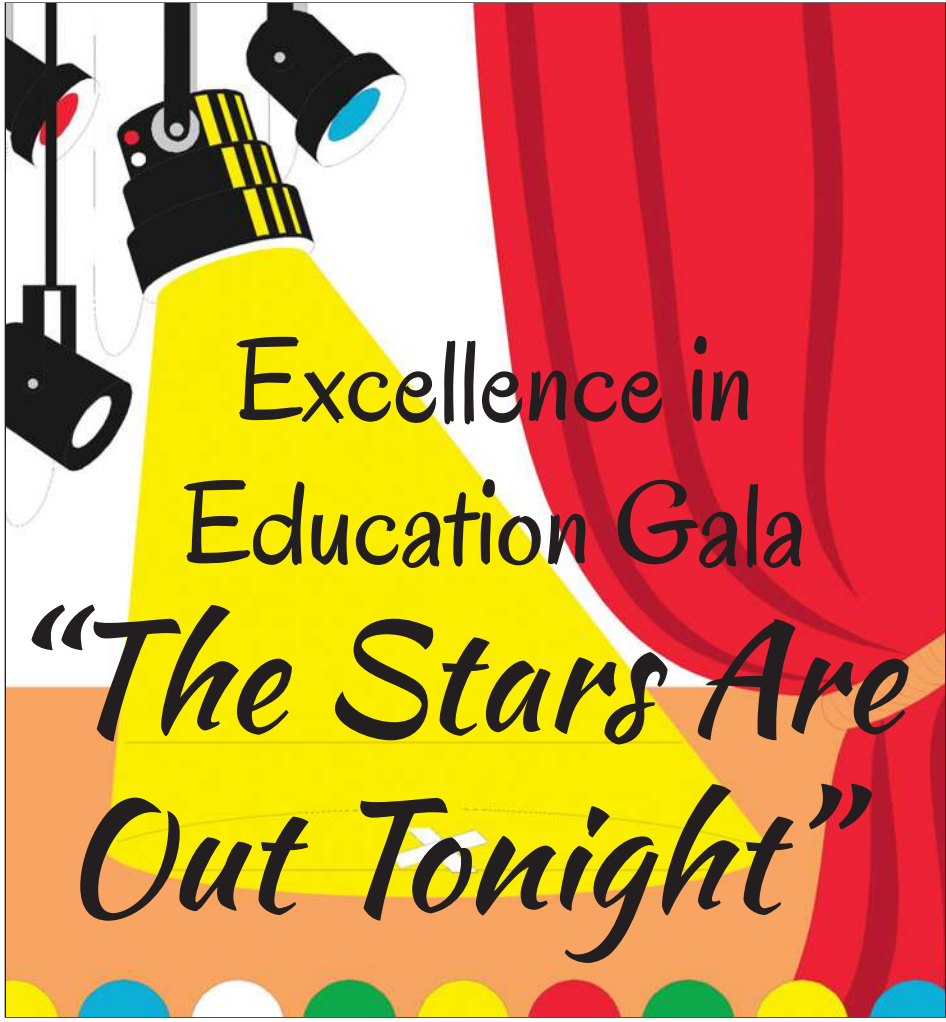
Believe & Achieve



BY CAROL MARKOS

The exhibit "Art: Believe / Achieve" at the John O'Lague Galleria in the Hayward City Hall features both artist and writer members of National League of American Pen Women. The name of the group is misleading, for it includes writers, artists, and composers. Members are all professionals in their fields as a condition of belonging to the national organization.

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SUBMITTED BY FREMONT EDUCATION FOUNDATION

The Fremont Education Foundation's (FEF's) annual "Excellence in Education" Gala is heading to Broadway with this year's theme of "The Stars are out Tonight," to raise funds for innovative teacher grants. In its eleventh year, this annual fundraiser, on Friday, February 22, is sure to be full of stars and show stopping numbers!

This gala is the only fundraising event in Fremont that promotes and celebrates excellence in education at the K-12 level within our public schools. Funds raised for the Foundation's grants will allow us to continue to sponsor and expand our support of exceptional projects in our classrooms, with the intention of improving educational achievement and broadening the horizons and experiences of the students.

For more than 20 years, FEF has awarded over 175 grants to teachers, directly benefiting tens of thousands of students in our schools. Sherea Westra, FEF Vice President of the Innovative Education Grants Program and Co-Chair of the 2013 event states, "The Gala is a wonderful night out to support a good cause - innovative programs in FUSD that supports academic achievement, leadership development, fitness, character education, and arts appreciation. This year, we honor those that have greatly impacted our educational community in Fremont, while enjoying an evening of fun that brings many people in Fremont together. I can't think of any place I'd rather be on that night!"

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Whooping Cough Poses a Serious Threat to Babies and Young Children

Pertussis Vaccination Can Prevent the Spread

You may be hearing a lot about the flu right now, but another contagious respiratory disease is posing a serious threat to babies and young children. Pertussis, also known as whooping cough, is making the rounds these days.

“Whooping cough tends to occur in cycles, peaking every three to five years,” said Dr. Swetha Kowsik, a local pediatrician who is a member of the Washington Hospital medical staff. “More than 9,000 cases were reported in California in 2010, the highest number in 60 years. When we look at the rest of the country, 2012 had one of the worst whooping cough outbreaks in decades. Because parts of California have a high vaccine refusal rate, we are concerned that we will again see the number of cases increase in this state because of how easily pertussis can spread.”

Pertussis is a highly contagious respiratory disease caused by Bordatella pertussis bacteria. It is also known as whooping cough because it can cause violent, uncontrolled coughing spells, making it hard to breathe. After a coughing spell, the infected person often needs to take a deep breath, which results in a whooping sound, more common in children than adults. Whooping cough can even be fatal, particularly for infants and babies.

Three Stages

The symptoms occur in three stages, Dr. Kowsik explained. The first stage lasts about one to two weeks and is similar to a

common cold, with a runny nose, sneezing, mild fever, and slight cough. The second stage lasts longer – about two to six weeks – and is when the actual whooping sound develops. The third stage can last for four to 21 days and consists of gradual recovery and less coughing.

Whooping cough is spread through droplets that enter the air when infected people cough or sneeze. These droplets can also end up on surfaces like doorknobs and computer keyboards, and people can become infected by touching those surfaces and then touching their eyes, nose, or mouth.

Fortunately, whooping cough can be prevented with a vaccine. According to Dr. Kowsik, babies receive their first dose of pertussis vaccine at age 2 months as part of a combined vaccine called Dtap, which covers diphtheria, tetanus and pertussis. The other doses are given at 4 months, 6 months, 15 months and 4 years. A booster vaccine is given at the 11-year doctor visit as part of the Tdap vaccine, she added.

“Extensive research has been conducted to ensure that the vaccine is safe,” Dr. Kowsik said. “The vaccination can be effective in preventing disease when it is given according to the defined schedule along with the booster. Anyone who has not had a booster shot in the last 10 years should get one because immunity wears off over time. Adults who have not had their booster can infect babies who haven’t re-



Dr. Swetha Kowsik, (above) a local pediatrician and member of the Washington Hospital medical staff says that whooping cough can be prevented with a vaccine. Babies receive their first dose of pertussis vaccine at age 2 months as part of a combined vaccine called Dtap, which covers diphtheria, tetanus and pertussis. To learn more about whooping cough and where to get vaccinated, visit www.whhs.com/cough

ceived all of their vaccinations yet. That’s why it’s so important to get one.”

Push to Revaccinate

After the whooping cough epidemic hit California in 2010, causing 10 infant deaths, there was a push to revaccinate teens and adults to prevent the spread of the disease.

“I have seen several infants hospitalized and on oxygen after they were exposed to pertussis from an older relative who had not gotten their booster shot,” she added. “Pertussis can often be a mild illness in adults, but result in hospitalization in children.”

Anyone who does get sick with whooping cough should stay away from others to avoid spreading the disease. Whooping cough can be treated with antibiotics, and early diagnosis and treatment can help to lessen the severity of the disease, according to Dr. Kowsik

“Many adults will be able to recover with supportive care and a course of antibiotics,” she added. “However, infants may need to be hospitalized for oxygen and intravenous fluids. Many infants may also develop super infections or complications such as pneumonia, necessitating further courses of antibiotics.”

Pertussis vaccinations are available at Washington Urgent Care. The clinic is open seven days a week from 8 a.m. to 8 p.m. and no appointment is needed.

For more information about whooping cough, visit the California Public Health Department’s website at www.cdph.ca.gov. To find out how to get a pertussis vaccination, call Washington Hospital’s Health Connection hotline at (800) 963-7070. To learn about upcoming Washington Hospital classes and seminars that can help you stay healthy, visit www.whhs.com.

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



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InHealth
A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	2/5/13	2/6/13	2/7/13	2/8/13	2/9/13	2/10/13	2/11/13
12:00 PM 12:00 AM	Arthritis: Do I Have One of 100 Types?	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Hip Pain in the Young and Middle-Aged Adult	Heel Problems and Treatment Options	Diabetes Matters:Vacation or Travel Plans?	Alzheimer's Disease	Living Well with Diabetes: Overcoming Challenges
12:30 PM 12:30 AM							Washington Women's Center: Sorry, Gotta Run!
1:00 PM 1:00 AM	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Women's Health Conference: Age Appropriate Screenings	Washington Women's Center: Heart Healthy Foods	Voices InHealth: Healthy Pregnancy	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	Alzheimer's Disease	Washington Township Health Care District Board Meeting January 9th, 2013	Inside Washington Hospital: The Green Team	Washington Township Health Care District Board Meeting January 9th, 2013	Diabetes Matters: Diabetes Viewpoint	Inside Washington Hospital: Patient Safety	Washington Township Health Care District Board Meeting January 9th, 2013
2:30 PM 2:30 AM							Voices InHealth: Bras for Body & Soul
3:00 PM 3:00 AM	Don't Let Back Pain Sideline You	GERD & Your Risk of Esophageal Cancer	Kidney Transplants	Your Concerns InHealth: Pediatric Care – The Pre-School Years	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Your Concerns InHealth: Pediatric Care – The Pre-School Years	Minimally Invasive Treatment for Common Gynecologic Conditions
3:30 PM 3:30 AM							
4:00 PM 4:00 AM	Learn How to Eat Better!	Diabetes Matters: Research:Advancing Diabetes Management	Strengthen Your Back! Learn to Improve Your Back Fitness	Turning 65? Get To Know Medicare	Important Immunizations for Healthy Adults	Don't Let Back Pain Sideline You	Alzheimer's Disease
4:30 PM 4:30 AM							
5:00 PM 5:00 AM	Raising Awareness About Stroke	Your Concerns InHealth: Pediatric Care – The Pre-School Years	Minimally Invasive Surgery for Lower Back Disorders	Shingles	Diabetes Matters:Top Foods for Heart Health	Dietary Treatment to Treat Celiac Disease	Get Back On Your Feet: New Treatment Options for Ankle Conditions
5:30 PM 5:30 AM							
6:00 PM 6:00 AM	Voices InHealth: Radiation Safety	Wound Care Update	Community Based Senior Supportive Services	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	Learn About Nutrition for a Healthy Life
6:30 PM 6:30 AM							
7:00 PM 7:00 AM	Washington Township Health Care District Board Meeting January 9th, 2013	Voices InHealth:The Greatest Gift of All	Voices InHealth: Radiation Safety	Financial Scams: How to Protect Yourself (Late Start)	Colorectal Cancer: Healthy Diet To Prevent Cancer	Quality of Life Matters	Diabetes Matters: Back to the Basic Keys for Success
7:30 PM 7:30 AM							
8:00 PM 8:00 AM	Heart Healthy Eating After Surgery and Beyond	Treating Infection: Learn About Sepsis	Washington Township Health Care District Board Meeting January 9th, 2013	How to Maintain a Healthy Weight: Good Nutrition is Key	Alzheimer's Disease	Your Concerns InHealth: A Good Night's Sleep	Diabetes Matters: Diabetes Viewpoint
8:30 PM 8:30 AM							
9:00 PM 9:00 AM	What You Should Know About Carbs and Food Labels	Diabetes Matters: Back to the Basic Keys for Success	Heart Healthy Eating After Surgery and Beyond	The Weight to Success	Your Concerns InHealth: Senior Scam Prevention	How to Maintain a Healthy Weight: Good Nutrition is Key	Keys to Healthy Eyes
9:30 PM 9:30 AM							
10:00 PM 10:00 AM	Superbugs:Are We Winning the Germ War?	Do You Have Sinus Problems?	Disaster Preparedness	Treatment Options for Knee Problems	Your Concerns InHealth: Vitamin Supplements	Kidney Transplants	Influenza and Other Contagious Respiratory Conditions
10:30 PM 10:30 AM							
11:00 PM 11:00 AM	Learn If You Are at Risk for Liver Disease	Healthy Nutrition for Your Heart			Your Concerns InHealth: GERD & Your Risk of Esophageal Cancer	Minimally Invasive Surgery for Lower Back Disorders	Voices InHealth: The Legacy Strength Training System
11:30 PM 11:30 AM							
						Voices InHealth: New Surgical Options for Breast Cancer Treatment	

Common Heartbeat Problem Increases Risk of Stroke

Learn more about Atrial Fibrillation at upcoming free health seminar

More than 2 million Americans have a type of irregular heart beat that increases their risk of having a stroke by five times. People who have this condition may experience serious symptoms, but some have no symptoms at all. The potentially elusive ailment, called atrial fibrillation or AFib, is described by the American Heart Association as the most common serious type of irregular heartbeat in people over 65.

"The odds of developing AFib increase with age," said Sanjay Bindra, M.D., a cardiac electrophysiologist specializing in the treatment of heart rhythms. Dr. Bindra is on the medical staff at Washington Hospital.

"AFib is also often associated with other health problems, such as high blood pressure or other heart and lung conditions," he added.

Atrial fibrillation—its symptoms and treatment options, as well as how it can lead to a stroke—will be the subject of a free Health & Wellness seminar, "Keeping Your Heart on the Right Beat," presented by Dr. Bindra on Tuesday, Feb. 19 from 1 to 2:30 p.m.

The event is open to the public and will be held in the Conrad E. Anderson, M.D. Auditorium in the Washington West Building next door to Washington Hospital at 2500 Mowry Ave. in Fremont. To reserve your spot, go online to www.whhs.com, click on Community Connection and select Community Seminars, Health Classes and Events, or call (800) 963-7070.

Fibrillation is a rapid, irregular, and unsynchronized contraction, in this case of the heart muscle. AFib occurs when the upper chambers of the heart, called the atria, beat erratically. This puts them out of sync with the heart's lower chambers, which are called the ventricles. People with AFib may have a racing, irregular heartbeat, fluttering in the chest or heart palpitations. They may feel weak, faint, dizzy or short of breath. Other symptoms include chest pain or sweating. Some people with AFib feel excessively fatigued when exercising, and some have no symptoms at all.

"Your doctor may have discovered you have AFib during a routine physical exam or testing for another condition," Dr. Bindra pointed out. "He or she can con-



Some people with atrial fibrillation feel excessively fatigued when exercising, and some have no symptoms at all. Atrial fibrillation—its symptoms and treatment options, as well as how it can lead to a stroke—will be the subject of a free Health & Wellness seminar called "Keeping Your Heart on the Right Beat." The seminar will take place on Tuesday, Feb. 19 from 1 to 2:30 p.m. in the Washington West Building at 2500 Mowry Ave. in Fremont. To reserve your spot, visit www.whhs.com/event/class-registration, or call (800) 963-7070.

firm the diagnosis by doing an electrocardiogram (EKG). Other tests will be used to look for the underlying cause and check for any complications."

There is a treatment option that offers relief to people suffering from frequent, annoying symptoms of Atrial Fibrillation. Called AF ablation, the procedure is performed by an electrophysiologist. Dr. Bindra is a local expert on the treatment of this rhythm abnormality.

To perform AF ablation, the doctor inserts catheters into the heart through small tubes, and heat energy is applied to an area in the left upper chamber. The treatment prevents the heart from fibrillating. CT scans of the heart taken before the procedure and live X-ray and ultrasound images during the procedure help the physician navigate the catheters and treat the abnormal rhythm.

"AF ablation works by electrically isolating areas of the atrium, or upper chamber, that are important for the initiation or maintenance of atrial fibrillation," Dr. Bindra explained.

The decision to ablate atrial fibrillation must be a shared one between the patient and ablationist. Patients with unmanageable symptoms that impair their quality of life are good candidates for this procedure.

According to Dr. Bindra, the success of AF ablation depends on using it for the appropriate patient. Electrically isolating the pulmonary veins (the vessels that carry blood from the lungs to the heart) works to control AFib when those areas are driving and maintaining the disorder. He stated that this is most often the case with intermittent AFib, less often when the condition is persistent, and rare with long-standing AFib.

"After the ablation procedure it is important that the physician carefully follow the patient, who should continue on blood thinners," he recommended.

Dr. Bindra explained that one of the most important things to remember about AFib is that it puts you at nearly five times greater risk of having a stroke, even if you aren't experiencing symptoms. This is based on the way your heart pumps blood.

"When your heart beats irregularly, it doesn't pump blood as it should and this can cause blood to pool in the upper chambers of the heart," Dr. Bindra stated. "This pooling can cause a blood clot to form in your heart, and the clot can break away and travel directly to your brain, where it can block an artery and cause a stroke."

At the seminar, Dr. Bindra will talk about new drugs that are now available to help reduce an AFib patient's risk of stroke. He'll also discuss treatment options that can give relief from the annoying symptoms experienced by some people.

"You can work with your doctor to develop a plan that will help reduce your risk of stroke," he reported. "Taking medicine for this purpose is a key part of treatment for many people with AFib."

For a long time, the drug warfarin has been taken orally by AFib patients as an effective blood thinner. However, it requires frequent blood monitoring, individualized dosage, and restrictions in what patients can eat.

"Now, for patients with AFib not caused by heart valve disease, there are new blood thinners that are just as effective, if not better, and just as safe, if not safer," said Dr. Bindra. "These medicines can reduce stroke risk in patients, who should continue to be closely monitored for bleeding problems."

Studied in tens of thousands of cases, these medications are more convenient for patients. They have a fixed dose that can be adjusted to the patient's kidney function based on the results of a simple blood test.

Learn more

For more information about atrial fibrillation (AFib), visit the Web site of the American Heart Association at www.heart.org. For more information about Washington Hospital, visit www.whhs.com.

Need Help in Coping with 'Restless Legs Syndrome'?

New Support Group Starting in February at Washington Hospital

It's the end of a long day. You are more than ready to get a good night's sleep. After you finally doze off, though, you wake up with a "creepy-crawly, itchy, burning" sensation in your legs that disrupts your slumber and seizes you with an uncontrollable urge to move your legs.

continued on page 5



Dr. Nitun Verma, a specialist in sleep medicine and medical director of Washington Township Center for Sleep Disorders, will lead a new support group for people who suffer from Restless Legs Syndrome. The first meeting will be on Tuesday, February 19 from 3:30 to 4:30 p.m. in the Washington West Building located at 2500 Mowry Avenue in Fremont. To register, call (510) 744-6726. For more information about Washington Township Center for Sleep Disorders, visit www.washingtonsleep.com.

Put heart health on your calendar.

Washington Hospital is proud to be a part of American Heart Month.



Outpatient Nutrition Counseling

Following a heart-healthy diet can help prevent heart disease. Washington Hospital's Outpatient Nutrition Counseling program is available by appointment to provide nutrition counseling for individuals with specific medical needs as well

as those who wish to maintain optimal health.

Visit: www.whhs.com/nutrition to learn more.

Keeping Your Heart on the Right Beat

Atrial Fibrillation (AFib) is a type of irregular heartbeat. It occurs when one or both upper chambers of the heart beat erratically, putting them out of sync with the lower chambers. A cardiologist will discuss the causes, symptoms, and what common health conditions put you at risk.

Date/Time: Tuesday, February 19, 1 to 2:30 p.m.

Where: Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue, Washington West in Fremont

Register: Visit www.whhs.com/event/class-registration or call (800) 963-7070

Mended Hearts Support Group

If you or a loved one has had heart surgery, heart attack, angioplasty, angina or other cardiac conditions, consider attending the Mended Hearts support group to share your story, learn information and make friends. Family members and loved ones are welcome.

Call: (510) 494-7022 for meeting times and information

Location: Conrad E. Anderson, M.D. Auditorium, Room B, 2500 Mowry Avenue, Washington West in Fremont

Cardiac Rehabilitation Program

This specialized program offers a series of one-hour exercise sessions, with all exercise performed while the heart patient is monitored by an exercise physiologist and registered nurse.

When: Monday, Wednesday, Friday

Times: 8 a.m., 9:15 a.m., 10:45 a.m., 12 Noon, 2:30 p.m., and 4 p.m.

Location: 2500 Mowry Avenue, 2nd floor, Washington West in Fremont

Call: (510) 494-7002 for more information.

Fee: \$8.50 per session (Session may or may not be covered by insurance.)

Diabetes Matters: Protecting Your Heart

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. A cardiologist will offer tips for reducing the risk of developing heart disease.

Date/Time: Thursday, February 7, 7 to 8 p.m.

Where: Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue, Washington West in Fremont

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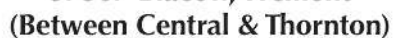
To learn more go to whhs.com/heart



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FREE

continued from page 3

Need Help in Coping with 'Restless Legs Syndrome'?

Sound familiar?

"Restless legs syndrome – also called RLS – is a disorder that may lead to serious sleep deprivation that can result in daytime sleepiness or fatigue," says Dr. Nitun Verma, a specialist in sleep medicine and medical director of Washington Township Center for Sleep Disorders.

"People with RLS have uncomfortable sensations in their legs – and in some cases, their arms – that create an irresistible urge to move their limbs," he explains. "Only about 20 percent of RLS sufferers describe the sensations as 'painful.' More often, people say they experience sensations that are itchy, creeping, crawling, throbbing, tingling, gnawing or burning. I've even had patients who said it felt like they had soda water bubbling in the veins in their legs. While the sensations can occur during the day-time, they are most common at night after you have been lying down. People with RLS who can't sleep at night are the ones who suffer the most."

The National Institutes of Health (NIH) estimates that RLS may affect up to 10 percent of the U.S. population.

"That is a huge number of people who may need help with controlling their symptoms of RLS," Dr. Verma observes. "When we researched the resources for people who suffer from RLS, we discovered there were no support groups for RLS in the Bay Area. The nearest group is in Sacramento. So we decided it was time to offer a support group here at Washington Hospital."

The first meeting of the Restless Legs Syndrome Support Group is scheduled for Tuesday, February 19 from 3:30 to 4:30 p.m. The gathering will be held in the Conrad E. Anderson, M.D., Auditorium in the Washington West Building located at 2500 Mowry Avenue in Fremont.

"RLS is not yet fully understood, but it seems to be a neurological condition – more of a nerve issue than a muscle issue," says Dr. Verma. "Most often, RLS occurs in people who are older, but we've seen it even in 5-year-olds. It's an 'equal-opportunity' disorder that affects both men and women, although some studies indicate women may be slightly more likely to develop RLS. In some cases, RLS appears to run in families, especially when the condition starts at an early age. There currently is a lot of research being conducted to identify the causes of RLS."

Dr. Verma, who is co-author of a discussion of restless legs syndrome in the online British medical journal "Epocrates," notes that while RLS is not a life-threatening disorder, it can significantly diminish a person's quality of life.

"Many people who have the symptoms of RLS don't bother to see a doctor because they assume

that nothing can be done," he says. "Other times, they will go to the drug store seeking over-the-counter medications to treat their symptoms. Even those people who do see a doctor about their symptoms may not get the help they need because not all doctors are familiar with the condition. Instead, they might get prescriptions for sleep medications or muscle relaxants and keep trying medications that don't work."

The first step in treating RLS, according to Dr. Verma, is to avoid substances that may be contributing to or aggravating the problem, including alcohol, caffeine and tobacco.

"You also should review all your medications with your doctor to see if any of those drugs could be part of the problem," he says. "Some sleep medications, anti-nausea drugs, allergy medicines with antihistamines, and anti-depressants have been shown to make RLS worse."

"Your doctor also should provide proper treatment for any underlying medical condition that might be contributing to your symptoms – such as iron deficiency, diabetes, kidney disease, thyroid problems or Parkinson's disease," he adds. "It's also important to note that up to 26 percent of women who are pregnant may develop symptoms of RLS, but those usually go away on their own after the baby is delivered."

Dr. Verma suggests a variety of other self-help treatments that may be useful in relieving RLS symptoms:

- Massaging your legs with either your hands or a vibrating massage tool before you go to sleep.
- Applying hot or cold compresses to affected limbs.
- Taking a hot or cool bath, perhaps in a jetted tub.
- Follow a regular exercise program – moderate exercise often helps, although overly strenuous exercise may aggravate symptoms.
- Try to reduce the stress in your life, possibly with techniques such as yoga or meditation.

For moderate to severe RLS symptoms that do not improve with lifestyle changes and self-help treatments – or that become increasingly worse – a doctor may prescribe various medications that could help.

"If you are suffering from symptoms of RLS, you are definitely not alone," Dr. Verma emphasizes. "We hope this new support group will help people with RLS discover new ways to cope with this sometimes-debilitating disorder so they don't lose any more sleep over it."

In addition to treating RLS, the Washington Township Center for Sleep Disorders can help people with other sleep disorders such as sleep apnea, insomnia, narcolepsy, sleepwalking and sleep disruptions related to menopause.

To register for the Restless Legs Syndrome Support Group session on February 19, call (510) 744-6726. For more information about Washington Township Center for Sleep Disorders, visit www.washingtonsleep.com. To read Dr. Verma's discussion of restless legs syndrome in the British medical journal "Epocrates," please visit <https://online.epocrates.com/u/291165/Restless+legs+syndrome>



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- is the only northern california accredited osteoarthritis center

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Pat Kite's Garden

Garlic breath

BY PAT KITE

Have you eaten your garlic today?

One clove has only four calories, no fat, and a just a single gram of carbohydrate. It also comes in handy as revenge breath on folk who pour on perfume in confined spaces. You can, of course, grow your own garlic. But you must plant it now. Author Pam Peirce, Golden Gate Gardening, reports she grew six pounds of garlic in an area just 3 by 3 feet.

Find a sunny spot. Try to incorporate some manure or compost into the soil, especially if you use our area "building brick" clay soil. I have reached a point where I use inexpensive bagged compost for almost all garden plant installations. If you can't get your garlic bulb from a nursery, try a firm bulb from the grocery.

Separate the little bulblets or cloves. Do not peel them. Push them in soil pointy end up, four inches apart. Tops should be about one-inch deep. No garden? You can grow a garlic clove in a 4-inch pot on a sunny windowsill. If you have not worn gloves during this exercise, the computer suggests rubbing baking soda on your hands, rinsing this off, then washing hands with dish soap and water. Do not drench the planted area. Water only after the first little green shoots emerge. Too much water causes bulb rot.

Depending on which reference tome you read, eating garlic is either great or awful. It has been referenced as an aphrodisiac, certainly forbidden to monks and widows in case they got lively thoughts. If you had the plague, holding a garlic clove in your

mouth was a possible cure. Other uses included a cure for worms, dropsy, snake bite and, mixed with honey, a cure for rheumatism if rubbed on ones' knees and such. It has been used for over 3000 years in Chinese medicine.

In Rome's past, noblemen disdained the use of garlic for themselves, but fed it to their laborers

and soldiers to encourage energy and aggression. Ancient Egyptians considered garlic a sacred plant, and the builders of Egypt's Great Pyramid, about 1900 B.C., gave their laborers a heavy diet of garlic and onions. However, in ancient India, if a person wanted to eat garlic, he had to leave town to do so. Long ago, Greeks found garlic disgusting

and thought anybody eating it had sinned. To cleanse criminals of their crimes, they were forced to eat garlic for several days.

Personally, I prefer a sandwich of thinly sliced garlic on sourdough bread, pan-toasted in ample butter, as a cold winter's night snack. My cat, Royal Pookiness, makes certain to sleep on the far end of the bed.



PAT KITE

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

TRI-CITY GARDEN CLUB MEETINGS:

Friends of Heirloom Flowers

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

Fremont Senior Center Garden Club

First Friday of each month, 2 p.m.
Janice Anderman, program coordinator 510-790-6602

Fremont Garden Club

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

Valentine Wine Dinner

SUBMITTED BY ELLEN EASON

The Marriott Fremont Silicon Valley is offering a five-course gourmet seafood and steak Valentine's Day dinner, paired with a flight of wines from San Benito County's award-winning Leal Vineyards.

"Taking our inspiration from Greco-Roman mythology, we're calling it 'Dinner with the Gods'," says Marriott Fremont Silicon Valley Chef Paul Rohadfox. Gods and goddesses commemorated are: Dionysus, god of wine; Voluptas, goddess of pleasure and daughter of Cupid; Aphrodite and Demeter, goddesses of love; Hephaestus, god of fire; Hedylogos, god of flattery;

and Eros, goddess of love. Seafood selections evoke Poseidon, god of the sea.

Leal Vineyards' Winemaker Frank Leal has selected wines to pair with each course from the winery's collection. A representative of the winery will be at the dinner to present and discuss the wines. Leal Vineyards is known for its high-end vigneris, chardonnays, pinot noirs, syrahs, merlots, and cabernet sauvignons.

Served in an intimate setting in the hotel, the February 14 wine dinner will begin with a reception at 6:30 p.m. followed by dinner at 7 p.m. The cost is \$80 per person, plus tax and gratuity. The Dinner with the Gods menu features: First

course: Passion Fruit Bellini, Second course: Seared Scallops on a White Corn Purée, Third course: Striped Bass with Manila Clams, Fourth course: Filet Mignon and Lobster, and Fifth course: Chocolate Variations (wine pairings with each course).

"We're very proud of our culinary offerings," says Wahid Mohammadi, Food and Beverage Director at the Marriott Fremont Silicon Valley. "We want to showcase what our culinary team is capable of producing on this very romantic night. And, for those who want a little getaway from home on this occasion, we are also offering a package with dinner, overnight stay and break-

fast the next morning." The cost for the Valentine's Getaway Package is \$259 per couple and includes the wine dinner, overnight accommodations, and a full breakfast the next morning.

For Valentine's dinner and room reservations, contact (510) 413-3777.

Valentine's Wine Dinner
Thursday, Feb 14
6:30 p.m.

Marriott Fremont Silicon Valley
46100 Landing Pkwy., Fremont
(510) 413-3777
www.marriottfremont.com
Cost: \$80 per person

Social Security cards & numbers

By MARIAELENA LEMUS

Do you know where your Social Security card is located? Hopefully, it's in a safe place, tucked away securely with your other important papers. It certainly should not be in your purse or wallet and should not be carried with you every day since it can be more valuable than cash to an identity thief.

Do you know your Social Security number? Chances are you have it memorized. If you know your number, you may never need your card again. It is the number, not the card, that is most important.

In the event that you lose your Social Security card and really need a replacement, you can find out all the details on how to obtain a replacement card and what specific documents you need to provide at www.socialsecurity.gov/ssnumber. Each situation is unique, but in most cases you simply need to print, complete, and either mail or bring the application to Social Security with the appropriate documentation (originals or certified copies only).

If you need to apply for a Social Security card and number for your child, you can do that the same way, and get the specific information at the same website. In almost all cases, though, an application for your infant's Social Security card and

number is taken in the hospital at the same time that you apply for your baby's birth certificate.

Why does a baby need a Social Security number? There are a number of reasons, but the main one is so that you can claim your child as a dependent on your tax return. Social Security numbers are also needed for children to apply for certain government and social service benefits.

As you prepare for tax season, just around the corner, make sure the kids (and all the dependents) that you list on your annual tax return have Social Security numbers. If you want to claim your child as a dependent on your tax return (and who doesn't?) your child will need a Social Security number. Note that all dependents listed on your federal tax return will need Social Security numbers, including a dependent parent who lives with you and receives support from you.

Learn more about Social Security at www.socialsecurity.gov. And learn more about your Social Security card and number at www.socialsecurity.gov/ssnumber, where you can print out an application and find out everything you need for your specific situation.

Ms. Lemus is the Social Security Public Affairs Specialist in San Jose

Art & Jewelry Sale

SUBMITTED BY SARA LAMNIN

Snappy's Café and the South Hayward Parish, a coalition of seven faith-based organizations, invite everyone to an art and jewelry reception and sale on February 8, 2013, from 5 p.m. until 7 p.m. at Snappy's Café, 978 A Street, Hayward.

Proceeds will support the award-winning "Homeless Angels" economic development effort to end homelessness in Hayward. The sale lasts from February 1 until February 28, 2013 at Snappy's Café. Pick up a cup of java and piece of jewelry!

For more information, call (510) 432-7703, email haywardcan@gmail.com or visit www.SouthHaywardParish.org.

Art & Jewelry Sale
Friday, Feb 1 – Thursday, Feb 28
Snappy's Café
978 A Street, Hayward
(510) 432-7703
haywardcan@gmail.com

Music, magic & memories

SUBMITTED BY CAROL ZILLI

"Everything's coming up Music," as it should be. Music for Minors II (MFMII), the 501c(3) nonprofit music enrichment program that has been keeping music in children's classrooms and lives since 1988, is celebrating 25 years of volunteerism and musical joy at the Fremont Marriott on Friday, March 15, 2013 from 6 – 11 p.m.

Join in the celebration that benefits MFMII's current program which serves almost 5,000 children weekly in local school districts as well as the organization's plans for future expansion given the increasing number of children in need of music exposure.

This benefit event will include a delicious dinner, silent and live auction, wonderful local entertainment including an opera singer, harpist, violinist, inspirational band of autistic young adults, Indian dancers, a Latin American band for "dancing with and to the stars" and much more.

Join local dignitaries and the adult community-at-large for this exciting event. For reservations call 510-733-1189, e-mail sharon.filippi@sbcglobal.net or visit www.musicforminors2.org.

Music, magic and memories
Saturday, Mar 16
6 p.m. – 11 p.m.
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(510) 733-1189
www.musicforminors2.org

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



Community Academy

BY SIMON WONG

Ever wondered how many sworn officers are on duty at any one time? Why do the police not respond immediately to every incident reported? How can residents help the police do their jobs effectively? How can residents safeguard themselves and their property against crime? What advice does Hayward Police Department have for maximizing public safety?

Hayward PD's Community Academy is designed to educate and inform the general public about the City's law enforcement policies and practices. Anyone interested in learning how Hayward Police Department (PD) operates should attend the free nine-week Community Academy, February 19 - April 16, 2013. This is a good opportunity for members of Neighborhood Watch groups and a prerequisite for anyone who would like to become a

block captain, the liaison between neighbors and the Police Department. The Community Academy is open to Hayward and non-Hayward residents.

"When I attend Neighborhood Watch meetings, some community members complain bitterly. They think the Police Department must be there for them, automatically, on their street, watching their house, around the clock, seven days-a-week," said Gale Bleth, Crime Prevention Specialist, Hayward PD. "There is a much bigger picture which the Community Academy pieces together so that people understand how the Police Department functions."

Weekly sessions are scheduled for Tuesdays at City Hall, 777 B Street, Hayward, from 6:45 p.m. until 8:45 p.m.

For more information and to register for the Hayward PD Community Academy, call (510) 293-7151 or email gale.bleth@hayward-ca.gov

Applications now accepted for Newark Citizen Police Academy

SUBMITTED BY NEWARK PD

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.

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.

Newark Police Log

SUBMITTED BY NEWARK PD

January 30

Officer Yates responded to a vehicle burglary in progress at 4:15 a.m. in front of 5809 Peachtree Dr. The caller reported his sister's car had two males inside of it trying to steal her car stereo. The witness scared the suspects off and they fled east on Peachtree St. Officer Kovach spotted the suspect's vehicle driving west bound on Thornton Ave and attempted to affect a traffic stop. The vehicle failed to yield as it drove at speeds of 90 MPH. Officer Kovach advised of the vehicles speed and determined not to pursue the suspect vehicle.

January 31

Officer Clark responded to the 6700 block of Baine Ave. at 2:38 p.m. and recovered a stolen vehicle (1999 Nissan Sentra) out of San Jose.

Officer Lopez responded to the lobby of NPD to do a vehicle release. A male who identified himself as Genaro Castellanos was requesting to get his vehicle released. The vehicle in question was involved in a hit and run collision on 01/31/13. Officer Lopez became suspicious when he was presented with an ID that didn't really match the male in the lobby. Further investigation found the male in the lobby was really Francisco Castellanos the brother of Genaro Castellanos. A routine warrant check found a driving on a suspended license warrant for Francisco out of Santa Clara County. Francisco was taken into custody after a short struggle and he was later booked in to Santa Rita jail. The vehicle was not released.

February 1

At 9:44 p.m., Officer Taylor investigated a residential burglary in the 37100 block of Olive Street that had occurred between 6 p.m. and 8 p.m. Entry was made through an unlocked rear door. Loss was a computer and jewelry.

February 2

At 7:48 p.m., Officer Bloom handled a citizen's arrest for shoplifting at the NewPark Mall Sears store. Camille Jimenez of San Leandro was issued a citation for petty theft and released at the scene.

Promotions and new officers

SUBMITTED BY ERIC KRIMM

The City of Hayward held a promotional and new-hire swearing-in ceremony on January 29, 2013 at City Hall. Mayor Michael Sweeney, City Manager Fran David and Police Chief Diane Urban were in attendance. Detective Ryan Cantrell is promoted to Sergeant. Alan Reynaga, Mike Cristol, Joseph Ley and Sean Spillner were sworn-in as new Police Officers. Mohammad Ali was sworn-in as a Reserve Police Officer.



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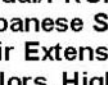
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continued from page 1

Excellence in Education Gala “The Stars Are Out Tonight”

Attendees will have the opportunity to win great raffle prizes as well as have the chance to bid on a wide array of silent auction items. The Gala will include a fun twist to the classic “heads or tails” game where one lucky winner will win one special prize. Last year, this game provided lots of excitement. Join us to as we have fun supporting a wonderful cause!

Tickets are priced at \$80 each, of which \$38 is tax-deductible. Table sponsorships are available for \$800 for a table of ten people. The evening will include a sit down dinner. Attire is theater appropriate, but dressing as a star on Broadway is suggested.

Theater students from various Fremont Unified School District secondary schools will entertain the audience during the gala, as the evening builds up to the celebration of the two honorees – one from within the Fremont Unified School District and one from the greater community – for their outstanding contributions to education within Fremont.

This year, we are proud to celebrate the contributions of the School Resource Officers, one at each of the six high schools in Fremont Unified, as our 2013 “Excellence in Education” FUSD Honoree, and Nina Moore, community member and FEF Associate Board member, as our 2013 “Excellence in Education” Community Honoree.

The Fremont Police Department’s School Resource Officers have served the students of Fremont for many years by helping to ensure

safe and secure school facilities, working collaboratively with FUSD to ensure that schools are safe havens for students, staff and community – free from harassment, gangs, violence and drugs.

Nina Moore, our Community Honoree, is one of Fremont’s “shining stars.” She has contributed to improving educational opportunities for students of all ages in Fremont, from her early involvement on the board of Kidango, to her service on FUSD committees, the PTA, the Fremont Education Foundation, and the FUSD Board of Education. In her current role with the Fremont Chamber of Commerce, Moore’s responsibilities include: arranging informational public policy forums, working closely with Mission Valley ROP, the Fremont Adult School, and serving on the board of Dollars for Scholars.

Don’t miss out on this wonderful fundraising benefit! To register for this special night, visit www.fremont-education.org

**Fremont Education Foundation’s:
Excellence in Education Gala – “The Stars Are Out Tonight”**
Friday, Feb 22
5:30 p.m. – 10 p.m.
Fremont Marriott Hotel
46100 Landing Parkway, Fremont
(510) 659-2561
www.fremont-education.org
Tickets are \$80 per person

Love is in the Air

SUBMITTED BY PAM NAVARRO

St. James the Apostle Catholic Church, Fremont, will host its first crab feed, at Holy Spirit Church Hall on February 16. Come for delicious crab and home-made pasta, have some fun and win prizes! There will be silent and live auctions.

Tickets are \$45 per person. Reserve and purchase tickets for a table for eight and your table will receive a complimentary bottle of wine or a round of margaritas!

Proceeds from this fund-raising event will be used to build the Mother Theresa Educational Center for Children. For more information and tickets, call the parish office at (510) 792-1962.

St. James the Apostle Catholic Church
Crab Feed
Saturday, Feb 16 6 p.m.
Holy Spirit Church Hall
37588 Fremont Blvd., Fremont
(510) 792-1962

Distinguished Writer Series

OPENS WITH LUCILLE LANG DAY

SUBMITTED BY BARRY ZEPEL

Lucille Lang Day, noted author of nonfiction books and articles as well as poetry, will be the first presenter of 2013 for the Distinguished Writers Series hosted by the English Department of California State University,



East Bay. Day will read from her new memoir “Married at Fourteen” at 7 p.m. Wednesday, February 6 in the Biella Room of the University Library on Cal State East Bay’s Hayward Campus. Admission is free and the public is invited. She will sign copies of her book following her presentation.

“Married at Fourteen” is the story of Day’s life as a teenage mother and is described by writer Herbert Gold as “one of the great American contemporary memoirs.”

“Although we might say ‘kids, don’t try this at home’ about such a life, we might also find a great deal to admire, and maybe even emulate in the progress and triumph of a teenage mother who breaks every known stereotype,” said Susan Gubernat, writer series curator and professor of English at CSUEB. “From the halls of the juvenile detention center to the halls of Cal Berkeley, where she ultimately earned her Ph.D, Lucille Lang Day’s story is truly one of ‘local girl makes good,’” Gubernat said. “She seems to have beaten all the odds and tells the stark truth of how she did so in her memoir.”

The author has had her creative nonfiction published by The Hudson Review, Istanbul Literary Review, Passages North, and numerous other publications. In addition, she is the author of a children’s book, “Chain Letter,” and eight poetry collections and chapbooks, most recently “The Curvature of Blue.” Day is a co-author of “How to Encourage Girls in Math and Science” (Dale Seymour, 1982) and the editor of “SEEK (Science Exploration, Excitement and Knowledge): A Curriculum in Health and Biomedical Science for Diverse 4th and 5th Grade Students” (Children’s Hospital & Research Center, Oakland, 2010).

Additional information about Day and her presentation is available on the Heyday Books Web site at <https://heydaybooks.com/event/married-at-fourteen-cal-state-east-bay/>.

Cal State East Bay welcomes persons with disabilities and will provide reasonable accommodation upon request. Please notify the event sponsor in advance at (510) 885-3151 if accommodation is needed.

Distinguished Writer Series: Lucille Lang Day
Wednesday, Feb 6 7 p.m.
Biella Room, University Library
Cal State East Bay 25800 Carlos Bee Blvd., Hayward
(510) 885-3151 Free

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BART invites public feedback

SUBMITTED BY
 ALICIA TROST

A new law aiming to create a safer, cleaner environment for BART riders and employees is being implemented. BART will hold a series of community meetings in February to inform the public about the law and seek feedback on its implementation.

The legislation that began as Assembly Bill 716 allows BART to issue a "prohibition order" against anyone who commits certain offenses on BART property, banning them for between 30 days and a year, depending on the offense. These offenses run the gamut of urinating in public to violent attacks against BART employees or customers.

BART joins two other transit districts, Sacramento Regional Transit District and Fresno Area Express, which have already implemented such a program. For details about this new law, visit www.bart.gov.

The public's awareness and assistance with the new program will be an important factor in its success. BART officials invite the public to the following community meetings:

Alameda County
Monday, Feb 11
6:00 p.m.

BART Citizen Review Board
BART Board Room - Kaiser
Center
344 20th Street, 3rd Floor,
Oakland
(2 blocks from the 19th Street
/Oakland BART Station)

San Francisco County
Wednesday, Feb 13
6:30 p.m.

San Francisco Mental Health
Board
Department of Public Health
101 Grove Street, Room 300,
San Francisco
(2 blocks from the Civic Center/UN Plaza BART Station)

Contra Costa County
Thursday, Feb 28
6:30 p.m.

Contra Costa County Mental
Health Commission
El Cerrito City Hall
10890 San Pablo Avenue,
El Cerrito
(5 blocks from the El Cerrito
del Norte BART Station)

Mayhem, Destruction, and Chaos:

Community Prepares for the next Loma Prieta

SUBMITTED BY PATRICK MONK

Almost 24 years after California's Loma Prieta earthquake, Bay Area residents wonder when the next big quake will hit. Unitek Education's lead EMT Instructor Eric O'Neal remarks on the importance of preparing for impending disasters in the Bay Area:

"After seeing the aftermath of major disasters like Hurricane Sandy and Katrina, it's no wonder that emergency services were overwhelmed. People cut-off from power and communication have to already have a plan in place; it's too late after a disaster hits."

Unitek Education and O'Neal decided action must be taken to better prepare their EMT students to respond to a similar disaster. Focusing on effective, high-impact disaster training spurred the creation of the upcoming mass-casualty training scenario called Operation Rolling Chaos. This not-for-profit event will incorporate multiple agencies and is set to take place Sunday, February 10.

"Leaders and emergency response teams in hindsight never say, 'we were 100% prepared.' Operation Rolling Chaos is a step toward preparing our EMT students and teaching them how to handle a major disaster" O'Neal said.

Operation Rolling Chaos is a training simulation designed to mirror conditions caused from the breaking of the Anderson Dam near Morgan Hill, California. The Anderson Dam, built in 1950, resides along the Calaveras Fault and is the largest dam in the Santa Clara County. In a 2009 study released by the Santa Clara Valley Water District, it was estimated that the Anderson Dam could fail if it were directly hit with a 6.6 magnitude earthquake or if a 7.2 magnitude earthquake were to hit within one mile (source: www.mercurynews.com/1/2009).

Although experts believe that the dam would take multiple days to fully breach, a rupture in the 235-foot earthen dam could send a 35-foot wall of water into downtown Morgan Hill within 15 min-

utes and flood San Jose with 8 feet of water within three hours. California's Santa Clara County is home to over 1.8 million people. A breach in Anderson Dam could greatly affect the entire region and put massive strain on California emergency response services.

"In the end, this training event is just as much for the community as it is for the emergency response teams involved," O'Neal said. "This event is bigger than just Fremont. We expect over 400 people; on-lookers, civilian volunteers, nursing students, EMT students, Fremont Police and Fire Departments, state military groups, and more, all working together and collaborating to bring aid to those who need it."

Operation Rolling Chaos is set to debut mid-morning on Sunday, February 10 at the Unitek Education campus in Fremont, California. Organizers are encouraging the public to come out and experience the event and talk with the experts on-hand. The multi-agency event represents a unique training experience for the people involved as groups collaborate to develop a robust disaster response protocol.

O'Neal's parting advice was, "no one wants a disaster to happen, but the fact is they do. If our emergency response teams, volunteers, and community at large should take away one thing, it would be that we were proactively preparing. People may say that there is no way to be 100% prepared, but it won't stop us from trying."

Operation Rolling Chaos
Sunday, February 10
9 a.m. - 3 p.m.

Unitek Education campus
4670 Auto Mall Pkwy, Fremont
510- 896-7561

Free and open to the public

Sources: U.S. Census Bureau
http://www.mercurynews.com/ci_11381307

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The Lowdown on High Blood Pressure

INTERVIEW BY LYNN MUNDELL

Joseph D. Young, MD is an Internal Medicine physician based at Kaiser Permanente's Oakland Medical Center. He's also The Permanente Medical Group clinical hypertension lead and the featured guest for this month's Health Talks Online webinar "Get the Lowdown on High Blood Pressure," slated for Feb. 6 at 12:30 p.m. Dr. Young brings 21 years of treating KP members to the discussion. "Within Northern California, Kaiser Permanente has a history of leading the way in managing our members' hypertension," said Dr. Young. "Today, 87 percent of our members who have hypertension have it under control; nationally, only about 50 percent of people with hypertension have it under control."

Can you give us a quick 'Blood Pressure 101'?

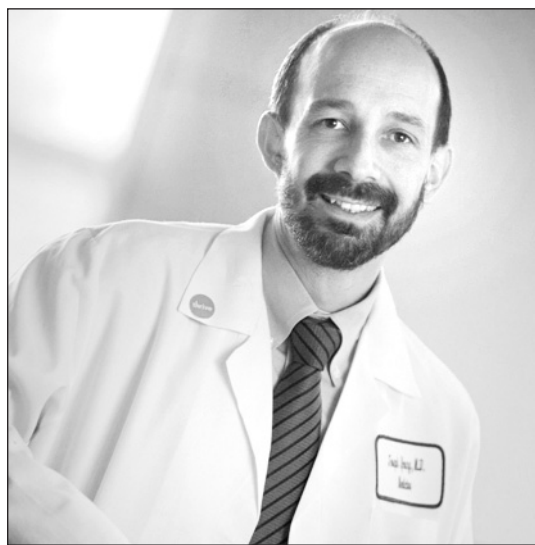
Blood pressure is just the pressure of blood flowing inside the body's blood vessels. Normal blood pressure is 139 mm of mercury over 89 mm of mercury or lower. The top number is the pressure when the heart pumps at its peak. The bottom number is the pressure when the heart is relaxing and filling back up with blood. An ideal blood pressure is 119/79 or lower. A top number between 120 and 139 or a bottom number between 80 and 89 is called 'prehypertension.'

What is high blood pressure?

If your blood pressure is 140/90 or higher, you have high blood pressure, also known as hypertension. As an aside, in a healthy, active person, what might seem like low blood pressure is often normal. In the U.S., 29 percent of the adult population, or roughly 70 million people, has high blood pressure. Being overweight, lack of physical activity, too much salt or alcohol, stress, older age, genetics and family history, and various diseases can all contribute to high blood pressure. The good news is that it is easy to treat high blood pressure with a healthy lifestyle and a number of well-tolerated, once-daily medications.

What are the main guidelines for healthy practices that can reduce risk?

Regular physical activity is very important and helps to lower blood pressure. Pick something you enjoy—that will make it easier to stick with it. And it doesn't have to be fancy. You could just walk briskly at least 150 minutes a week, for example. Limit salt intake, too, because salt causes fluid retention, which increases blood pressure. Many people don't realize that most salt doesn't come out of a salt shaker; it's from processed and restaurant food. So, cook with unprocessed fresh fruits, vegetables, and lean sources of protein at home, and limit how often you eat out to no more than 1 to 2 times a



week. Don't drink too much alcohol. If you smoke, quitting is the most important thing above anything else that you could do for your overall health. Smoking does not raise blood pressure, but smoking combined with high blood pressure or with any other risk factor is especially dangerous.

What is the role of medication with high blood pressure?

Medications are very important for most people with high blood pressure. The medications we've used to treat high blood pressure have been around for decades. What has changed is how we use them. Over time we've learned that combining medications in low doses works best and causes the fewest side effects. Today, most people with high blood pressure who need medications can control their condition with a once-a-day regimen with minor to no side effects.

Do you have any parting words of advice?

High blood pressure in and of itself is just a number. We care about it because we know if the number is high, there is an increased risk of stroke, heart problems, and kidney problems. Even more important is the fact that we know that lowering blood pressure when it is high greatly reduces those risks. If you have high blood pressure, have it checked regularly and have frequent adjustments made in your treatment regimen until it's well controlled. If you don't have a history of high blood pressure, it's still best to have your blood pressure checked every two years.

For more information about the webinar, visit: <https://www.signup4.net/public/ap.aspx?EID=20111274E&OID=160>

Crab Feed

SUBMITTED BY LINDA OLLA

Enjoy a fabulous dinner Friday, February 15 and support the Fremont Senior Center! Tickets are \$45 for crab flown in from Oregon (and served within 24 hours), homemade Spaghetti Marinara, Caesar Salad, Garlic Bread, excellent coffee and dessert. The event is hosted by and takes place at Merrill Gardens in Fremont starting at 6 p.m. (raffle baskets may be viewed at 5 p.m.). The event includes live music and terrific baskets and gifts to be raffled off to lucky winners; donations and sponsorships are always needed.

Reserve your place anytime by calling or e-mailing Deborra Lay at (510) 790-6602 or dlay@fremont.gov

mont.gov, or Linda Olla at (510) 790-6606 or lolla@fremont.gov. There are a limited number of tickets available, so contact us soon if you want to be part of this fun event. Thanks for your support!

Crab Feed Fundraiser
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6 p.m.
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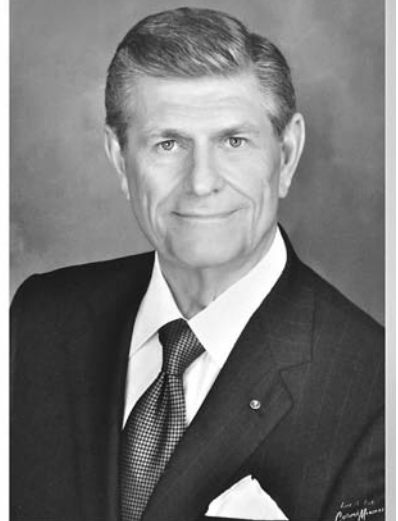


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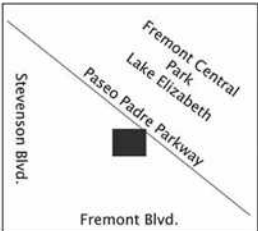
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BUSINESS

A rare, legitimate Madoff investment goes public

AP WIRE SERVICE

NEW YORK (AP) Jailed Wall Street fraudster Bernie Madoff may have finally picked a legitimate winner.

A biopharmaceutical company partly owned by the Madoff family had an initial public offering Tuesday that sold \$33 million worth of stock.

The New York Post reports that Madoff's initial \$2.2 million investment in the company, Stemline

Therapeutics, is now worth \$5.5 million on paper.

But the scammer might not be able to keep the money.

The trustee overseeing efforts to untangle Madoff's Ponzi scheme says the family's shares rightfully belong to his defrauded clients.

He has filed a lawsuit seeking to seize those shares on behalf of fraud victims.

Madoff is expected to spend the rest of his life in prison.

Days of small K-3 classes look done for in Calif.

By LISA LEFF
ASSOCIATED PRESS

SAN FRANCISCO (AP), California embarked on an ambitious experiment in 1996 to improve its public schools by putting its youngest students in smaller classes. Nearly 17 years later, the goal of maintaining classrooms of no more than 20 pupils in the earliest grades has been all but discarded—a casualty of unproven results, dismal economic times and the sometimes-fleeting nature of education reform.

To save money on teacher salaries amid drastic cutbacks in state funding, many school districts throughout the state have enlarged their first-, second- and third-grade classes to an average of 30 children, the maximum allowed under a 1964 law, state finance officials and education experts said. Hundreds more have sought — and been granted — waivers authorizing them to push enrollment in individual kindergarten and primary grade classrooms to 35 and above.

“The more bodies you have in a room, I don't care who it is, the harder it is for one person to conduct business,” said Monique Segura, a kindergarten teacher in Santa Barbara County's Orcutt Union Elementary School District who has seen her classes grow from 20 pupils in fall of 2008 to 32 this year. “And that's especially true when you are dealing with young children who are learning how to behave and how to conduct themselves in a classroom situation.”

Last week, Orcutt Union was among five school districts that received permission from the California State Board of Education to allow their classes to grow to 35 to 38 pupils in one case. Segura, president of the local teacher's union in Orcutt, said her organization had no choice but to stay neutral on the district's request. If the union had opposed it, the district faced \$200,000 a year in penalties for exceeding the cap put in place almost a half-century ago.

“We are caught in a very difficult place,” she said.

San Jose Unified, the 25th largest district in California, started moving

Although Gov. Jerry Brown said this month that the worst of California's education funding drought is over, due in large part to voter approval of his sales and income tax initiative, a return to classes as small as the ones a decade ago is not envisioned any time soon.

In his budget for next year, Brown has proposed a new method for calculating how districts are funded, both to provide more flexibility at the local level and to steer money toward schools with the greatest needs. When the revised formula is fully implemented in about seven years, the governor wants K-3 classes to meet a new maximum of 24 pupils for every teacher — except in districts where parents, teachers and school board members agree to go higher.

The state Department of Finance still is working with education leaders to figure out what benchmarks the 1,073 districts and charter schools that serve elementary school-age children need to meet until then to remain eligible for a portion of the \$1.3 billion the state now spends a year to keep class sizes down.

“We left the era of class size reduction in California a few years ago, when our funding collapsed during the Great Recession,” said Bob Blatner, a public school consultant and lobbyist. “Now, we are trying, in a sense, to reinstitute a smaller class size philosophy, but dropping down to 20-to-1 is not something we are likely to see again.”

Some districts, like Los Angeles Unified, the state's largest, and San Diego Unified, the second-largest, have avoided adding a lot of students to each K-3 class by scheduling unpaid furlough days that have resulted in fewer days of learning for all students. Others, such as San Bernardino City Unified School District, have instituted furloughs for everyone but teachers and bumped up classes to 33 pupils.

The effect of budget cuts on class sizes has not been limited to early grades. In 2010, the most recent year for which estimates were available, California had the nation's highest overall student-teacher ratio, with an average of 24 students for every teacher compared to a national average of 16, according to the National Education Association.

The 24-to-1 ratio includes subject specialists and other educators without fulltime classroom assignments, so the reality on the ground is that many teachers have more than two dozen students, Stephen McMahon, chief business officer for the San Jose Unified School District.

away from the 20-to-1 model during the 2004-05 school year after local voters rejected a tax that would have kept it going in 3rd grade. It abandoned the standard in the other early grades with the onset of the recession in 2008, when the state gave districts the option of still receiving 70 percent of their class size reduction money if their classrooms had 25 or more students.

“We run pretty close to 30 everywhere,” McMahon said. “I don't think class size reduction is done, but what's done is the idea if you lower class sizes across the board it will solve every problem.”

When California joined 15 other states with mandatory or voluntary class size limits in 1996, the objective behind offering financial incentives to keep rosters at 20 or below seemed obvious. If teachers had fewer children in their classrooms, they would be able to give students more individual attention and spot those at risk of falling behind.

The state created an incentive program that paid school districts \$535 for every K-3 student who was in a class of 20 for half the day and \$1,070 for each one who was in a class that small for the whole day.

Though popular with parents and teachers, the state's massive investment — \$6 billion in the program's first five years — did not prove to be the academic achievement panacea its boosters, including then-Gov. Pete Wilson, had hoped. A series of state-commissioned studies found no clear correlation between class downsizing and academic achievement. In the years since, states have started looking at more cost-effective ways of promoting improvement, such as identifying strong and weak teachers.

“The issue isn't whether smaller classes are better than larger classes. The issue is how you want to invest limited educational resources,” said Brookings Institution fellow Matthew Chingos, who has reviewed research on class size reduction efforts.

California State PTA president Carol Kocivar said she hopes the state does not abandon its commitment to smaller classes for young children who may benefit emotionally from personal attention. The governor's plan to cap K-3 classes at 24 would be an improvement from where things stand now, but still a setback for parents and teachers who thought even 20 pupils to a class was pushing it, Kocivar said.

“Several decades ago, California was leader in serving our children, and now we are digging ourselves out of the bottom,” she said. “For a whole generation of kids, we have to dig a lot faster.”

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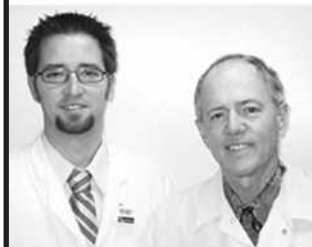
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Feb. 2013

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- *Heart Smart* (cholesterol management)
- *Living Well with Diabetes*
- *Living Well with Prediabetes*
- *Raising Healthy and Happy Eaters!* (for parents of children ages 1-6)

Weight Management Programs, 510-498-2184

- *Bariatric Weight Loss Surgery Program*
- *Healthy eating. Active lifestyles.* (for parents of children ages 2-12)
- *Lifesteps®* (adult weight management)
- *New Weigh of Life* (adult weight management)

Community Health Resource Center

The Health Resource Center offers information and support for those who wish to make informed decisions regarding their health and wellness. The center is open to all members of the community.

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- Health reference books
- Health lectures
- Health newsletters
- Informational brochures
- Educational DVDs and videotapes
- Access to health information websites
- Information on community resources

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THEATRE

Forget the man in the moon, meet “The Moon Maiden”

BY MONICA KIM

On a night when the moon is full, look up and you just may see the figure of the maiden in the moon - or at least that's how the story goes in a new opera by the Montessori School of Fremont, held at the Smith Center at Ohlone College on February 8.

“The Moon Maiden” will transport audiences to ancient China,” said Kathy Brunner, Director of Montessori's elementary program. “This time-honored tale is brought to life with beautiful scenery and stunning costumes.”

The story of “The Moon Maiden” begins during the mid-autumn festival, a time of thanksgiving and storytelling. At dusk, the village children gather around the elder, eager to hear once again the beloved story.

The King of Heaven had ten sons, each one a sun. Each day one of the sons would bring warmth and light to Earth's people. But one day, all the sons went up into the heavens, cavorting across the sky. Their intense heat caused calamity on Earth. The King of Heaven sent the Master Archer to remedy the situation but when the archer kills nine of the ten sons, the King banishes him from heaven. Forced to live on Earth, the Master Archer falls in love with a village maiden and the two are married.

In time, the King of Heaven forgives the archer and sends a box with pills of immortality, inviting the archer to take one and once again become an immortal. But in a twist of fate, the wife swallows the pill and begins to float towards the moon. In

sympathy, the King of Heaven restores the Master Archer to his immortal position to guard the Palace of the Sun and one night of every month he is allowed to visit his wife on the moon. And that is when the moon is at its brightest, the union of yin and yang.

This beloved Chinese fairy tale has been beautifully adapted by the acclaimed duo of Sanford and Judy Jones, founders of Youth Opera International. The two have created over a dozen operas for children.

This year's cast will be the children of the Montessori School of Fremont. Every child from grades 1 to 6 will be performing in this beautifully crafted production. Once again, this year's lead soprano is Sophia Brunner, a veteran of the Jones' operas.

The price for an adult ticket is \$12 and for children \$10, making this an affordable and entertaining evening out for the family. Tickets are available through the Montessori School of Fremont, (510) 490-0919.

For further information, please visit their website: www.montessori-fremont.com/opera.html

The Moon Maiden
Friday, Feb 8
7 p.m.
Smith Center, Ohlone College
Jackson Theatre
43600 Mission Blvd., Fremont
(510) 490-0919

www.montessori-fremont.com/opera.html
Tickets: \$12 adults, \$10 children



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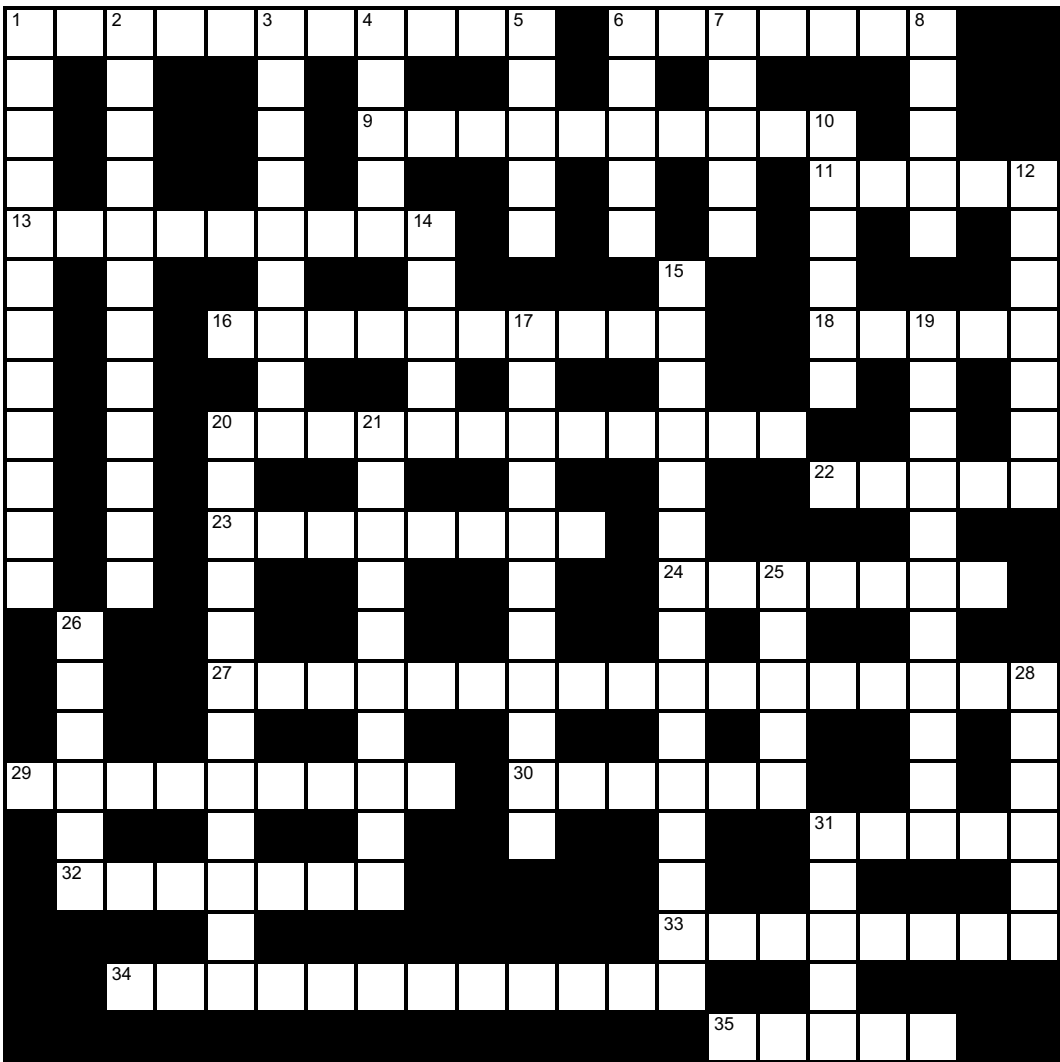
*For complete trip details and brochure
(510) 537-2424 or diane@hayward.org



Mind Twisters

Crossword Puzzle

B 199



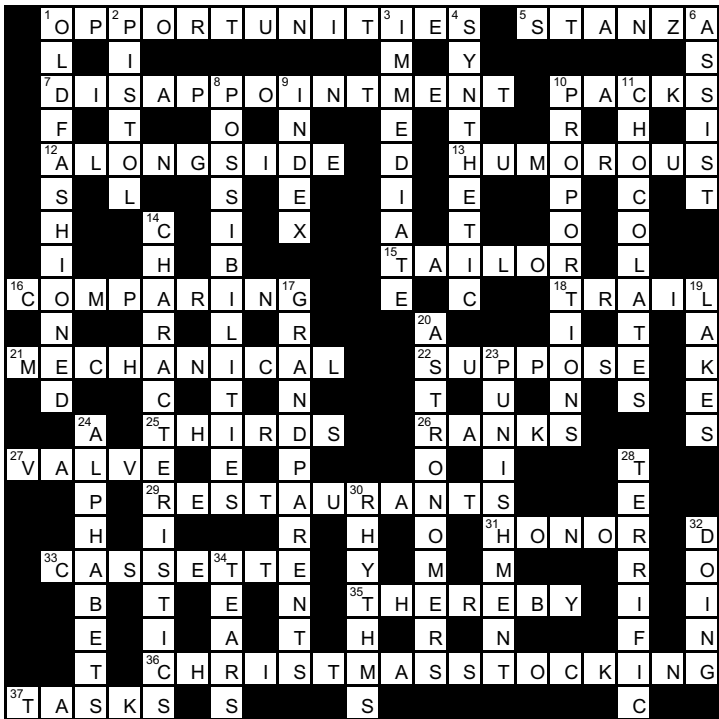
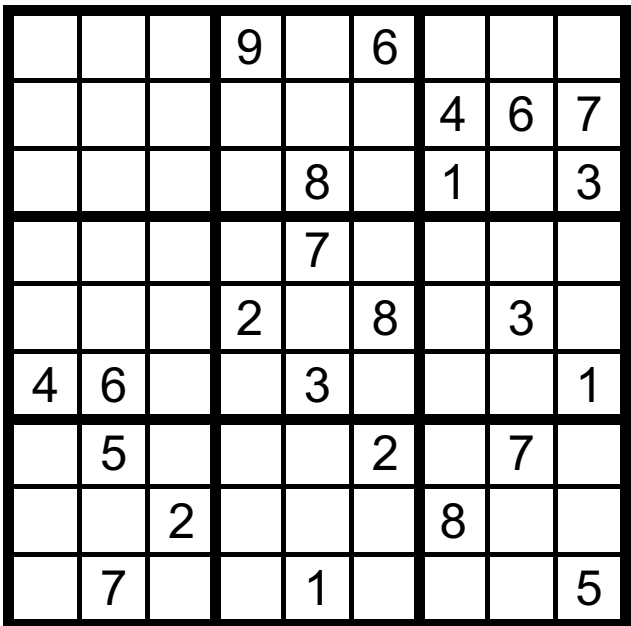
- Across

 - 1 As a matter of requirement (11)
 - 6 Pastures, the green element (7)
 - 9 Provided nourishment, fostered development (10)
 - 11 Our "mother" (5)
 - 13 Day when kids dress in costumes (9)
 - 16 One of the political parties (10)
 - 18 Lacks, briefly (5)
 - 20 Detailed notes on representations (12)
 - 22 Movement of liquids (5)
 - 23 Jet stream of water by mechanical means (8)
 - 24 Gently (7)
 - 27 Where Santa puts the Christmas presents (9,8)
 - 29 Speak contemptuously (9)
 - 30 Everyday (6)
 - 31 Checks out (5)
 - 32 Take over for (7)
 - 33 Age 30 - 39, generally speaking (8)
 - 34 Results by watching carefully (12)
 - 35 Dukes (5)
- Down

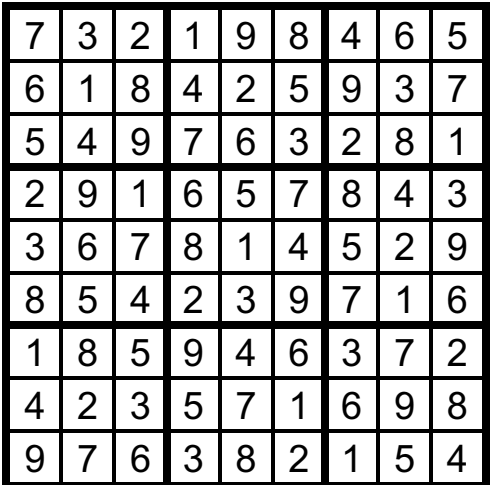
 - 1 Vicinity of a place (12)
 - 2 Human society, its origin and development (12)
 - 3 Not at a specific place (9)
 - 4 M-1, for one (5)
 - 5 Contraction for 'you will' (5)
 - 6 Profits (5)
 - 7 Contents of some urns (5)
 - 8 Back (5)
 - 10 End of lives (6)
 - 12 People catching wild animals for food/sport (7)
 - 14 More upscale (5)
 - 15 Achievements (15)
 - 17 Designated time for meeting (11)
 - 19 Girls attending school (11)
 - 20 Troubled circumstances, specially financially (12)
 - 21 Inner sense of right conduct (10)
 - 25 Sound of anger and hostility (5)
 - 26 Sprinter (6)
 - 28 Some trick-or-treaters (6)
 - 31 Spirals of hair (5)

Sudoku:

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



B 198



Tri-City Stargazer FEBRUARY 6 – FEBRUARY 12, 2013 BY VIVIAN CAROL

For All Signs:
Mercury, ancient messenger god, is unusually busy throughout this week. This suggests that most of us will be preoccupied with communication of one form or another. There may be many phone calls, messages, letters, quick conversations, rapid decisions, and/or papers to write. We are approaching a Mercury retrograde on Feb. 23. Projects we start that can be accomplished very quickly will probably work fine. However, be aware that if you begin a Mercurial project that requires more than two weeks to finish, it may take many more weeks before it is concluded. (Check the evening sky at twilight and you will see Mercury in the west.)

Aries the Ram (March 21-April 20): 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 will not be a time to attack in anger or initiate new ideas, but to respond to what comes your way. Think before you act. Write letters that you don't intend to mail, if need be.

Taurus the Bull (April 21-May 20): You are in an especially cordial frame of mind at this time, and likely to invite people to your home, or to share whatever you have to offer. Your spirits are high and you have a need to be social. You are interested in whatever feels luxurious, looks beautiful, or tickles the senses. Going overboard would be all too easy!

Gemini the Twins (May 21-June 20): Early in the week you may feel lethargic and unable to rise off your backside. Don't beat yourself up for this. Take a break. By the weekend your energy returns and you are ready to involve yourself with the world again. You may become absorbed in unraveling an intellectual puzzle that pleases your mind.

Cancer the Crab (June 21-July 21): Favorable experiences come through sharing resources with others. It is possible that you may be given a token of affection. Money may come to you through insurance, an estate, or an investment. You may feel conflicted about this, but accept this gift with grace. You deserve it.

Leo the Lion (July 22-Aug 22): You may feel out of sorts this week. Your feelings are in conflict with your ideal self and your values. You want to put your best foot forward, but circumstances do not feel quite right. If the conflict is deep, it is usually best to wait and not yield to whatever pressure is around you. You will sort it all out soon enough.

Virgo the Virgin (August 23-September 22): For the next six weeks, almost everything you do will be in reaction to someone else. That might be your partner, multiple clientele, or professionals that you consult. You will want to experiment with and try on multiple points of view. You probably will be taking "polls" among friends and associates.

Libra the Scales (September 23-October 22): There are more than enough social things to do this week and your calendar may be loaded. However, you are in a serious frame of mind and feel a strong need to get things accomplished. Financial worries may be at the heart of this. If you pour on the energy, you will manage both your work and your social life.

Scorpio the Scorpion (October 23-November 21): It is important that you have mental activity this week. If your mind is not productive, then you may become irritable and say things you don't really mean. You want to take the initiative in romance and this is a good time for that. If you are with children, play really active games. Wear yourselves out.

Sagittarius the Archer (November 22-December 21): Aspects are highly favorable for love and social life. Family life, however, may not be so easy. The Archers are known to procrastinate and family members (maybe those inside your head) are ready for you to get on with projects started some time ago. You need to clean

out clutter and bring closure to those things you really intend to finish.
Capricorn the Goat (December 22-January 19): This is an excellent time to pursue any activity that requires your mental concentration. Contracts and written communications, along with short distance travel, have go signals. Your activities related to community and network building will be fruitful. Focus your mind on a mentally challenging project and you will feel good about its progress.

Aquarius the Waterbearer (Jan 19-Feb 18): You are up for whatever is fun this week. Aspects

favor romance and play. Meanwhile, there are career demands that threaten to dump water all over your playtime. It is probable that you will find the Golden Mean between work and play.
Pisces the Fish (February 19-March 20): Take your vitamins and get plenty of rest this week. You are subject to allergic reactions or opportunistic viruses that cross your path. Your mind may feel foggy and unclear (perhaps due to allergy medications). Drive and handle tools carefully. Your dreaming mind could be especially active now.

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THEATRE

Season of 'Mystery & Romance'

SUBMITTED BY DOUGLAS MORRISSON THEATRE

The Douglas Morrisson Theatre (DMT) proudly announces a new season of award-winning plays, "A Season of Mystery & Romance." The season begins with a bang in February with "Sherlock Holmes: The Final Adventure," by Steven Dietz. The play, based on the original 1899 script by William Gillette and Arthur Conan Doyle, won the 2007 Edgar Award for Best Mystery Play, and will be directed by Kendall Tieck. Next up in May is Sarah Ruhl's "Eurydice," a contemporary reimagining of the myth of Orpheus and Eurydice, directed by DMT Artistic Director Susan E. Evans. In September, DMT presents the ghost story "The Woman in Black" by Stephen Mallatratt, based on the book by Susan Hill, to be directed by Marilyn Langbehn. In November 2013, DMT will mark the return of former long-time Artistic Director, Nancy Engle, who will take the helm of the musical romance "110 in the Shade."

The season continues into 2014 with a world-premiere adaptation by Bay Area playwright Scott Munson of Oscar Wilde's "An Ideal Husband," to be directed by Susan E. Evans. In April 2014, the mainstage season concludes when DMT takes it on the road with its first-ever youth-oriented show, "James & the Giant Peach," Roald Dahl's fantasy adventure for children.

"The first thing you may notice is our extended season," Evans said. "From January 2013 through June 2014 we'll be offering six fully-staged shows, plus six staged readings in our Bare Bones series, and two rounds of our wildly successful Playwriting CageMatch contest. By the fall of 2014, DMT's season will align with the seasons of other local theatre groups, and we hope that will help our audiences plan their calendars."

The Douglas Morrisson Theatre is located at 22311 N. Third St. in Hayward, next to the Senior Center and the Japanese Gardens. The Box Office is open

Tuesday through Friday, 12:30 p.m. to 5:30 p.m. and can be reached at (510) 881-6777. Information is also available at www.dmtonline.org.

2013-2014 SEASON: Sherlock Holmes: The Final Adventure February 14 - March 10

Combining two of Arthur Conan Doyle's stories, "The Scandal in Bohemia" and "The Final Adventure," award-winning playwright Steven Dietz's fast-paced thriller packs a punch. Hot on the trail with their latest case, the world's greatest detective and his able sidekick Doctor Watson tangle with a temptress only to find themselves in the clutches of Sherlock's longtime adversary, the malevolent Professor Moriarty.

Eurydice May 16 - June 9

A luminous re-imagining of the classic myth of Orpheus through the eyes of his young bride Eurydice. Sarah Ruhl, winner of a MacArthur Foundation genius grant, and one of America's foremost contemporary young playwrights, enchants and moves us with her inventive new look at a timeless love story.

The Woman in Black September 5 - 29

On the windswept salt marshes lies Eel Marsh House. Junior solicitor Arthur Kipps is summoned to attend the funeral of Mrs. Alice Drablow, the house's sole inhabitant for many years. Hidden behind the shuttered windows lie tragic and terrible secrets. Now in its 23rd year in London's West End, "The Woman in Black" is a ghost story that will have you on the edge of your seat from the moment the curtain rises.

110 in the Shade November 14 - December 8

Based on N. Richard Nash's classic play "The Rainmaker," "110 in the Shade" tells the story of Lizzie Curry, a love-starved woman living with her family on a rain-starved ranch in the American southwest. Filled with

achingly beautiful music and dynamic dance numbers (originally choreographed by Agnes de Mille), "110 in the Shade" is a heartfelt musical romance you don't want to miss.

An Ideal Husband

February 6 - March 2, 2014

In Oscar Wilde's brilliantly witty comedy, fate catches up to politician Sir Robert Chiltern when a mysterious woman produces a letter revealing a past misdeed. Is this a public scandal or private shame? Bay Area playwright Scott Munson brings us a sparkling new adaptation of the 117-year-old play in a modern setting.

James & the Giant Peach April 28 - May 4, 2014

Join James and his insect friends, old-green-grasshopper, the earthworm, the centipede and others as they escape his cruel aunts Spiker and Sponge and embark on a wildly enchanting and magical journey — an epic adventure on a giant peach they'll never forget. Based on the much loved classic children's book by Roald Dahl, the author of "Charlie and the Chocolate Factory."

Bare Bones Tuesdays

April 2: TBA

July 30: TBA

October 8: TBA

January 7, 2014: TBA

April 1, 2014: TBA

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Playwriting CageMatch June 10

July 12-13, 2014

"Tales of the Hairless Racoon" was a wild and woolly success in 2012, so we're making the contest an annual event. Join us as playwrights from far and wide square off — only one will emerge victorious! We'll pick the theme, send it out into the playwright's universe, and narrow the field to a few short plays to present as staged readings. You, the audience, take part in the action by voting for your favorite play.

Music Education Workshop

SUBMITTED BY BARRY ZEPEL

One of the nation's premier music educators will lead a workshop to emphasize the importance of providing music education for children. "Becoming Tuneful, Beatful and Artful" will be held from 9 a.m. to 3 p.m. Saturday, February 9 at California State University, East Bay. John Feierabend, a leading authority on music and movement development in early childhood, will lead the workshop, to be held in room 1039 of the Music Building on Cal State East Bay's Hayward campus. Admission is free and the public is invited.

"John Feierabend is an internationally-known music educator, and the Music Department is very excited to have him present at Cal State East Bay," said John Eros, department chair and assistant professor of music. "We hope that many music educators from the East Bay and beyond will join us for this exciting workshop."

Feierabend, an ardent advocate for music education for children, is director of music education at The Hartt School of the University of Hartford and past president of the Organization of American Kodaly Educators. "All children are born with the potential to become musical," Feierabend said. "With inappropriate or no music experiences, children can lose their intuitions for music."

The workshop will feature an eight-part curriculum that can be easily used with preschool and elementary age children. Feierabend makes frequent presentations in the United States and abroad and is the author of more than 60 books, articles, CDs, DVDs, and videotapes.

Further information about the workshop and other university music events is available at

<http://music.csueastbay.edu/> and by calling the Cal State East Bay Music Department at (510) 885-3167.

Becoming Tuneful, Beatful and Artful

Saturday, February 9

9 a.m. to 3 p.m.

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Music Building, room 1039

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Free

Tom Cain Memorial photography exhibit

SUBMITTED BY
CHRIS VALUCKAS

Tom Cain lived in Union City for most of his life and loved to take pictures! He took his camera with him wherever he went and the community knew him as Union City's "resident photographer." Union City Leisure Services annual photo contest and exhibit has been renamed to honor Tom's memory and his love of photography.

The Tom Cain Memorial Photography Exhibit will be on display at Union City Sports Center until April 30, 2013. For more information, call (510) 675-5328 or email chrsv@unioncity.org

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- Five-course dinner featuring seafood selections, filet mignon and lobster entrée and a rich chocolate dessert
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SATURDAY FEBRUARY 2
SHORTY GARCIA PARK

2:30-4:00pm: U10 Girls (DOB: 8/01/03-7/31/04)
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 (DOB: 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

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510-797-5234

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



Continuing Events

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

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

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

Monday, Feb 1 - Sunday, Feb 28
Jan Schafir Exhibit
6 a.m. - 9 p.m.
Watercolor treasures by local artist
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Wednesdays, Feb 6 thru Feb 20
"A Taste of Judaism"
7 p.m. - 9 p.m.
Free course open to the community
Temple Beth Torah
42000 Paseo Padre Pkwy., Fremont
(510) 656-7141

Monday, Feb 5 - Sunday, Feb 28
Chinese New Year International Festival
10 a.m. - 3 p.m.
Exhibits of art, culture, travel & food
Chinese Restaurant Foundation
8407 Central Ave., Newark
(510) 797-0808
www.chineserestaurantfoundation.org

Arts & Entertainment

Tuesday, Feb 5

Transition Information Night
6 p.m. - 8 p.m.
Resources for high school students with disabilities
Fremont Teen Center
39770 Paseo Padre Pkwy., Fremont
(510) 657-2350 x 12436

Tuesday, Feb 5 & Wednesday, Feb 6

Cribbage Club
6:30 p.m.
Feb 5: beginners & Feb 6: advanced
Round Table Pizza Centerville
37480 Fremont Blvd, Fremont
(510) 793-9393

Tuesday, Feb 5

American Red Cross Blood Drive - R
11 a.m. - 4 p.m.
Call for a reservation and use sponsor code: CSUEASTBAY
Cal State East Bay University
25800 Carlos Bee Blvd., Hayward
(800) 733-2767

Thursdays, Feb 7 thru Feb 28
Progressive Oil Painting Classes \$
2 p.m. - 4 p.m.
Feb. 7 & 2: beginners; Feb. 14 & 28: advanced

Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org

Thursday, Feb 7 - Saturday, Mar 2

A.R.T. Inc. Members' Exhibit
11 a.m. - 3 p.m.
Painting, photography, ceramics &

mixed media

Adobe Art Gallery
20395 San Miguel Ave.,
Castro Valley
(510) 881-6735
www.adobegallery.org

Saturdays, Feb 9 thru Feb 24
Showcase I

11 a.m. - 5 p.m.
Works of landscape oil painter Therese LaChance Ely
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org

Saturdays, Feb 9 thru Apr 20
Teen/Senior Computer and Gadget Help

10:30 a.m. - 12:30 p.m.
Teen volunteers help seniors with electronic gadgets & computer basics
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, Feb 6

Valentine Making Workshop
4 p.m.
For school age children. Supplies provided
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, Feb 6

Shinn Open House \$
1 p.m. - 3 p.m.
Tour the historic home & estate
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

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San Jose Mercury News

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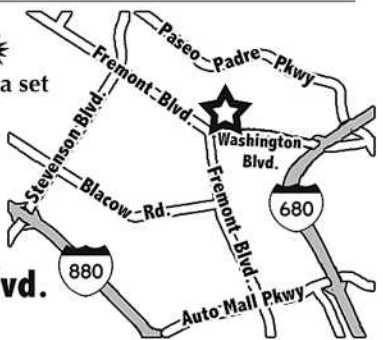
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Exp. 2/28/13

510-794-5678

6170 Thornton Ave.,
Suite 1, Newark

Wednesday, Feb 6

Guest Artist Demonstration

7 p.m. - 9 p.m.

Grace Rankin discusses & demonstrates
use of torn paper

Fremont Art Association

37697 Niles Blvd., Fremont

(510) 792-0905

www.FremontArtAssociation.org

Wednesday, Feb 6

Distinguished Writer Series

7 p.m.

Lucille Lang Day will read her memoir
& sign books

Cal State East Bay University

25800 Carlos Bee Blvd.,

Hayward

(510) 885-3151

Thursday, Feb 7

Self Esteem & Communication
Class - R

10 a.m. - 12 noon

Learn effective tools to find confidence in
yourself. All ages

Fremont Chamber of Commerce

39488 Stevenson Blvd., Fremont

(408) 768-9257

www.boldlyme.org

Thursday, Feb 7

"Let's Raise Our Voices Against
Violence"

7 p.m.

Panel presentation & interactive com-
munity discussion

India Community Center

525 Los Coches Street, Milpitas

408-934-1130

Thursday, Feb 7

"El Cinco de Mayo: An Ameri-
can Tradition"

6 p.m.

David Hayes-Bautista discusses his latest
book

Chabot College, Little Theatre

25555 Hesperian Blvd., Hayward

(510) 723-6600

Friday, Feb 8

The Moon Maiden \$

7 p.m.

Children's opera about a Chinese legend

Smith Center

43600 Mission Blvd., Fremont

(510) 659-6031

Friday, Feb 8

Celebrate Valentine's with an
Elegant Affair! \$R

6 p.m.

Gourmet dining to benefit Tri-City Arts
in School

Newark Pavillion

6430 Thornton Ave., Newark

(510) 793-5683 www lov.org

Saturday, Feb 9

Muddy Lunch Hike \$R

10 a.m. - 12 noon

Walk with the worms & play in the clay.
Ages 3-5 accompanied by an adult

Sunol Regional Wilderness

1895 Geary Rd., Sunol

(510) 544-3249

www.ebparksonline.org

Saturday, Feb 9

Experiencing Dyslexia \$

9 a.m. - 11 a.m.

Presented by Stellar Academy for Dyslex-
ics

Neighborhood Church of

Newark

38325 Cedar Blvd., Newark

(510) 797-2227

Saturday, Feb 9

Newty Cuties - R

1:00 p.m. - 2:30 p.m.

Explore the wilderness for newts & sala-
manders

Sunol Regional Wilderness

1895 Geary Rd., Sunol

(510) 544-3249

www.ebparksonline.org

Saturday, Feb 9

Gwendolyn Mok, Classical Pi-
anist \$

8 p.m.

Music featuring Brahms & Ravel

Smith Center

43600 Mission Blvd., Fremont

(510) 659-6031

www.smithcenter.com

Saturday, Feb 9

Welsh Sweethearts \$R

12:30 p.m. - 3:30 p.m.

Make wheat into love tokens for Valen-
tine's Day

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

Saturday, Feb 9

Ramana Vieira & Ensemble
Fado Concert

2 p.m.

Hear traditional Portuguese Fado music

Castro Valley Library

3600 Norbridge Ave.,

Castro Valley

(510) 667-7900

Saturday, Feb 9

FUN Mother's Club Preschool
Faïre

10 a.m. - 2 p.m.

Learn about options for local preschools

Prince of Peace School

38451 Fremont Blvd., Fremont

(510) 789-8651

www.funmothersclub.org

Saturday, Feb 9

Community Crawfish & Shrimp
Boil \$R

5 p.m.

All you can eat, plus live Cajun music

American High School

36300 Fremont Blvd., Fremont

(510) 796-1776 x 57322



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OTHER EVENTS & ACTIVITIES

■ Wednesdays 10-11:30 am Father's Cafe
(Informal Discussion with Q & A over coffee)

■ Wednesdays Feb. 20th, March 6 + 13 - Adult Education:
A User's Guide to Worship in the Orthodox Church

REGULAR SCHEDULE OF SERVICES

- Saturdays 6 pm - Great Vespers (Beginning of Sunday Resurrection Services)
- Sundays 9:30 am - Hours & Divine Liturgy followed by common meal & Children's Christian Education
- Thursday 2/14 7 pm - Prayers of Intercession for Those Suffering from Addiction

For More informaion please contact us at 510-739-0908 or
email us at mail@stchristinaorthodox.org. All are welcome!



Church Temple: 3721 Parish Ave, Fremont, CA Offices: 3612 Peralta Blvd, Fremont, CA

Alameda County Board of Supervisors District 2

Supervisor Richard Valle

Thursday, February 21

Newark Hilton 39900 Balentine Drive, Newark

Call for Reservations 510-744-1000 (Newark Chamber of Commerce)

Since being appointed to the Alameda County Board of Supervisors on June 11, 2012, Supervisor Valle has focused on collectively working with the community to identify solutions to long standing issues that impact our communities; particularly focusing on youth development, employment and training, and delivering improved social services. Through initiatives like Science in the Park which makes science and health living fun for youth, increasing contracting opportunities for local District Two businesses, and stabilizing St. Rose Hospital, Supervisor Valle is working to achieve the quality of life we strive for in our communities. Supervisor Valle will be discussing the role of the Supervisor and the county government, and some of the District 2 office initiatives.

11:30 a.m. to 12:00 p.m. Registration & Networking

12:00 p.m. to 12:45 p.m. Welcome & Lunch

12:45 p.m. to 1:30 p.m. Program - Supervisor Richard Valle



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Mission District of Fremont



Saturday, Feb 9

Black History Month Celebration \$
10 a.m. - 6 p.m.
Full breakfast, health & wellness seminar, exhibits, entertainment & soul food
Newark Community Center
35501 Cedar Blvd., Newark
(510) 792-3973
www.aachsi.com

Saturday, Feb 9

Fun & Games - Are You Game? \$
10 a.m. - 4 p.m.
Games, stories & crafts. Family program
McConaghy Victorian House
18701 Hesperian Blvd., Hayward
(510) 581-0223
www.haywardareahistory.org

Saturday, Feb 9

All You Can Eat Pancake Breakfast \$
7 a.m. - 11 a.m.
Special Valentine’s Day Chocolate Pancakes. Hosted by PTSA
Irvington High School Valhalla Theatre
41800 Blacow Rd., Fremont
(510) 590-7510

Saturday, Feb 9

Becoming Tuneful, Beautiful and Artful
9 a.m. - 3 p.m.
Workshop for music education
Cal State East Bay University
25800 Carlos Bee Blvd.,Hayward

(510) 885-3118
http://music.csueastbay.edu/
Saturday, Feb 9
Battle of the Bands \$
6:30 p.m.
10 bands perform with appearances from three guest bands
Chabot College, Little Theatre
25555 Hesperian Blvd., Hayward
(510) 723-6600
www.haywardrocks.com

Sunday, Feb 10

Farewell to the Monarch Butterflies \$
11 a.m. - 2 p.m.
Learn about the their migration and life cycles
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Sunday, Feb 10

Ohlone Village Site Open House
10 a.m. - 12 noon & 1 p.m. - 4 p.m.
Visit the 2,000 year old Tuibun Ohlone village
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Feb 10

Father & Daughter Sweetheart Ball \$R
2 p.m. - 4 p.m.
Music, refreshments, dance contest & prizes
Holly Community Center
31600 Alvarado Blvd., Union City
(510) 471-6877
www.unioncity.org

Sunday, Feb 10

Chinese New Year - Year of the Snake
1 p.m. - 4 p.m.
Lion Dance, martial arts demo & family fun activities
New Park Mall
2086 Newpark Mall, Newark
(510) 742-2326
www.newparkmall.com

Monday, Feb 11

How the New Tax Laws Will Affect You
6 p.m. - 8 p.m.
Learn about new laws & common tax pitfalls
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400



Entrepreneurship

SUBMITTED BY ALICE CHENG AND ANAHA RAGHUNATHAN

What is entrepreneurship? In today’s world, it can be defined as organizing, managing, and assuming the risks of a business or enterprise. It can be as simple as kids starting a lemonade stand, or as complex as starting the company Microsoft. Both, however, require the skill to be able to plan and develop a business that can benefit the community.

But why is entrepreneurship important? According to the World Economic Forum’s Global Education Initiative, “Entrepreneurship education is key to develop the skills, attitudes and behaviors necessary to create jobs, generate economic growth, advance human welfare and stimulate innovation to address global challenges.” Entrepreneurship builds the key skills required in starting and running a successful business. It drives innovation and allows us to be more creative and expand our thoughts in today’s economy. The Industry Canada states, “Entrepreneurship is a powerful force for driving innovation, productivity, job creation and economic growth.” In today’s world, entrepreneurship is essential for our economy’s success. We need creative people with new ideas to build businesses to provide jobs for others and inspire the future.

However, creativity isn’t everything in a business, right? Starting a new company is a planning, managing, and strategic game. People who set out to be entrepreneurs are really dedicated to what they want to do. They have a passion for what they’re going after, and won’t give up easily. Successful entrepreneurs take small steps towards their goals. Although they want their business to be a success, they have to

keep in mind that starting something new is always going to be risky.

Take Michael Dell, for example. He began his company (Dell Computers) by just assembling IBM personal computer knockoffs. He continually took small steps and paused and evaluated the performance of each step. Eventually, he turned his passion into a business. That’s how all the companies we know were built. They took step after step and made sure each one was well thought out. As Forbes puts it, “The best entrepreneurs don’t wait until their product or service is perfect. They get it ‘close enough’ and launch. They change whatever it is they have to change as they go.”

When we choose to be entrepreneurs, we choose to be responsible for nurturing and providing the structure and skeleton for our business. We allow ourselves to be fully immersed in thought and strategy, every single minute, for improving the welfare of the business. No one should be afraid to take a risk and become an entrepreneur. After all, according to 2011 Small Businesses, Big Impact, “Economic success is, and will continue to be, built on the dreams, risk taking, dedication and resiliency of small businesses and entrepreneurs.” So, take a chance, dare to dream big, and create your own business. You never know where your creativity will lead you.

Editor’s Note:
Alice Cheng and Anaha Raghunathan are freshmen at Mission San Jose High School in Fremont. Raghunathan explains that DECA (Distributive Education Clubs of America) is a business organization that teaches high school and college students about all aspects of business and the importance of entrepreneurship.

Laughing at Life Comedy Show

SUBMITTED BY OPERATION WARRIOR’S FOUNDATION, INC.

Our veterans, soldiers, sailors, Marines, airmen, seaman and their families sacrifice more than the average person can imagine. Military servicemembers received the lowest pay raise this year since 1973. For many making ends meet is going to be, or has been, a very difficult task, especially if they are veterans. More than 130, 000 veterans are homeless and hungry on any given night in America. One in three homeless people in America is a U.S. Military veteran. Nearly three million veterans and their families do not have enough to eat each month. More are returning home from deployments to a weakened economy, many with physical and/or mental challenges ahead of them. Many are already home working to overcome their challenges.

Mrs. Northern California-America Charlene Jones is an advocate for our veterans, servicemembers and their families, helping non-profit groups that support our veterans and soldiers. One of those groups is Operation Warrior’s Foundation, Inc. Her objective is to remind them that they are not forgotten. She is bringing joy to Pleasanton this Valentine’s Day with an event to remember. On February 14 two televised comedians, PJ Walsh and Monique Marvez, will perform one night of comedy to raise funds for local veterans, funding co-pays for much needed prescription medications.

“Too many of our veterans are forced to decide between food, housing, and medications. This just isn’t right. These people have sacrificed so much in the name of duty, honor, and love of country,” says Jones.

Those interested in purchasing tickets to the event or sponsoring a wounded warrior or veteran, can visit: <http://operationwarriorsfoundation.org/laughing-at-life-comedy-show-tickets.html> or by call Mark at (510) 984-1125. If you are interested in sponsoring the show, fill out the Sponsorship form on the website and click on the donate icon to make your donation. Make sure you note the donation you would like to make and e-mail the sponsorship form to mark.jones@operationwarriorsfoundation.org. Your donation of \$100 or more will include two VIP tickets, your name or company name in the program, and a meet and greet with our comedians after the show. Attendees must be at least 18 years of age.

Laughing at Life Comedy Show Benefit
Thursday, Feb 14
Doors open at 6:30 p.m.
Pleasanton Veteran’s Memorial Building
301 Main Street, Pleasanton
(510) 984-1125

<http://operationwarriorsfoundation.org/laughing-at-life-comedy-show-tickets.html>
Tickets: \$20 non-military, \$10 military, veterans (and spouses)



THE OHLONE COLLEGE SUPER FLEA MARKET

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2nd Saturday of Every Month - Rain or Shine

Next Flea Market

SATURDAY
February 3rd

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Times & Stops subject to change

No Bookmobile service:
Feb 12 & 18, March 6,
and May 27

WEDNESDAY Feb 6 & 27/ Mar 20 /
Apr 10 / May 1 & 22 / June 12
3:00 – 4:00 Warm Springs Community
Center, 47300 Fernald St., FREMONT
4:15 – 4:50 Lone Tree Creek Park, Starlite
Way & Turquoise St, Warm Springs,
FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct.,
FREMONT

THURSDAY Feb 7 & 28/ Mar 21 / Apr
11 / May 2 & 23 / June 13
9:30 –10:15 Daycare Center Visit -
UNION CITY
10:30–10:50 Daycare Center Visit -
UNION CITY
1:55 – 2:20 Daycare Center Visit -
SAN LORENZO
2:45 – 3:40 Bay School, 2001 Bockman
Rd., SAN LORENZO

FRIDAY Feb 8 / Mar 1 & 22 / Apr 12
/ May 3 & 24 / June 14
10:40–11:20 Daycare Center Visit-
DUBLIN
1:20 – 2:10 St. Philip’s School, 8850
Davona Dr, DUBLIN
2:45 – 3:30 Dougherty School, 5301 Hi-
bernia Dr., DUBLIN
3:45 – 4:20 Ted Fairfield Park, Grafton
St. & Antone Way, DUBLIN

WEEK 3

MONDAYFeb 11 / Mar 4 & 25 / Apr 15
/ May 6 / (No service May 2
10:00–10:25 Daycare Center Visit - FRE-
MONT
10:25–10:50 Peace Academy, Peace Ter-
race, FREMONT
1:30 – 2:00 Acacia Creek Retirement
Community, 34400 Mission Blvd.,
UNION CITY
2:45 – 3:45 Ardenwood School, 33955
Emilia Lane, FREMONT
5:15 – 6:45 Forest Park School, Deep
Creek Rd. & Maybird Circle,
FREMONT

TUESDAY (No service Feb 12) / Mar 5
& 26 / Apr 16 / May 7 & 28
9:45–10:15 Daycare Center Visit -
UNION CITY
10:45–11:15 Daycare Center Visit -
FREMONT
2:15 – 3:00 Daycare Center Visit -
NEWARK
4:30 – 5:20 Weibel School, 45135 South
Grimmer Blvd., FREMONT
5:50 – 6:40 Booster Park, Gable Dr. &
McDuff Ave., FREMONT

WEDNESDAY Feb 13 / (No service Mar
6) / Mar 27 / Apr 17 / May 8 & 29
12:45 – 2:15 Glenmoor School, 4620
Mattos Drive, FREMONT
3:50 – 4:20 California School for the
Deaf, 39350 Gallaudet Dr., FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct.,
FREMONT

THURSDAY Feb 14 / Mar 7 & 28 / Apr
17 / May 9 & 30
10:00–10:30 Daycare Center Visit- SAN
LORENZO
10:45–11:30 Daycare Center Visit - CAS-
TRO VALLEY
1:00 – 2:00 Fame Charter School,
16244 Carolyn St., SAN LEANDRO
2:25 – 3:15 Cherryland School,
585 Willow Ave., HAYWARD

FRIDAY Feb 15/ Mar 8 & 29 / Apr 19
/ May 10 & 31
10:40–11:10 Daycare Center Visit -
DUBLIN
11:15–11:50 Daycare Center Visit -
DUBLIN
1:50 – 2:25 Daycare Center Visit -
DUBLIN
2:35 – 3:30 Murray School, 8435 Davona
Dr., DUBLIN
3:45 – 4:20 Daycare Center Visit –
DUBLIN

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SPORTS

Irvington grad to be honored

SUBMITTED BY MICHELLE STONE

Irvington High School will retire former student and NFL Seattle Seahawk Robert Turbin's football jersey in the school gymnasium (41800 Blacow Rd., Fremont) at halftime of the varsity boy's basketball game on Wednesday, February 6, 2013. Game starts at 7:30 p.m. Turbin is expected to attend.

MSJ Soccer celebrates its Seniors

BY KENNY JACOBY

PHOTO BY MIKE HEIGHTCHEW

The Mission San Jose Warriors soccer teams honored their graduating senior players this week in two hard-fought games with the largest fan turnouts of the season. The Men's Varsity squad took on the American Eagles on Wednesday, and the Women's Varsity team played the Kennedy Titans on Thursday.

On Wednesday, the Men's team dominated the first half, creating numerous scoring opportunities that they just could not capitalize on. With minutes to go in the first half and the score tied 0-0, a fight broke out between the two teams which led to a red card given to both sides. Both the Warriors and the Eagles would have to play the second half down one player.

The Eagles jumped out quick in the second half, scoring on a perfectly placed shot from near the endline into the top panel of the net. Mission San Jose had to come from behind, but did not panic. They created several opportunities on corner kicks and long throw-ins, but to no avail. Finally, about halfway through the first half, the Warriors loaded the penalty box with eight players for a long throw from Senior Martin Padilla. Padilla launched the ball to the edge of the eight-yard box, and Senior Captain Kenny Jacoby connected with a header into the back of the net.

With the score tied 1-1, neither team would let up in the heated match. Mission San Jose goalkeeper and Senior Captain Eamon Jahani made multiple spectacular saves on breakaways by the Eagles. With just seconds left in the game, Senior Noah Yang had a full-sprint breakaway that resulted in a one-on-one with the goalkeeper, but the American goalie made a clutch diving save to stop the shot and save the game. The exhilarating game ended in a 1-1 draw, but all the eleven MSJ seniors were satisfied with the tremendous fan support.

The Women's Varsity team dismantled the



Kennedy Titans on Thursday, largely due to phenomenal efforts from their eight graduating seniors. The Warriors kept the ball in the opposing half for nearly the entire game, creating numerous scoring opportunities. Senior Captain Kristin Moyer had a sensational game, scoring two goals in the first half and getting the entire crowd on its feet. But Moyer and the girls were far from finished.

The Warriors came out firing on all cylinders in the second half, with precision passing and a shut-down defense led by Senior Taylor Garden. Moyer matched her two goals in the first half with two more in the second, for an unprecedented four goals. Sophomore Sharan Singh had two assists, and Junior Juliana McCuaig added another assist. Goalkeeper and Senior Captain Kylie Moltzen held her clean sheet for 66 minutes, before Sophomore Courtney Facha took over and completed the shutout. Each keeper made two saves, a testament to the top-notch Warrior defense. The 4-0 victory was an ideal way to honor the eight Mission San Jose seniors.

Pioneers host youth clinic, split with Gators

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

Saturday night, February 2, was filled with excitement at Cal State East Bay when 140 kids gathered for a basketball clinic and were treated to court action as the men and women Pioneers took on the SF State Gators in the "Battle of the Bay."

The men were faced with a great running game and fast break attack that was an immediate and constant threat throughout the game. In the physical contest, CSUEB was forced by a stubborn Gator defense to take low percentage shots from the outside and came out on the losing end of the 89-62 final score.

It was a different outcome in the women's contest as the Pioneers out-shot and defended their net in a "solid win." After a tentative start, the Pioneers led the way, claiming a 59-44 victory.



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February 24, 2013

www.norcalmarathon.com



Men's Basketball

Logan basketball report

Submitted by Christopher Fortenberry

Logan 55, Kennedy 52
February 1

Logan (14 - 7, 7 - 2 MVAL)
Bell 7, Schaper 5, Kaye 10, Wilson 2, Godfrey 12, Leno 18
Total: 55

Men's Soccer

James Logan soccer report

Submitted by James Williams

Newark v Logan
January 30
Newark 1, Logan 1

JL: Justyn Raygoza 38:00
NWK: Joel Sandoval (PK) 80:00

JL Goalie: Alexis Sainz, 80 min, 1 GA, 5 saves
NWK Goalie: Luke Lombana, 80 Min, 1 GA, 4 saves

Kennedy (0 - 21, 0 - 9 MVAL)
Bsricer 4, Bernstein 4, McKissick 8, Cobos 6, Staley 4, Wiggins 5, Orvelt 12, Gill 6
Total: 52

3-pt goals: Schaper 1, Wiggins 1, Orvelt 1

JV Logan (6 - 16, 4 - 5 MVAL)
Logan JV won

Frosh Logan (10 - 12, 6 - 3 MVAL)
Logan 50, Kennedy 35

Logan v Washington
February 1
Logan 2, Washington 3

WASH: Washington 25:00, Jonathan Goncalves 62:00, Edgar Cerna (Jonathan Goncalves) 64:00
JL: Siar Hamid (Miguel Montoya) 67:00, Siar Hamid (Miguel Montoya) 72:00

JL Goalie: Alexis Sainz, 80 Min, 3 GA, 4 saves
WASH Goalie: Andrew Wandinger, 80 Min, 2 GA, 3 Saves

JL Record: 8 - 8 - 6 (5 - 3 - 4)
JL Next Opponent: v Irvington @ TAK 2/6/2013 3:45

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).

Bill introduced to put new transportation measure before voters

SUBMITTED BY JEFF BARBOSA

California State Assemblyman Bob Wieckowski (D-Fremont) has introduced legislation to allow Alameda County to seek approval from voters for a transportation sales tax measure to fund a variety of infrastructure projects throughout the County. Under Wieckowski’s bill, AB 210, the County would have until January 1, 2017 to place a transportation sales tax ballot measure, at a rate of no more than 0.5 percent, before voters. The County’s Measure B1 on the November 2012 ballot received 66.53 percent voter support, coming just short of the necessary two-thirds threshold needed for approval. “The result of Measure B1 not only shows that the voters understand how important it is to invest in our infrastructure but that a strong majority supports doing so,” Wieckowski said. “The County’s transportation demands are not going to disappear. We must build an environmentally sustainable, multi-modal transportation network. That’s critical for our businesses and residents and to maintain job creation in the County.”

The bill is necessary because Alameda County cannot go to the ballot to increase the sales tax without an exemption to exceed the local two percent sales tax cap. Assemblymembers Nancy Skinner, Rob Bonta, Joan Buchanan and Bill Quirk have agreed to co-author AB 210. Wieckowski authored similar legislation in 2011 that allowed Measure B1 to go to the ballot in November 2012. Alameda County’s Transportation Expenditure Plan was created after months of public meetings throughout the County. If AB 210 is approved, the specific projects to be funded would be determined by the Alameda County Transportation Commission before the measure goes before voters. A 2011 Statewide Transportation System Needs Assessment concluded that between 2011 and 2020, the total state transportation system costs will be \$538 billion. The estimated revenues from all sources would fund only 45 percent of the statewide needs. Alameda County is one of 19 counties in the Self-Help Counties Coalition delivering transportation sales tax measures. The 19 counties account for 81 percent of the state’s population.

Hayward Area Recreation and Park District

January 28, 2013

Presented a resolution in recognition of the 50th Annual Battle of the Bands scheduled on February 9, 2013 at Chabot College Performing Arts Center. Authorized Staff to pay the remaining balance of loan #0000000083 with Bank of the West on February 1, 2013, which will be approximately \$200,000, for the property located at 18651 Via Toledo in San Lorenzo, APN 413-0083-065. Approved the Capital Fund cost of \$331,124.91 for the development of Veterans Memorial at Castro Valley Community Park; total cost was donated by Castro Valley Veterans of Foreign Wars Post 9601. Approved the First Amendment of the Memorandum of Understanding (MOU) between HARD and the Castro Valley Veterans of Foreign Wars Post 9601 regarding maintenance and use of the Veterans Memorial at Castro Valley Community Park. Authorized Staff to enter into an agreement with RRM Design Group in the amount of \$149,400 to prepare plans and specifications for the Renovation/Expansion of Greenwood Park. Approved plans and specifications and authorized Staff to advertise for bids to be opened at 1:30 p.m. on Thursday, February 21, 2013 for the Restroom Replacement Site Work at Ruus Park. Entered into an agreement with Alameda County and San Lorenzo Unified School District for the Maintenance MOU for the Ashland Youth Center.

Approved plans and specifications and authorized Staff to advertise for bids to be opened at 1:45 p.m. on Thursday, February 21, 2013, for Cart Path Renovation (Holes 1-5) at Skywest Golf Course. Approved Capital Fund cost of \$41,643.75 for the Bunker Renovation at Mission Hills of Hayward Golf Course; \$33,500 was donated by Sherman L. Balch. Authorized Staff to expend funds not to exceed \$18,347 for pump repair at Mission Hills of Hayward Golf Course. Authorized entry into a Golf Concession Lease Agreement with Elite Food Services, Inc. to operate the Golf Concessions at the L.A. Critzer, Jr. Clubhouse at Skywest Golf Course. Authorized entry into a Golf Concession Lease Agreement with Elite Food Services, Inc. to operate the Golf Concessions at the Sherman Balch Clubhouse at Mission Hills of Hayward Golf Course. Re-appointed Ms. Jill Stavosky and Dr. Marshall Mitzman to serve an additional two-year term on HARD’s Citizens Advisory Committee, effective immediately and ending December 31, 2014. Appointed Ms. Kari McAllister (Hayward) and Mr. Justin King (Hayward) to serve on HARD’s Citizens Advisory Committee, for a two-year term, effective immediately and ending December 31, 2014. Lou Andrade – Yes Paul Hodges – Yes Minane Jameson – Yes Carol Pereira – Yes Dennis Waspei – Yes

Fremont receives budget award

SUBMITTED BY CHERYL GOLDEN

The City of Fremont announced on January 29 that it has received the Government Finance Officers Association’s Distinguished Budget Presentation Award for its annual operating budget for fiscal year 2012/13. The award represents a significant achievement by the City of Fremont. It reflects the commitment of the Fremont City Council and City staff to meeting the highest principles of governmental budgeting. In order to receive the budget award, the City had to satisfy nationally recognized guidelines for effective budget presentation. These guidelines are designed to assess how well a City’s budget serves as:

- A policy document
- A financial plan
- An operations guide
- A communications device

Budget documents must be rated “proficient” in all four categories, as well as in the 14 mandatory criteria within those categories, to receive the award. “This recognition is aligned with the City’s commitment to transparency in our financial reporting, and the award is a tribute to our fiscal acumen,” said City Manager Fred Diaz. “Our budget documents are easy to read and provide the public with detailed information on how the City spends taxpayer dollars.” Fremont is one of only 1,300 government entities nationwide to receive this award out of 89,000. According to the Government Finance Officers Association, award recipients have pioneered efforts to improve the quality of budgeting and provide an excellent example for other governments throughout North America. To view a copy of the City of Fremont’s Adopted Operating Budget, visit www.Fremont.gov/FinancialReports.

Wieckowski opposes Franchise Tax Board decision

SUBMITTED BY JEFF BARBOSA

Assemblyman Bob Wieckowski (D-Fremont) announced his opposition on February 1, 2013 to a Franchise Tax Board staff decision to retroactively deny benefits dating back to 2008 for Qualified Small Business (QSB) tax exclusions. The FTB’s decision will burden some California entrepreneurs and start-up investors with huge retroactive tax bills. The FTB issued its notice on December 21, 2012 after the Second District Court of Appeal reversed a trial court’s decision and found the QSB exclusion violated the U.S. Constitution’s commerce clause. The exclusion was passed by the Legislature in 1999 to encourage venture capital investment in small businesses. It allowed investors in small businesses (under \$50M in gross assets and with 80 percent of their payroll costs and assets in California) to exclude 50 percent of the state’s capital gains tax on the sale of their stocks. “I was stunned by this decision because it sends the wrong message to the early investors and entrepreneurs who built companies and hired workers here in California,” Wieckowski said. “The Legislature acted years ago years ago to put these incentives in place. To come back now and retroactively seek taxes all the way back to 2008 is pretty draconian.” Wieckowski is working with the Bay Area Council to stop the FTB’s decision penalizing California’s start-up companies. Other legislators and business advocates are also seeking to reverse the FTB’s notice. “We should explore all options and search for a better solution,” he said. “Access to venture capital is critical for our state and my district. “We are leaders in innovation and venture capital investment but if this is allowed to stand it will strip away any certainty investors and small business owners possess.” Wieckowski, who represents the 25th Assembly District, which includes San Jose, Santa Clara, Fremont, Milpitas and Newark, introduced a “Made in California” legislative agenda in his first term. He is focused on job creation by streamlining a clean technology program to enable grants to reach businesses more quickly, eliminating burdensome regulations, working to increase job hiring credits and protecting local businesses from deceptive advertising by larger national firms.

SR 237 express lanes win award

SUBMITTED BY BRANDI CHILDRESS

The Santa Clara Valley Transportation Authority’s (VTA) State Route (SR) 237 Express Lanes Project has received the 2012 Transportation Project of the Year Award from the San Francisco Bay Area Institute of Transportation Engineers (ITE). In March 2012, VTA converted 11 miles of under-utilized carpool lanes in Milpitas and San Jose into an express lanes

facility, providing a more effective use of unused roadway capacity and a new mobility option for commuters. The project has effectively managed congestion at the SR 237/I-880 interchange that carries over 300,000 vehicles a day. Since the opening of the 237 Express Lanes Project, commuters save between five and 20 minutes compared to those driving in the general purpose lanes during the peak

continued on page 29

Union City files lawsuit against State

SUBMITTED BY RHEA SERRAN

On Tuesday, January 29, 2013, the City of Union City filed a Writ of Mandate and Complaint for Injunctive and Declaratory Relief against the California Department of Finance, California State Controller and Alameda County Auditor Controller. The lawsuit challenges the determination of the Department of Finance to prohibit the expenditure of 2011 Bond Funds for transit-oriented development projects and to withhold payment of funds needed to fulfill the obligations of the former Redevelopment Agency. The Writ will be available on the City of Union City’s Website (www.UnionCity.org) once filed and served with the court. Before filing the lawsuit, the City of Union City met with the Department of Finance (DOF) in October and December 2012 to

discuss the importance of completing the transit development project, including the Union City BART Phase II project that would open the East Side of the station to the transit-oriented housing project site. Union City representatives also advocated for continued support for the City’s low-income families, seniors and disabled population whose programs were affected by the state’s decision to take away funding. The DOF arbitrarily rejected the City’s factual arguments without serious analysis. Consequently, the City had no other alternative but to file suit challenging the DOF’s unsupported decisions. With the passage of AB1484, DOF is charged to take local revenues that are not supported by prior contracts or enforceable obligations. The financial burden is then shifted to the cities to meet

obligations. By the State reaching into cities’ General Funds to absorb revenues, it threatens Union City’s public assets and the ability to provide local services to residents, especially the most at-risk populations - seniors, low-income families, disabled population and youth. The funding denied by DOF will jeopardize local programs including rental assistance of the Tropics Mobile Home Park, employment services for Alameda County ARC and social services of Centro de Servicios (Centro). The Tropics Rental Assistance Program provides housing services for very-low and extremely low income seniors. The ARC is an organization that employs mentally-disabled adults to remove graffiti and clean public restrooms in Union City. Centro provides youth counseling to discourage gang activity, referrals to

social service programs for residents of lower-income neighborhoods to stabilize and improve the economic conditions of households, thereby preventing neighborhood deterioration. The DOF’s position to deny the expenditure of bond funds will also cause projects such as the City’s transit-oriented development project, the Station Center, to be jeopardized after millions of dollars of public funds have been invested in the project over the decade. In 2001, the City adopted the Union City Station District Plan to provide for transit-oriented development and an implementation program to achieve a pedestrian and transit-oriented, mixed-use downtown district adjacent to the Union City BART Station. Elements of the Station District Plan include high density multi-family resi-

dential development and affordable housing units. Since the adoption of the Station District Plan, \$83.5M has been invested to acquire land, build infrastructure, underwrite construction of 185 affordable residential units and facilitate the construction of 811 residential units in the Station District area. Two components of the Station District Plan remain to be completed, the BART Phase 2 Station Project and East-West Connector. The City is taking this necessary legal action to protect the public assets of our residents and our General Fund revenues to continue to provide the current level of City services, to complete transit-oriented development projects and to support social services programs. For more information, visit www.UnionCity.org

PUBLIC NOTICES

CITY OF UNION CITY
NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that public hearings will be held by the City of Union City for the purpose of considering the following project applications:

Use Permit (UP-13-001).

The applicant, AGI Signs, is seeking Use Permit approval (UP-13-001) for a Comprehensive Sign Program for properties owned by Pro-Logis located within the Alvarado Business Park and the Central Bay Industrial Park. These properties include:

30118 Eigenbroadt Way (APN: 463-0045-073-02)
30065-30067 Eigenbroadt Way (APN: 463-0045-077-02)
30001-30067 Ahern Avenue (APNs: 463-0045-043-02, 463-0045-097-00, 463-0045-090-00)
2900 Faber Avenue (APN: 463-0045-089-02)
33001 Dowe Avenue (APN: 475-0130-026-00)
33335 Central Avenue (APN: 475-0090-020-00)
33261 Central Avenue (APN: 475-0090-019-00)

Notice is also given that this project is exempt under Section 15301, Class 1, Existing Facilities, of the California Environmental Quality Act (CEQA).

**PLANNING COMMISSION MEETING
Thursday, February 21, 2013**

**Said hearing will be held at 7:00 p.m.
In the Council Chambers of City Hall,
34009 Alvarado-Niles Road, Union City.**

For further information on the above application, contact Carmela Campbell, Planning Manager, at (510) 675-5316. Written comments regarding these projects should be received by the Planning Division prior to Thursday, February 21, 2013.

City Hall is accessible by Union City Transit lines 1A, 1B, 3, 4 and AC Transit line 97. BART riders can transfer to these bus routes at the UC BART station. For information, please contact: Union City Transit at (510) 471-1411, AC Transit at (510) 891-4777, or BART at (510) 465-2278.

JOAN MALLOY
Economic and Community Development Director

CNS#2440828

CIVIL

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

Case No. HG13065105
Superior Court of California, County of Alameda.
Petition of: Syed Qamber Faraz Jafri - Syeda Subika Jafri for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Syed Qamber Faraz Jafri - Syeda Subika Jafri filed a petition with this court for a decree changing names as follows:
Abiha Zehra Jafri to Alezay Zehra Jafri
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: 04-12-13, Time: 8:45, Dept.: 504
The address of the court is 24405 Amador St. #104, 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: Jan. 28, 2013
C. DON CLAY
Judge of the Superior Court
2/5, 2/12, 2/19, 2/26/13

CNS-2440732#

**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-2438444#

**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
NAMES**STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME**

File No. 448620
The following person(s) has (have) abandoned the use of the fictitious business name: **Niles Classic Motorsport, 37323 Niles Blvd., Fremont, CA 94536**
The fictitious business name referred to above was filed in the County Clerk's office on 2-28-2011 in the County of Alameda.
Rising Aro Investment Limited, California, 37751 Glenmoor Dr., Fremont, CA 94536
This business was conducted by: Jonathan Liu Rising Aro Investment Limited
S/ Jonathan Liu, C.E.O.
This statement was filed with the County Clerk of Alameda County on January 29, 2013.
2/5, 2/12, 2/19, 2/26/13

CNS-2440266#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 474353
The following person(s) is (are) doing business as:
Fanny's Day Care, 33234 Falcon Drive, Fremont, CA 94555
The fictitious business name referred to above was filed in the County of Alameda
Huiheng Zhu, 33234 Falcon Drive, Fremont, CA 94555
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/ Huiheng Zhu
This statement was filed with the County Clerk of Alameda County on January 29, 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-2439794#

**STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME**

File No. 458567
The following person(s) has (have) abandoned the use of the fictitious business name: **Niles Tutoring Club, 37323 Niles Blvd., Fremont, CA 94536**
The fictitious business name referred to above was filed on 11/21/2011 in the County of Alameda.
Rising Aro Investment Limited, California, 37751 Glenmoor Dr., Fremont, CA 94536
This business was conducted by: Jonathan Lin Rising Aro Investment Limited
S/ Jonathan Lin, C.E.O.
This statement was filed with the County Clerk of Alameda County on January 29, 2013.
2/5, 2/12, 2/19, 2/26/13

CNS-2439794#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 474170
The following person(s) is (are) doing business as:
Fong Organic, 35824 Adobe Drive, Fremont, CA 94536, County of Alameda.
Stephen Yip, 35824 Adobe Drive, 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 01-18-2013.
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/ Stephen Yip
This statement was filed with the County Clerk of Alameda County on January 23, 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).
2/5, 2/12, 2/19, 2/26/13

CNS-2439042#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 474263
The following person(s) is (are) doing business as:
TB Vanguard, 5255-A Mowry Ave. #155, Fremont, CA 94538, County of Alameda.
Allison Denise Baker, CA, 3423 Ashbourne Cir., San Ramon, CA 94382.
Paula Bell, CA, 7326 Donnell Pl. #C-4, Forestville, MD 20747.
Nicole Turman, CA, 7326 Donnell Pl. #C-4, Forestville, MD 20747.
This business is conducted by Co-Partners
The registrant(s) commenced to transact business under the fictitious business name or names listed

above on Aug. 1, 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/ Allison Denise Baker, Co-Partner
This statement was filed with the County Clerk of Alameda County on January 25, 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).
2/5, 2/12, 2/19, 2/26/13

CNS-2439038#

**FICTITIOUS BUSINESS
NAME STATEMENT**

File No. 473710
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 95128
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
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 McCleanahan, 6023 Peppertree Ct., Newark, CA 94560
Kristine, McCleanahan, 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 McCleanahan
Kristine McCleanahan
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. 473621
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
47001 West Springs Blvd. #452, Faemont, CA 94539
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 Evertree, 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

OPINION



WILLIAM MARSHAK

Land use and commissions

ning Commission serves as a deliberative, advisory body for council to approve, modify or deny development requests that meet or exceed staff discretionary rulings.

Usually, commission appointments are filled by those with a special interest or expertise in a particular government function (i.e. recreation, historical structures, art, environment, etc.). Those who apply for and fill positions on the Planning Commission are declaring heightened interest in the land use process and pledging to study the intricacies and impacts of development within city boundaries.

Unfortunately, what has developed over time in Fremont has been a line of succession that elevates Planning Commissioners to the status of 'councilmember-in-waiting.' It has become a training ground that may or may not integrate necessary skills and expectations of a councilmember. Appointments through vacancies have been relatively frequent in the recent past and generally, planning commissioners have occupied a common breeding ground for success in this endeavor. Through heightened visibility, they tend to do well in elections too. It is important to note that although experience and knowledge of city planning is extremely important for a potential councilperson, the relationship of all civic facets is not a function of a single department or discipline. If this was the case, only one department would be necessary within a city.

Many Fremont councilmembers are products of a system that perpetuates itself through constant cloning and renewal. As a member of the Planning Commission is elevated to council status, a new, approved replica is installed to begin the process anew. It appears that testing the appropriate political character of appointees has become the role of

Planning Commission rather than addressing its function. Is this the proper procedure to promote a dynamic and progressive city structure and government? While Planning Commission has an important role in an advisory role, councilmembers are asked to deal with a wide variety of issues and other public regulatory agencies and districts. A narrow view of purpose and intent can lead to misunderstandings and unintended consequences. For example, some council interaction with the Fremont Unified School District have devolved into discussions of distinct and separate responsibilities rather than an integrated approach to city life. Council appointments as liaison to boards and commissions can broaden experience but may follow political paths rather than strengthening city goals.

Advisory boards and commissions are important to citizen input for council and staff. The assumption that one such body has a dominant role and functions primarily as a conduit to higher office can lead to an unproductive environment. All commissions are important, representing significant facets of our community. Let's make sure appointments are based on a proper evaluation of qualifications. All appointments, including those to the Planning Commission, should not be based on political favoritism.

William Marshak
PUBLISHER

A critical function of city government is to regulate land use within its borders. Not only does civic oversight protect citizens from unlawful uses, but it brings continuity and order to growth and economic patterns. Development of a General Plan, and Specific Plans within it, are tools to guide planners when considering whether municipal goals are compatible with stated city goals. In order to deal with the intricacies of use plans by citizens, developers and others, a bureaucratic system is usually in place to determine whether change lies within a stated vision and requires little or no adjustment or if a deliberative body must determine how far rules can be stretched and modified to accommodate a request.

In addition to a professional staff trained to handle the multitude of development requests, appointed and elected officials are often asked to determine if the public interest is served by extending or altering regulations. In local municipalities, a variety of commissions are appointed by the mayor and approved by city council to assist with a plethora of government responsibilities. The Plan-

Violence and Keeping Our Children Safe

SUBMITTED BY SHARAT G. LIN

The senseless killing of twenty children and six adults at Sandy Hook Elementary School in Newtown, Connecticut on December 14, 2012 has again fired up the national debate over violence in our society, safety of our children, and gun control.

One the one hand, there is renewed impetus for banning assault weapons and tightening background checks prior to weapons and ammunition purchases. On the other hand, the National Rifle Association is now calling for armed guards in every school. Others raise alarm about violent video games and the need for different approaches to handling mental illness.

What is missing from much of this debate is the widespread social alienation in a society which becoming progressively less social, and where families are nuclear and all too frequently broken.

Tri-City residents will have the opportunity to review the issues raised after previous mass shootings, such as the one at Columbine High School in Columbine, Colorado on April 20, 1999. Michael Moore's documentary film "Bowling for Columbine," produced in 2002, delves in America's culture of fear, bigotry, and violence. Moore seeks to investigate and confront the powerful elite political and corporate interests fanning this culture for their own unscrupulous gain.

A discussion following the film will be led by staffers from the offices of Assemblymem-

bers Bob Wieckowski and Bill Quirk. They will also provide updates on legislative initiatives in Sacramento. Audience participation is always welcomed.

Screening of "Bowling for Columbine" is part of the Second Saturday Documentary Series, and is sponsored by Tri-City Perspectives, Niles Discovery Church, and the San Jose Peace and Justice Center.

Bowling for Columbine
Saturday, Feb 9
1:30 pm
Niles Discovery Church
255 H Street (enter on 3rd Street),
Fremont
(510) 797-0895
tricityperspectives.org

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Union City Police Log

SUBMITTED BY UNION CITY PD

January 24

At approximately 4:40 p.m., Community Oriented Policing and Problem Solving (COPPS) Officers Lanier and Vance contacted two males in the Kennedy Park parking lot. During the contact one of the males admitted to selling marijuana out of his vehicle. The officers located over six pounds of suspected marijuana and over \$1,700 dollars in currency inside one of the vehicles. The honest marijuana dealer was arrested.

January 27

At approximately 12:48 p.m., Cpl. Clubb stopped a vehicle on G Street, after the vehicle failed to stop at a stop sign. The driver of the vehicle had a loaded firearm concealed in his waistband. A .9mm Sig Sauer semi-automatic handgun and 15 round high-capacity magazine were recovered. The firearm had a round loaded in the chamber and was reported stolen from Contra Costa County. A "dreadlock" style wig and black neoprene skeleton mask were also located in the trunk of the arrestee's vehicle. Additional items of interest were multiple baggies of suspected "Crack Cocaine" and information

indicating the arrestee was involved in drug sales. This traffic stop and arrest lead to an additional search at a residence in Hayward. The Major Crimes Task Force assisted officers by authoring and serving a search warrant at the Hayward residence. The search in Hayward lead to the seizure of a stolen and custom built .50 caliber AR-15 style rifle. A bullet resistant vest and additional controlled substances were recovered at the Hayward residence. A great example of an excellent investigation and teamwork by all the involved personnel.

January 28

Officer Moffitt stopped a speeding vehicle

at 10:48 p.m. on Decoto Rd. During the traffic stop, BART Police Department broadcast suspect information regarding a strong-arm robbery that just occurred at the Union City BART station. The vehicle and occupants detained during the traffic stop matched the information relayed through BART Police Department. BART Police responded to the location of the traffic stop with the victims of the robbery. The victims identified the occupants of the vehicle as the suspects from the robbery. Two suspects were arrested for their involvement in the BART station strong-arm robbery as a result of the traffic stop.



THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop Together:

FUNNY FILLER

Ask a friend to give you each type of word to fill in the blanks. Then read your silly story aloud.

Fragrant Finish

Last summer, our state fair held an onion eating contest. All of the contestants sat in front of a long _____ and had a plate piled high with onions. They had 10 minutes to _____ as many onions as possible. But to make it even more challenging, each person had to wear a hat made out of _____!

ADJECTIVE PLURAL NOUN

After the first two minutes, many of the contestants couldn't eat any more of the _____ onions. Soon only two _____ were left in the contest. The audience began to _____ loudly.

ADJECTIVE PLURAL NOUN VERB

After eating five onions, Lori Foster gave up, promising that next year she would _____ her way to the championship.

VERB

The winner was Hal Etosis, with a total of six and a half _____ onions. He asked for some mints to freshen his _____ breath.

ADJECTIVE

When he did, the fresh flowers decorating the stage wilted!

Standards Link: Language Arts: Use nouns, adjectives and verbs correctly.

Kid Scoop-doku™

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

T				
E				T
A			T	
R		T		
S	T			

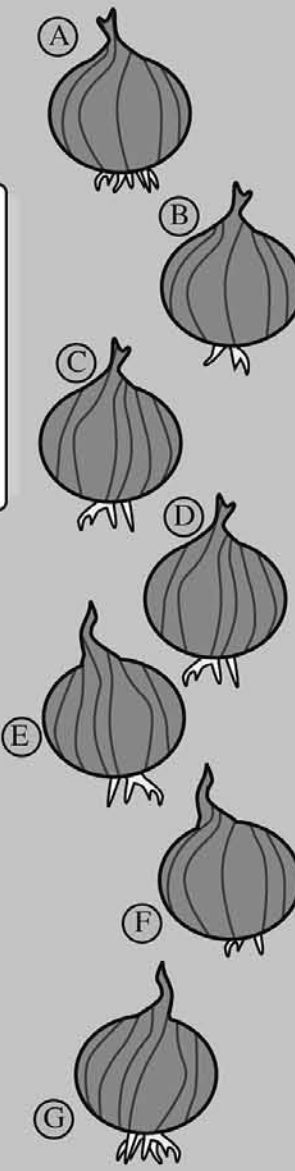
Write On!

Chopping Onions

Write a legend that tells why chopping onions makes people cry.

Double Onions

Red onions are often used in salads and sandwiches because they add a bright pop of color to these dishes. Find the two identical red onions.



ANSWER: C & D are the same.

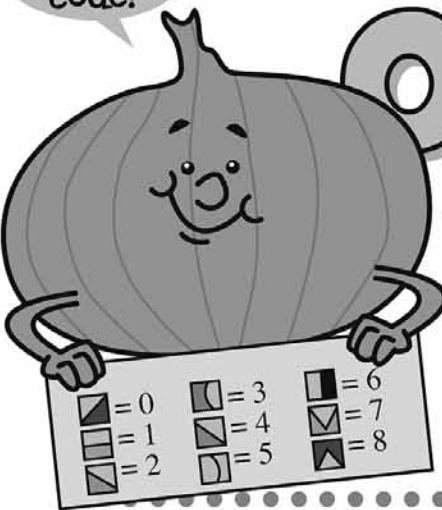
Extra! Extra! Searching and Searching

Look through the newspaper for ten or more words with an *ing* ending added. Rewrite the word without the ending.

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

HARVEST OF THE MONTH ONIONS

Use the code!



Did you know...

- The average American eats about ☐ ☐ pounds of onions per year.
- The largest onion on record weighed ☐ ☐ pounds, ☐ ☐ ounces.
- There are ☐ colors of bulb onions: yellow, white and red. Yellow onions make up about ☐ ☐ % of the world's onion crop.

SOURCE: National Onion Association

Pickled Red Onions

- 1 red onion
- 1 dried chile pepper
- 3/4 cup vinegar
- 3 tsp sugar
- 1 bay leaf
- 1 pinch of salt
- 5 dried cloves



With an adult, heat vinegar, salt, seasonings and chile until boiling.



Add sliced red onions, then let simmer for about a minute.



Remove from heat and let cool completely.



Refrigerate the onions and liquid. Use with grilled meats and in salads.

Replace the missing words.

Nothing to Cry About

If you've ever _____ an onion, or been in a kitchen when someone else does, you know that onions can bring _____ to your eyes.

Cutting an onion breaks down the onion's _____, causing acids inside to mix, releasing an invisible gas. This gas reacts with the water in your eyes, causing them to _____ and tears to flow.

No More Tears

One of the secrets _____ use to avoid all those tears is to chill the onion before cutting it. This _____ down the chemical reaction, allowing the chef to slice up the onion and get it _____ without tears.

Another way is to cut the onion under water. This keeps those stinging _____ submerged.

SLOWS

COOKING

STING

TEARS

CHEFS

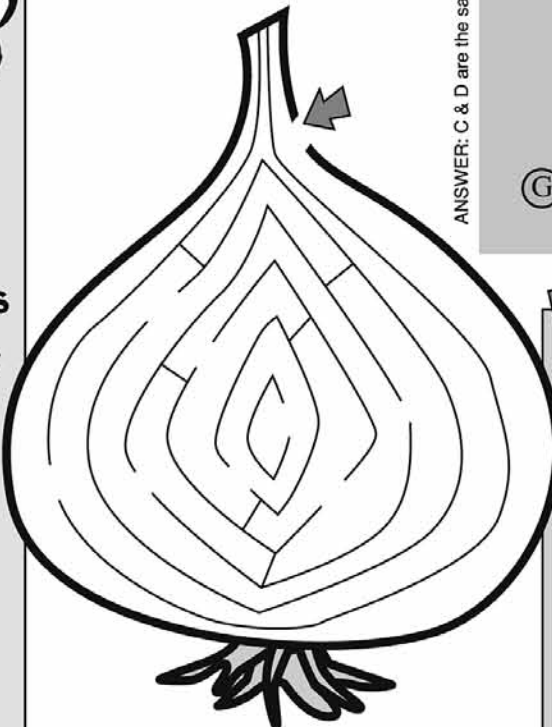
VAPORS
CELLS

SLICED

It's Only Natural

One of the best ways to get rid of "onion breath" is to chew a little fresh parsley.

Can you find your way to the center of this onion in under 30 seconds? GO!



Kid Scoop Puzzler



Onions add flavor to countless recipes from soups to salads to main courses and side dishes, too. Cross out the word ONIONS each time it appears below to reveal more about this multi-layered veggie.



ONIONSTONIONSHONIONSEONIONS
YONIONSAONIONSRONIONSE
ONIONSPONIONSANIONSCONIONS
KONIONSEONIONSDONIONSWONI
ONSIONIONSTONIONSHONIONS
VONIONSIONIONSTONIONSAONIONS
MONIONSIONIONSNONIONSCONION
SAONIONSNONIONSDONIONSF
ONIONSIONIONSBONIONSEONIONSR



Standards Link: Reading Comprehension: Follow written directions.

Double Double Word Search

- REACTION
- ONIONS
- FLAVOR
- RECORD
- YELLOW
- BRIGHT
- BREATH
- VAPORS
- TEARS
- AVOID
- ACIDS
- SLOWS
- BULB
- FLOW
- CRY

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

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

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

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Measuring Madness

Measure two pictures in today's newspaper. What is the TOTAL area of both pictures? Now find three smaller pictures and calculate the area. Do the two larger photos have a greater area than three photos combined?

Standards Link: Math: Measurement.

Why did the kid sleep with a ruler?

ANSWER:
He wanted to know how long he could sleep.



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1675 Graham Ave., Newark
510-754-9438

CHRISTIAN (ESPAÑOL)

Arbol de Vida
4140 Peralta Blvd., Fremont
510-790-2140

Iglesia Apostolica de Union City
33700 Alvarado Niles Rd.,
Union City
510-489-0687
www.ucapostolic.org

Iglesia Bautista Mission Peak
41354 Roberts Ave., Fremont
510-656-5311
www.missionpeakbaptist.org

Iglesia Biblica El Faro
280 Mowry Ave., Fremont
Estudio Bíblico
510-585-1701 lbfchurch.org

Ministerios Cosecha "Fuente de Vida"
4360 Central Ave., Fremont
(510) 573-1800
mcofremont@yahoo.com

Mision Hispana Esperanza Viva
4673 Thornton Ave. Suite P,
Fremont
510-754-5618
www.esperanzaviva.org

CHRISTIAN FILIPINO

Christian Fellowship International Church
(Meets in the Park Victoria Baptist Church bldg.)
875 S. Park Victoria Dr., Milpitas
408-386-2215
http://cficmilpitas.multiply.com/

Church of Christ of Fremont

4300 Hansen Ave. Fremont

510-797-3695
www.fremontchurchofchrist.org

Whoever Drinks Of The Water That I Will Give Him Shall Never Thirst; But The Water That I Will Give Him Will Become In Him A Well Of Water Springing Up To Eternal Life
John 4:14
AA Meetings Every Tues and Thurs Evenings 7:30-9:30pm In Spanish In the Fellowship Hall

Services
Sunday: 10:45am and 6pm
Wednesday: 7:30pm

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

Light By The Mountain Church
606 H St., Union City
510-378-0159

Word International Ministries
35501 Cedar Blvd., Newark
510-366-5995
www.wordinternational.com

CHRISTIAN INDONESIAN

Graceful Christian Community Church
At Immanuel Presbyterian Church
4333 Hansen Ave., Fremont
510-792-1831
www.gracefulcommunity.org

Adonai Indonesian Christian Fellowship
2603 Quail Ct., Union City
510-475-5377

CHRISTIAN CHURCH (DISCIPLES OF CHRIST)

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

CHRISTIAN REFORMED

Christ’s Community Church
25927 Kay Ave., Hayward
510-782-6010
ccchayward@sbcglobal.net

EPISCOPAL

St. James Episcopal Church
37051 Cabrillo Terr., Fremont
510-797-1492 www.saintj.com

Holy Cross Episcopal Church
Heyer and Center St.,
Castro Valley
510 - 889-7233
www.holycrosscv.org

EVANGELICAL COVENANT

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

EVANGELICAL FREE CHURCH OF AMERICA

Newark Community Church
37590 Sycamore St., Newark
510-796-7729
www.newarkcommunitychurch.org

Asian Indian Church Ministries
Meet at Newark Community Church
510-795-7770
www.asianindianchurchministries.org

HINDU TEMPLE

Paramahansa Nithyananda Meditation - Sundays
451 Los Coches St., Milpitas
510-813 6474 www.LifeBliss.org

Shree Swaminarayan Temple
35471 Dumbarton Ct., Newark
510-473-ISSO (4776)
<http://www.swaminarayan.info/>

Shreemaya Krishnadham
25 Corning Ave., Milpitas
408-586-0006 www.bayvp.org

Vedic Dharma Samaj Hindu Temple and Cultural Center
3676 Delaware Dr., Fremont
510-659-0655
www.fremonttemple.org

JEWISH

Chabad of Fremont Jewish Center
www.chabadfremont.com
510-300-4090

Congregation Shir Ami
4529 Malabar Ave.,
Castro Valley
510-537-1787
www.congshirami.org

Temple Beth Torah
42000 Paseo Padre Pkwy.,
Fremont
510-656-7141
www.bethtorah-fremont.org

KOREAN

NC HAN MA EUM KOREAN CHURCH
4500 Thornton Ave., Fremont
510-661-9079
www.j-church.org

LDS (MORMON)

Bayside Ward
36400 Haley St., Newark
510-796-0914

Centerville Ward
38134 Temple Way, Fremont
510-797-1200

Central Park Ward
820 Walnut Ave., Fremont
510-795-6658

Fremont (Deaf) Branch
820 Walnut Ave., Fremont

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
36400 Haley St., Newark

LUTHERAN

Chinese Mission of Hope Evangelical-Lutheran Church
3800 Beard Rd, Fremont
510-938-0505
<http://www.hopelutheranfremont.org/zh.html>

Calvary Lutheran Church & School (Behind Wendy's)
17200 Via Magdalena,
San Lorenzo
510-278-2555 Sch 278-2598
www.calvaryslz.com

Christ the King Lutheran Church
1301 Mowry Ave., Fremont
510-797-3724
www.Ctkfremont.org

Epiphany Lutheran Church ELCA
16248 Carolyn St., San Leandro
510-278-5133
www.eastbayepiphany.org

Good Shepherd Lutheran Church
166 W. Harder Rd., Hayward
Iglesia Luterana "El Buen Pastor"
510-782-0872
www.gslchayward.org

Good Shepherd South Asian Ministry
4211 Carol Ave., Fremont
510-656-0900 www.gssam.org

Grace Lutheran Church LCMS
1836 B St., Hayward
510-581-6620

Holy Redeemer Lutheran Church
35660 Cedar Blvd., Newark
510-793-1911
office@hrlc-newark.org

Holy Trinity Lutheran Church
38801 Blacow Rd., Fremont
510-793-6285
www.holytrinityfremont.org

Hope Lutheran Church
3800 Beard Rd., Fremont
510-793-8691
<http://hopelutheranfremont.org/>

Memorial Lutheran Chapel for the Deaf
874 Washington Blvd., Fremont
510-276-3860

Messiah Lutheran Church
25400 Hesperian Blvd.,
Hayward
WWW.messiahhayward.org
510-782-6727

Oromo Christ Evangelical Lutheran Church
100 Hacienda Ave., San Lorenzo
510-276-7980
ollibuse@yahoo.com

Our Savior Church & Preschool
858 Washington Blvd., Fremont
510-657-3191
www.oslfremont.com

Prince of Peace Lutheran Church/School
38451 Fremont Blvd., Fremont
510-793-3366
www.popfremont.org

St. Steven Lutheran Church
Meets at Grace Lutheran Church
1836 B. St., Hayward
510-581-6637
www.ststephenccl.org

METHODIST

African Methodist Episcopal Church
201 E St., Union City
510-489-7067
www.tricityame.org

First Chinese United Methodist Church
2856 Washington Blvd.
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
628 Schafer Rd., Hayward
(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
33450 Ninth Street- Union City
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

Cathedral of Faith–Milpitas
Service held at:
Curtner Elementary School
275 Redwood Ave., Milpitas
www.cathedraloffaith.org

Central Church of Christ
38069 Martha Avenue, #100
Fremont
510-792-2858

Crossroads Church
41386 Fremont Blvd., Fremont
510-651-0301
www.crossroadsfremont.org

Fremont Community Church
39700 Mission Blvd., Fremont
(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.adventistchurchconnect.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 & Missionary Alliance Church
38325 Cedar Blvd., Newark
510-623-9063
www.htnewark.org

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SR 237 express lanes win award

commute periods. Motorists in the general purpose lanes have saved up to seven minutes. The project received top honors for being a key benefit to the public by providing commuters an additional travel option, making better use of the existing roadway and improving operations in the corridor.

The project demonstrates the ability to use roadway pricing as an effective travel-demand management tool by controlling the demand through dynamic pricing which changes the toll rate as the level of congestion changes. Today, more than 10,000 solo drivers a week choose to use the express lanes for travel time reliability.

The 237 Express Lanes extend from south of Dixon Landing Road in Milpitas to Lawrence Expressway in Sunnyvale. The implementation cost was less than \$12M with 65 percent of the project funded by federal grant programs. VTA is working on plans to extend the 237 Express Lanes facility to convert, at a minimum, the existing carpool lanes on SR 237 through Sunnyvale. The timeline to implement this second phase is end of 2015.

For more information about the Silicon Valley Express Lanes Program, visit www.vta.org/expresslanes.

Hayward offers Community Emergency Response Team (CERT) training

The Hayward Fire Department is providing a free CERT Training Program which will consist of four evening indoor classes and one outdoor “hands on” skills class. Participants learn skills that will enable them to provide emergency assistance to their families and immediate neighbors as well as organize a neighborhood team response. Training will begin in the month of April 2013 at City Hall. Class schedule is as follows:

Class #1, Monday, April 8: 6-9:30pm at Hayward City Hall
Class #2, Monday, April 15: 6-9:30pm at Hayward City Hall
Class #3, Monday, April 22: 6-

9:30pm at Hayward City Hall
Class #4, Monday, April 29: 6-9:30pm at Hayward City Hall
Skills #5, Monday, May 6: 6-9:30pm (Fire Station #6 W. Winton)

You must attend all classes in order to receive certification. CERT training is for all City of Hayward and Fairview residents. Residential verification will be required during the final application process. You must be 18 years or older to sign up and a resident of the City of Hayward or the Fairview area.

Residents who are interested in this free training can sign-up via the city’s Disaster Preparedness website

by clicking on the red “Disaster Preparedness” button below (or by pasting the URL below, into your browser), then clicking on the green “CERT” button. Once on the CERT page enter the “Please Click Here” link. Residents will then need to enter only their name, phone number and address in the email. You will receive notification back by email acknowledging your enrollment into the program and further directions.

If without internet access or more information is needed, contact the Public Education Officer at (510) 583-4948.

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	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 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	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
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	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	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	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.
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	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	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	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
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	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	Friendship Force Quarterly meetings Homestays abroad Hosting visitors "Changing the way you see the world" www.ffsfba.org www.thefriendshipforce.org 510-794-6844	
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	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	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	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
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/	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	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	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
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	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	FREE Taxes Done & E-Filing WHY PAY Let VITA do your taxes! IRS-certified Tax Preparers \$51,000 or less income. Restrictions may apply Union City Library 34007 Alvarado-Niles, Union City Saturdays Only 12p-4p Open Feb 2 - Mar 16, 2013 More Info 510-574-2020	
Little Lamb Preschool Open House Saturday, March 16, 2013 Drop-In between 1-4pm Free Ice Cream Meet the Teachers Visit the Classrooms Registration Info Available www.littlelambpreschoolfremont.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	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	
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	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	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	
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	FREE Adult Reading and Writing Classes are offered at the Alameda County Library Tell A Friend Call Rachel Parra 510 745-1480		

HOME SALES REPORT

CASTRO VALLEY TOTAL SALES: 11						
Highest \$:	775,000	Median \$:	425,000			
Lowest \$:	217,000	Average \$:	456,500			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
2890 Eugene Terrace	94546	614,000	3	2829	2002	12-18-12
4464 Ewing Road	94546	775,000	3	1957	1960	12-19-12
19292 Heyer Lane	94546	602,000	3	2162	1997	12-21-12
17023 Rolando Avenue	94546	217,000	2	1209	1941	12-21-12
19658 Salem Road	94546	310,000	2	853	1950	12-18-12
19307 Stanton Avenue	94546	250,000	1	684	1946	12-18-12
20157 Stanton Avenue	94546	295,000	3	1287	1949	12-19-12
20111 West Ridge Court #17	94546	259,000	2	1440	1977	12-18-12
19586 Xenie Court	94546	700,000	4	2634	2007	12-21-12
5753 Greenridge Road	94552	574,500	4	1953	1989	12-21-12
20010 Rawhide Way	94552	425,000	2	1324	1986	12-21-12

FREMONT TOTAL SALES: 43						
Highest \$:	1,132,000	Median \$:	485,000			
Lowest \$:	100,000	Average \$:	478,326			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
38044 Alta Drive	94536	550,000	3	1360	1959	12-21-12
3400 Atwater Court	94536	590,000	4	1708	1972	12-21-12
4868 Balboa Way	94536	255,000	2	960	1982	12-21-12
3517 Birchwood Terrace #203	94536	235,500	2	981	1984	12-20-12
3454 Bridgewood Terrace #211	94536	230,000	2	1125	1986	12-18-12
35964 Cabrillo Drive	94536	458,000	3	1148	1956	12-20-12
37654 Carriage Circle Common	94536	556,500	3	1644	1985	12-19-12
37161 Dutra Way	94536	282,000	2	841	1950	12-18-12
38508 Gary Lee King Terrace	94536	597,000	-	-	-	12-20-12
38514 Gary Lee King Terrace	94536	620,000	-	-	-	12-21-12
4754 Gertrude Drive	94536	607,000	4	1424	1961	12-21-12
37824 Menard Court	94536	777,500	3	1905	1964	12-21-12
38228 Paseo Padre Parkway #19	94536	220,500	2	933	1970	12-21-12
35450 Ronda Court	94536	705,000	4	1811	1967	12-19-12
37663 Teakwood Drive	94536	300,000	3	1519	1953	12-17-12
40121 Besco Drive	94538	495,000	5	1498	1959	12-18-12
5641 Chestnut Common	94538	210,000	2	945	1971	12-20-12
43231 Continental Drive	94538	405,000	3	1124	1955	12-20-12
42247 Edgewood Street	94538	744,000	3	1120	1960	12-21-12
39551 Eric Street	94538	500,000	4	1701	1963	12-21-12
3472 Fitzsimmons Common	94538	440,000	3	1638	1997	12-21-12
3437 Gilman Common	94538	550,000	3	1961	1999	12-20-12
39034 Guardino Drive #304	94538	173,000	1	693	1990	12-20-12
39034 Guardino Drive #308	94538	286,000	2	1077	1990	12-20-12
40118 Laiolo Road	94538	468,000	4	1302	1959	12-18-12
40439 Laiolo Road	94538	439,000	3	1325	1955	12-21-12
4254 Margery Drive	94538	515,000	3	1151	1959	12-21-12

HOME SALES REPORT

4057 Murray Common	94538	100,000	3	1389	1980	12-20-12
4854 Pardee Avenue	94538	370,000	3	1249	1963	12-21-12
40449 Paseo Padre Parkway	94538	485,000	3	2294	1977	12-18-12
39460 Sundale Drive	94538	500,000	3	1131	1963	12-20-12
5602 Truman Place	94538	400,000	4	1559	1966	12-18-12
4790 Valpey Park Court	94538	500,000	4	1684	1963	12-20-12
3987 Wildflower Common	94538	300,000	2	1152	1987	12-18-12
48477 Cereus Court	94539	620,000	4	1231	1979	12-18-12
46953 Lundy Terrace	94539	430,000	3	1187	1981	12-18-12
41815 Olympus Avenue	94539	905,000	3	1707	1961	12-18-12
43522 Southerland Way	94539	1,132,000	3	2388	1989	12-18-12
294 Tonopah Drive	94539	802,000	3	1639	1977	12-19-12
49039 Woodgrove Common	94539	550,000	3	1400	2004	12-18-12
3954 Avocet Terrace	94555	449,000	2	1407	1987	12-21-12
5432 Quebec Common	94555	539,000	2	1655	1991	12-18-12
5262 Tacoma Common	94555	277,000	1	1000	1989	12-21-12

HAYWARD TOTAL SALES: 38						
Highest \$:	820,000	Median \$:	345,000			
Lowest \$:	111,000	Average \$:	362,750			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
22530 3rd Street #101	94541	147,000	2	1200	1994	12-20-12
22530 3rd Street #108	94541	126,000	2	1200	1994	12-18-12
2058 B Street	94541	297,000	3	1335	1950	12-21-12
2425 Centennial Lane	94541	477,000	3	1760	1918	12-21-12
2328 D Street	94541	150,000	2	1092	1975	12-21-12
24837 Joe Mary Court	94541	390,000	4	2097	1976	12-18-12
904 Lester Avenue	94541	300,000	3	1040	1950	12-21-12
670 MacAbee Way	94541	361,500	-	-	-	12-21-12
21833 Meekland Avenue	94541	490,000	7	3844	-	12-21-12
21897 Meekland Avenue	94541	350,000	5	2416	1940	12-20-12
430 Puerto Place #20	94541	243,000	2	1412	1980	12-21-12
20174 Ricardo Avenue	94541	345,000	3	1733	1957	12-20-12
28350 Fox Hollow Drive	94542	520,000	4	3045	1996	12-20-12
26937 Hayward Boulevard #102	94542	135,500	1	833	1982	12-19-12
1450 Highland Boulevard	94542	316,000	4	2366	1947	12-19-12
26593 Parkside Drive	94542	530,000	4	3421	1990	12-21-12
28005 Quercus Court	94542	525,000	3	2367	1962	12-21-12
2436 Sebastopol Lane #1	94542	190,000	2	888	1984	12-21-12
133 Sonas Drive	94542	759,500	5	2728	2009	12-20-12
137 Sonas Drive	94542	797,500	5	3300	2009	12-19-12
151 Sonas Drive	94542	820,000	4	3452	2009	12-17-12
4020 Star Ridge Road	94542	438,000	3	3505	1975	12-18-12
30524 Carroll Avenue	94544	380,000	3	1800	1955	12-18-12
838 Challenger Way	94544	225,000	2	1312	1988	12-21-12
26031 Coleman Avenue	94544	350,000	3	1165	1953	12-21-12
1598 Folsom Avenue	94544	232,000	3	1000	1954	12-21-12
31080 Hershey Way	94544	273,000	3	1161	1955	12-19-12
298 Mediterranean Avenue	94544	250,000	3	1156	1986	12-20-12
138 Orchard Park Place	94544	390,000	4	2089	2000	12-21-12
23 Raintree Court #15	94544	111,000	2	1000	1986	12-17-12
29626 Red Oak Court #18	94544	122,500	1	579	1985	12-21-12
26553 Sunvale Court	94544	150,000	3	1200	1987	12-21-12
687 Woodland Avenue	94544	405,000	4	1748	1960	12-20-12
28631 Bay Port Court	94545	610,000	3	2196	2007	12-20-12
28638 Bay Port Court	94545	605,000	3	2196	2007	12-19-12
29002 Caravan Lane	94545	449,000	2	1777	2008	12-19-12
25878 Gettysburg Avenue	94545	271,500	3	1244	1959	12-21-12
21100 Gary Drive #313	94546	252,500	2	1037	1981	12-18-12

MILPITAS TOTAL SALES: 11						
Highest \$:	1,200,000	Median \$:	461,000			
Lowest \$:	195,000	Average \$:	506,182			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
258 Barker Street	95035	250,000	3	1286	1957	01-04-13
305 Heath Street	95035	430,000	3	1160	1961	01-08-13
196 Images Circle	95035	635,000	3	1609	1996	12-31-12
1001 Mente Linda Loop	95035	542,000	3	1817	2007	12-31-12
1651 Mt. Rainier Avenue	95035	230,000	3	1065	1965	01-04-13
243 North Temple Drive	95035	195,000	3	1146	1970	12-31-12
1476 Saratoga Drive	95035	461,000	4	1690	1964	01-07-13
1832 Shenandoah Avenue	95035	675,000	4	1737	1966	12-31-12
306 Smithwood Street	95035	545,000	3	1253	1959	01-04-13
314 Spring Valley Lane	95035	405,000	2	935	1971	12-31-12
550 Vista Ridge Drive	95035	1,200,000	3	2417	1953	12-31-12

NEWARK TOTAL SALES: 10						
Highest \$:	765,000	Median \$:	290,000			
Lowest \$:	200,000	Average \$:	381,500			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
37637 Aster Court	94560	410,000	3	1760	1965	12-21-12
35972 Brandywine Street	94560	390,000	4	1464	1963	12-21-12
6412 Buena Vista Drive #A	94560	235,000	2	1031	1985	12-21-12
6654 Cedar Boulevard	94560	290,000	3	1230	1963	12-21-12
5281 Falmouth Place	94560	600,000	5	2335	1967	12-18-12
6660 Graham Avenue	94560	280,000	3	1098	1956	12-18-12
36045 Haley Street	94560	235,000	4	1656	1961	12-20-12
6286 Joaquin Murieta Avenue #G94560	94560	200,000	2	905	1982	12-21-12

5237 Orkney Court	94560	765,000	3	2123	1979	12-17-12
7682 Redbud Court	94560	410,000	3	1087	1971	12-18-12

SAN LEANDRO TOTAL SALES: 22						
Highest \$:	629,000	Median \$:	284,000			
Lowest \$:	149,000	Average \$:	339,545			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
318 Accolade Drive	94577	327,000	4	1768	2002	12-17-12
901 Bancroft Avenue	94577	629,000	3	2136	1936	12-20-12
320 Best Avenue	94577	350,000	2	1562	1940	12-21-12
909 Bridge Road	94577	481,000	2	1596	1940	12-21-12
1400 Carpentier Street #424	94577	149,000	2	1193	1983	12-18-12
799 Douglas Drive	94577	283,500	3	1270	1942	12-17-12
950 Estudillo Avenue	94577	335,000	2	1256	1939	12-20-12
123 Farrelly Drive	94577	272,000	2	1310	1947	12-20-12
317 Hollister Court	94577	281,000	2	1070	1939	12-21-12
557 Joaquin Avenue	94577	260,000	2	1643	1972	12-20-12
1421 Pearson Avenue	94577	255,000	3	1024	1943	12-21-12
616 Tiffany Road	94577	284,000	2	780	1948	12-21-12
14719 Midland Road	94578	205,000	3	1334	1940	12-21-12
1731 Oriole Avenue	94578	175,000	2	893	1940	12-18-12
16703 Rolando Avenue	94578	482,000	4	2691	2002	12-18-12
14657 Wake Avenue	94578	250,000	2	957	1945	12-21-12
14891 Western Avenue	94578	222,500	2	1343	1952	12-21-12
15668 Baypoint Avenue	94579	629,000	3	2608	1999	12-19-12
15477 Heron Drive	94579	430,000	4	1651	1999	12-21-12
15547 Sedgeman Street	94579	380,000	3	1222	1959	12-21-12
14832 Wiley Street	94579	405,000	3	1428	1953	12-20-12
15117 Wiley Street	94579	385,000	3	1114	1951	12-21-12

SAN LORENZO TOTAL SALES: 01						
Highest \$:	308,000	Median \$:	308,000			
Lowest \$:	308,000	Average \$:	308,000			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1793 Via Natal	94580	308,000	3	1238	1955	12-19-12

SUNOL TOTAL SALES: 02						
Highest \$:	650,000	Median \$:	199,000			
Lowest \$:	199,000	Average \$:	424,500			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
211 Kilkare Road	94586	650,000	4	2016	1898	12-21-12
2912 Kilkare Road	94586	199,000	2	905	-	12-21-12

UNION CITY TOTAL SALES: 18						
Highest \$:	691,000	Median \$:	360,000			
Lowest \$:	145,000	Average \$:	392,361			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
4494 Alvarado Boulevard	94587	608,000	3	1889	1995	12-21-12
1030 Aquamarine Terrace	94587	360,000	2	1203	2006	12-18-12
2192 Champlain Way	94587	691,000	4	2086	1998	12-17-12
32338 Crest Lane	94587	408,500	3	1349	1969	12-20-12
4528 Darcelle Drive	94587	475,000	3	1370	1975	12-21-12
4418 Ellen Way	94587	449,000	3	1274	1974	12-20-12
32519 Endeavour Way	94587	215,000	3	1137	1972	12-21-12
2163 Eric Court #3	94587	255,000	3	1134	1977	12-20-12
2219 Grouse Way	94587	359,000	-	1167	1978	12-17-12
2738 Hop Ranch Road	94587	442,000	4	1544	1976	12-19-12
2076 Kitayama Drive	94587	675,500	3	2086	1998	12-21-12
4035 Maiden Lane	94587	247,500	3	960	1890	12-21-12
35540 Monterra Terrace #301	94587	295,000	3	1200	2001	12-17-12
4613 Norwalk Street	94587	392,000	3	1667	1985	12-18-12
35000 Roberts Street	94587	420,000	4	1888	1966	12-21-12
32398 Sheffield Lane	94587	335,000	4	1566	1970	12-21-12
3814 Shinglewood Court	94587	290,000	3	1546	1981	12-19-12
2154 Skylark Court #3	94587	145,000	2	903	1972	12-21-12

Surge in home construction likely to continue

By MARTIN CRUTSINGER
AP ECONOMICS WRITER

WASHINGTON (AP), The aftermath of the housing bust forced many homebuilders to dramatically scale back construction on new homes to avoid the risk of ending up saddled with a trove of newly built, yet unsold properties.

But an improving housing market has homebuilders feeling more confident about sales, and that’s likely to kick the pace of new construction into a higher gear this year.

The Commerce Department said Thursday that builders broke ground on houses and apartments last month at a seasonally adjusted annual rate of 954,000. That’s 12.1 percent higher than November’s annual rate. And it is nearly double the recession low reached in April 2009.

Construction increased last month for both single-family homes and apartments. And the pace in which builders requested permits to start more homes ticked up to a 41/2 year high.

For the year, builders started work on 780,000 homes. That’s still roughly half of the annual number of starts consistent with healthier markets. But it is an increase of 28.1 percent from 2011. And it is the most since 2008 – shortly after the housing market began to collapse in late 2006 and 2007.

Steady hiring, record-low mortgage rates and a tight supply of new and previously occupied homes available for sale have helped boost sales and prices in most markets. That has persuaded builders to start more homes, which adds to economic growth and hiring.

David Williams, a homebuilding analyst with Williams Financial Group, says builders are very closely tied to what’s happening in the housing market and they’re going to build homes to meet demand, but not go overboard.

“I don’t think, at this point, that they’re going to overbuild,” Williams said, noting that homebuilders are still holding back on building too many spec homes, or properties built before they’re sold.

Having some spec homes can help sales, especially when a

buyer isn’t willing to wait several months for their home to be built. Builders tend to put up more of those homes heading into the spring home-selling season that traditionally begins next month.

Larry Webb, CEO of home-builder The New Home Co., in Aliso Viejo, Calif., says he is building homes at a faster pace than a year ago, but he sticks to a sell-first, build-second approach.

Overall, Webb is selling and building a minimum of four homes a month, at least double the pace of sales and construction two years ago.

Webb believes the stepped-up pace of home construction will continue this year. But he’s holding on to the sell-first approach.

“Based on what we’ve gone through in the last recession and the way we do business, we think we should primarily build after we sell homes,” he said. “We only build after we sell.”

LIFE CORNERSTONES

Birth

Marriage

Special Life Events

Obituaries

For more information
510-494-1999
tricityvoice@aol.com



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

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

Merian W. Ashby
RESIDENT OF FREMONT
October 3, 1931 – January 27, 2013

Donna Lee Clarno
RESIDENT OF NEWARK
March 6, 1945 – January 28, 2013

Angelina “Angie” A. Laguer
RESIDENT OF FREMONT
June 3, 1948 – January 28, 2013

Manuel Pereira
RESIDENT OF FREMONT
November 17, 1919 – January 29, 2013

Jesslyn Williams
RESIDENT OF CLARKSTON, WA
October 16, 1924 – January 29, 2013

Maria R. Anaya
RESIDENT OF MODESTO
February 22, 1928 – January 30, 2013

Diane L. Amaral
RESIDENT OF FREMONT
June 29, 1954 – January 31, 2013

Hilda A. Miller
RESIDENT OF FREMONT
November 1, 1921 – February 1, 2013

Ruth H. Longi
RESIDENT OF UNION CITY
November 7, 1920 – February 2, 2013

Eileen L. Powers
RESIDENT OF FREMONT
September 29, 1927 – February 2, 2013

Mary Trudell
RESIDENT OF FREMONT
October 17, 1937 – February 2, 2013

Allen T. Strunk
RESIDENT OF FREMONT
July 17, 1924 – February 3, 2013

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October 10, 1915 – January 24, 2013

Samnang Toch
RESIDENT OF SAN JOSE
December 1, 1950 - January 26, 2013

Eruthiasamy “Xavier” Arputhasamy
RESIDENT OF FREMONT
April 3, 1933 – January 28, 2013

Savita M. Patnekar
RESIDENT OF SAN JOSE
January 2, 1945 – January 28, 2013

Maria Vargas
RESIDENT OF SAN JOSE
August 5, 1913 – January 28, 2013

Agnes A. Rose
RESIDENT OF FREMONT
July 19, 1916 – January 28, 2013

Eugene L. Andre
RESIDENT OF FREMONT
January 5, 1923 – January 29, 2013

Terry L. Payne
RESIDENT OF FREMONT
October 3, 1946 – January 30, 2013

Gennady Sobstel
RESIDENT OF FREMONT
September 13, 1937 – January 30, 2013

Andrew Lin
RESIDENT OF FREMONT
June 20, 1917 – February 2, 2013

Edward F. Kalin
RESIDENT OF FREMONT
March 6, 1921 – February 2, 2013

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Life Cornerstones will acknowledge important events that occur during the cycle of life in our community. In order to give a broad and fair opportunity for all citizens to be recognized, a basic listing is offered at no cost. Such announcements may include births, deaths, marriages, anniversaries, bar/bat mitzvah, Quinceañera, etc. Many cultures celebrate different milestones in life and this list will be as inclusive as possible. Please contact TCV at (510) 494-1999 or emailtricityvoice@aol.com for submissions or further information. Free listings are limited to residents and families of the Greater Tri-City Area.

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Our cemetery was established in 1860 as a pioneer cemetery. We have been responsible for providing outstanding service to the community ever since. Our specialty is to provide every family with comfort, understanding and direction in this difficult time of their lives.

2440 Depot Road, Hayward

Obituary

Antone (Tony) Rago

June 14, 1926 - January 10, 2013



Tony peacefully went home to be with the Lord with his family by his side. He was a devoted husband to his wife, Elsie, for 63 years, a loving father to Anna Andrade, Pamela (David) Wipprecht, and Tony (Milena) Rago, and a wonderful grandpa to Bobby Accardo and Tony and Amanda Rago. He was predeceased by his son-in-law, Bruce Andrade, his parents, Antonio & Anna Rago, and his siblings, Paul, Ralph, Rock, Vince, Nick and Lucy.

Tony’s young life was all baseball. He lived, ate and slept baseball! He managed his first of many teams when he was nine years old and won a ball award at the age of 14, competing against 1400

other boys. In his early 20’s he met with Casey Stengel and was to sign to play semi-pro ball, but a knee injury ended his career. He recalled playing with other young men who went on to careers in baseball, such as Billy Martin. He continued to umpire and play ball as well as become a proficient golfer and bowler.

During WWII Tony, at age 17, enlisted in the Marines and proudly served his country, seeing action in Okinawa, Iwo Jima, and Saipan. After the bombs were dropped his unit was the first in, aiding in the clean-up of Nagasaki.

After the war, Tony’s brother Ralph got him a job at Electrical Products, where he made a living working as a glassblower. For 46 years he created many famous neon signs, such as the Mint Hotel & Dunes Hotel in Las Vegas, the Hamm’s beer, Canadian Club & Coca Cola signs in San Francisco, and the impressive 300 ft. long Sherwin Williams sign in Emeryville that greeted motorists on the I-80 freeway with a 50 ft. “Cover the Earth” symbol which spilled colors from a paint can onto the globe.

He became very active in the Boy Scouts of America, as his son worked to become an Eagle Scout. He took great pride when this tradition was carried on by his grandson, currently working towards his Eagle Scout rank. He particularly enjoyed serving as scout master for Troop 168 in Hayward for many years.

Tony’s family, however, chooses to remember him as an outstanding husband, father, grandfather, and friend. He was a very humble man, who possessed a gentle spirit and a loving heart. He impacted all who met him and is greatly missed and remembered fondly by all who knew him.

Funeral arrangements can be viewed at: www.fremontchapeloftheroses.com

Fremont Police Log

SUBMITTED BY FREMONT PD

January 29

A residential burglary occurred at 4100 block of Vicente Street between 8:00 a.m. and 9:00 p.m. Case investigated by Officer Candler.

Victim called police to report she witnessed suspect cut her bike lock and ride off with her bicycle toward a white Ford van. Victim followed the van until Officer Huiskens picked it up at Chaucer and Paseo Padre Pkwy. Officer Huiskens attempted to stop the van but it fled via the greenbelt. Officer Huiskens disengaged but later found the van and three occupants at the end of Helston Court. Officer Huiskens attempted to detain the three occupants but they all fled on three bicycles. One suspect, a 46 year old adult male, was caught and identified as the driver of the van. The van was determined to be stolen out of Foster City. Case investigated by Officer Huiskens.

A Residential Burglary occurred at 300 block of Lippert Ave. sometime between 7:00 p.m. and 9:00 p.m. Case investigated by CSO Escamilla.

Ofc. Layfield and Sgt. Snelson are flagged down by Security at 4425 Technology Dr. The Security Guard advises that he was checking the building due to a tripped alarm when he noticed an open door and a suspicious dark Mitsubishi SUV nearby. Upon approach, Ofc. Layfield locates a suspect (a 51 year old adult male) just outside of the unlocked door. A Newark PD K9 then responds for assistance and an announcement is given. A second suspect (a 56 year old adult male) emerges from the building and is also detained. Copper wiring and pipes are located in the SUV. The 51 year old adult male is cited for Trespassing and the 56 year old adult male is arrested for Burglary. Special thanks to the NPD K9 Unit for the numerous recent Outside Assists!

January 30

Residential burglary occurred on Parkmeadow Dr. between 9:00 a.m. and 8:00 p.m. Loss is electronics and jewelry. Case investigated by CSO Escamilla.

A residential burglary occurred on Zunic Drive sometime today. Loss was two cameras and a laptop. Case investigated by Ofc Macciola.

February 1

A suspect was seen lighting a garbage can on fire behind the Safeway shopping center at Five Corners. He was described as WMA, tall, wearing a red bathrobe and jean jacket. A 30 year old male was later located, arrested and booked at Santa Rita.

While walking in the parking lot of Target (Hub), the victim was approached from behind by the suspect. Suspect grabbed victim’s backpack but the victim held on. Suspect hit the victim in the nose knocking him unconscious. When the victim came to, the suspect and victim’s backpack were gone. Suspect description- Black male with short braids wearing a black hooded sweatshirt.

Chanticleers Theatre announces 2013 Season

SUBMITTED BY SUZAN LORRAINE

Chanticleers Theatre in Castro Valley has announced a 2013 season lineup of classics you’re sure to enjoy, a collection of murder, comedy, and music guaranteed to delight all your senses.

Starting off with a bang is Neil Simon’s “Sunshine Boys,” a tale of some not so friendly aging comedians forced to work together. The show opens February 15 under the direction of Cynthia Lagodzinski and runs through March 10.

Getting serious, Agatha Christie’s “The Unexpected Guest” has all the usual suspects and location, but with a major twist. The impact is tremendous. Suzan Lorraine directs the production, running from May 10 - June 2.

In the summer slot is Andrew Bergman’s “Social Security.” A New York art dealing couple’s domestic tranquility is shattered upon the arrival of the wife’s goody goody nerd of a sister, her uptight CPA husband, and her irritating, at best, Jewish Mother. There are major life changes coming out of left field for all! Opening night is July 26 with performances running through August 18. Gary Wright directs.

Jerry Herman wrote some of the very best musicals ever performed on Broadway, “Mame” and “Hello Dolly!” for starters. Chanticleers production of “Jerry’s Girls,” a musical review of his work, will have you singing along and humming the songs for days after the show. Gary Wright is once again at the helm as the show’s director with performances held October 11 – November 10.

Chanticleers Theatre is located at 3683 Quail Avenue in Castro Valley. Season tickets are now available with group discounts for groups of 10 or more. For more information or to purchase tickets, call (510) SEE-LIVE or visit chanticleers.org.

FUN Mothers’ Club Preschool Faire

SUBMITTED BY
KAREN CHAN AND
SERENA SURANYI

We are excited to announce that the Fremont, Union City, Newark Mothers’ Club (FUNMC) will be hosting our 2013 Preschool Faire on Saturday, February 9, from 10 a.m. – 2 p.m. The event will take place at the Prince of Peace Preschool, 38451 Fremont Blvd., in Fremont.

There will be representatives from various preschools, language schools, and extracurricular programs from around the area. This faire is free and open to the public. Bring your children, as there will be plenty of activities to keep them entertained!

Jennifer Greppi from the 4C’s (Community Child Care Council) of Alameda County will speak to families about the different preschool options (from Waldorf to play-based, Montessori to parent-participation). Please

come and learn about choosing the right program for your child. There will be two sessions: 9:30 a.m. and 12 noon.

Cristal Garcia of Early Start Music will present two Music Together sample classes at 10:30 a.m. and 11:30 a.m. The first 15 parent-child pairs will be admitted to each session. Come and enjoy the music with your child.

For more information, please visit www.funmothersclub.org or contact funmcpsfaire@gmail.com.

**FUN Mothers’ Club
Preschool Faire
Saturday, Feb 9
10 a.m. – 2 p.m.
Prince of Peace Preschool
38451 Fremont Blvd., Fremont
(408) 426-8792
funmcpsfaire@gmail.com
www.funmothersclub.org**

**Open to the community,
free of charge**

Docent training opportunity at Sunol-Ohlone

SUBMITTED BY KATIE COLBERT

Share your passion for nature and cultural history by joining East Bay Regional Park District’s vital volunteer community. Sunol-Ohlone Regional Wilderness Docent training applications are now available for the sessions taking place Friday mornings, March through May 2013.

For more information: Please contact Volunteer Coordinator and Naturalist Katie Colbert kcolbert@ebparks.org / 510-544-3243, Sunol-Ohlone Regional Wilderness, PO Box 82, Sunol, CA 94586, or submit an interest application found at www.ebparks.org/get-involved/volunteer/docent/form

Father & Daughter Sweetheart Ball

Start a new Valentine tradition in 2013 and attend the Father and Daughter Sweetheart Ball. This event will create a special and memorable experience where fathers and daughters can dress up, take pictures, and dance with their special date. Hosted by Union City Leisure Services, the ball will take place at Holly Community Center from 2 p.m. - 4 p.m. and is open to any age father or daughter.

Advance registration is required. The cost is \$10 per person (\$15 for non-residents) and includes music, refreshments, dance contest, and prizes. Photos will be available for an extra fee. Register online

at www.unioncity.org (code: 51690) or at any community center. For more information, please call (510) 675-5488.

**Father and Daughter Sweetheart Ball
Sunday, Feb 10
2 p.m. - 4 p.m.
Holly Community Center
31600 Alvarado Blvd., Union City
(510) 675-5488
www.unioncity.org
Tickets: \$10 residents, \$15 non-residents**

Warm Springs Community Meeting

SUBMITTED BY CITY OF
FREMONT

The City of Fremont has prepared a preliminary design for the proposed Warm Springs Boulevard roadway improvements between Mission Boulevard and Reliance Way. Anticipating the future Warm Springs BART Station improvements, the City will widen Warm Springs Boulevard between Mission Boulevard and Reliance Way to four lanes plus bike and turn lanes and install landscaped medians and sidewalk and intersection improvements.

**Warm Springs Community Meeting
Thursday, Feb 7
6:45 p.m. – 8:00 p.m.
Warm Springs Community Center
47300 Fernald St., Fremont
(510) 494-4785**

Fremont Unified School District Board meeting report

ARTICLE AND PHOTO BY
MIRIAM G. MAZLIACH

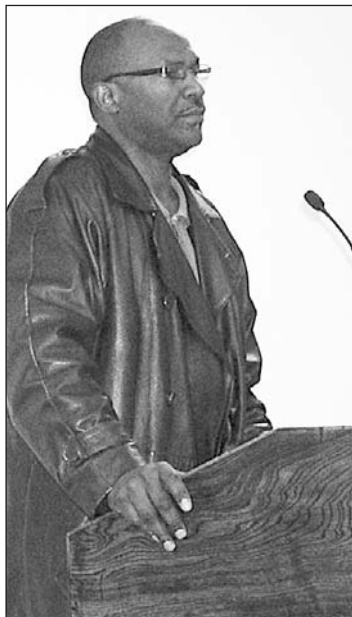
The following are highlights from the Fremont Unified School District (FUSD) Board meeting held January 23, 2013.

Community Leadership/Superintendent’s Report:

In honor of African American History Month (February), Sr. Pastor Horacio Jones of Newark’s Family Bible Fellowship invited the Board, staff and the tri-cities community to attend the church’s interactive program on “A History of the African American People- A Bridge Over Troubled Waters.” The event will be held on Sunday, February 24, 1:30 p.m., at the Family Bible Fellowship, 37620 Filbert Street in Newark. For more information call (510) 505-1735.

Oral Communications/Public Comments:

Brannin Dorsey, President of the Fremont Unified District Teachers Association (FUDTA), expressed her displeasure that teachers have been working with-



Sr. Pastor Horacio Jones

ing with the schools, the city, and Police Department. She stated that all schools would then have common guidelines and that it was important to be proactive rather than reactive.

Board President Larry Sweeney added that there has already been a meeting with the City Manager “to get the ball rolling on safety.”

Agenda Items – Updates:

Assistant Superintendent, Business, Raul Parungao, reported that in December the district was able to sell their refunding bond and recoup \$11.1 million for Fremont tax-

The Milpitas Arts Commission is proud to announce their 2013 Milpitas Artist of the Year, Patty Jensen! As founder of Milpitas’ famous Jensen School of Performing Arts and Fancy Dancers, Inc., Jensen has contributed her talents to the arts in Milpitas for over 30 years. Jensen School’s success in the performing arts has taken Jensen and her Fancy Dancers all over the Nation. Her positive impact on thousands of children and her stellar representation of Milpitas and the arts makes Patty Jensen this year’s award winner.

The Milpitas City Council will be presenting Patty Jensen with her award on Tuesday, February 5 at 7 p.m. in Milpitas City Hall. Award nominees Carla Moss and Joe Santoro will also receive Council accolades that evening.

For more information, contact Recreation Services at (408) 586-3210.

out a contract since July. Furthermore, she stated that it seemed unfair that teacher representatives are not reimbursed for their time/expenses spent serving on the bargaining team, whereas the district negotiation team is compensated, according to Dorsey.

In another matter, Dorsey asked the district to initiate a School Safety Task Force, work-

payers. The district is very good with refinancing its bond obligations and has an excellent credit rating.

The district earned a clean audit annual audit report after three initial findings were addressed and corrected. The audit was conducted and completed by the firm of Nigro and Nigro, with FUSD earning a clean audit.

Parungao explained that the district recently received the Governor’s information on the budget for 2013-14. Having a balanced budget, unheard of in recent years, provides some positive news. Parungao is hopeful that due to a new formula for distributing funds to schools and the propositions that recently passed, more funds will be distributed to districts and education. We’ll just have to wait and see what happens after the Governor’s May Budget Revision. FUSD is required by law to pass its budget by June 30.

In a returning agenda item, the Second Reading on the Selection of Supplemental Materials, the Superintendent suggested that three separate reading lists be compiled for: junior high, high school and AP English. (These lists of books are utilized by classroom teachers for curriculum enrichment and to enhance the learning process.) He is seeking input from English Department chairs from the various schools, teachers and committee members.

Additionally, two Irvington High School teachers stated, that in order to be ready with the new “Common Core Standards,” the books need to be approved in a timelier manner. They recommended that the Supplemental Materials Committee meet twice a year, rather than once, which was agreeable to the Board.

‘There ought to be a law’ contest

SUBMITTED BY JEFF BARBOSA

Assemblyman Bob Wieckowski (D-Fremont) announced today that he is once again unveiling his annual “There Ought to be a Law” contest for citizens of the 25th Assembly District which includes the cities of Fremont, Newark, Milpitas, San Jose and Santa Clara. The contest invites community members to submit ideas and proposals for new state legislation with the goal of improving neighborhoods and communities throughout the state of California.

“I am excited to hear from the people of the 25th Assembly District and to listen to their ideas for ways we can

make a positive change in the community,” Wieckowski said. “This is a way to promote civic engagement and give people the opportunity to see the inner workings of the Capitol and the legislative process closely.”

The contest is open to residents of the 25th Assembly District and people of all ages are encouraged to enter, especially students and youth. The contest winner will have the opportunity to travel to Sacramento, testify before an Assembly Committee on the merits of the bill, receive a commendation and have lunch with the Assemblyman.

Constituents can submit an idea and find more information at <http://bit.ly/113UwaK>. Submissions will be ac-

cepted by e-mail, mail or fax. The deadline for entries is Friday, February 15, 2013.

In 2012, the winner of the “There Ought to be a Law” contest was Dirk Lorenz, owner of Fremont Flowers. His idea was introduced as Assembly Bill 1581 and was signed by Governor Brown. The bill sought to assist local florists by combating consumer deception by large, non-local companies who use local numbers and names in their advertisements. The new law requires floral retailers who use local phone numbers or a local name to include their address and notice of their place of business in their advertisements.

Gung Hay Fat Choy!

By JULIE GRABOWSKI

Chinese New Year arrives on Sunday, February 10, signaling the beginning of new life, hope for the future, and blessings for family and friends. Also known as the Lunar New Year, Chinese New Year is determined by the movements of a lunar calendar, which can place the day anywhere between late January and mid-February.

Dating back to the reign of Emperor Huang Ti in 2600 BC, the calendar follows a 12-year cycle with each year bearing the name of an animal. A traditional story tells of how Lord Buddha called all the animals to him before he was to leave the earth, but only 12 came to wish him farewell. To show his appreciation for their presence Lord Buddha named a year after each animal in order of their arrival beginning with the rat. The animals that followed were an ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.

2013 welcomes the sixth sign of the zodiac, the snake, an animal thought to be a good omen if found in your house because it means your family won't starve. Those born in the Year of the Snake are considered to be intelligent and wise, insightful, cunning, and naturally intuitive. Lucky colors for snakes are yellow and red, with lucky numbers being 2, 4, 7, and 9. Those looking for love will find ideal compatibility with people whose zodiac sign is either the ox or the rooster.

Chinese New Year activities are focused on renewal and releasing the past to the past, and are exercised in the purchase of new clothes, payment of debts, and a thorough house cleaning with fresh coats of red paint applied to doors and windows. Red is believed to be a lucky color that repels evil, and is found in decorations, clothes, and the Chinese red envelopes of money, given to bring luck, happiness, and prosperity to both recipient and giver. Food also plays a large role in celebrations, traditional dishes carrying old Chinese beliefs and symbolizing good wishes for those gathered.

Tri-City residents can learn about Chinese culture and history by participating in several events going on around town and further afield.



Chinese Restaurant Foundation celebrates all month long in Newark with their International Festival, which offers exhibits of art, culture, travel, and food related to Chinese cuisine and history. Local restaurants will be catering the event and children can take home goodie bags.

Citizens For a Better Community, South Bay Chinese Club, and Association of Northern California Chinese Schools ring in the Year of the Snake at Fremont Main Library on February 9 with crafts, martial arts demonstrations, dance, music and much more. Music, dance, storytelling, and Kung-Fu will be from 1 p.m. - 2 p.m. in the Fukaya Meeting Room, while crafts and traditional art demonstrations will take place from 1 p.m. - 4 p.m. in the Children's Area.

NewPark Mall invites the community to its celebratory event on February 10 from 1 p.m. - 4 p.m. where the traditional Lion Dance will be performed along with a martial arts demonstration and other family fun activities.

For those interested in a more spectacular celebration, look no further than the Southwest Airlines Chinese New Year Festival and Parade in San Francisco. This annual festival goes back to the 1860s and

has grown into one of the largest cultural celebrations, captivating over three million spectators and TV viewers throughout the U.S., Canada, and Asia. Held on Saturday, February 23, attendees will enjoy fabulous floats, costumes, lions, firecrackers, and an appearance by Miss Chinatown U.S.A. and her court.

The FUN Sunset Rotary Club (Fremont, Union City, Newark) is hosting its 7th annual Lunar New Year Dinner at the Mayflower Restaurant in Union City on Sunday, February 24. The evening includes a 10-course dinner and dessert, no host wine bar, Lion Dance, lucky envelopes, silent auction, raffle and prizes. Call (510) 266-3504 for reservations.

Chinese New Year International Festival
Feb 1 - 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

Chinese New Year Celebration
Saturday, Feb 9

1 p.m. - 4 p.m.

Fremont Main Library

2400 Stevenson Blvd., Fremont
(510) 745-1421

www.aclibrary.org

Chinese New Year - Year of the Snake
Sunday, Feb 10

1 p.m. - 4 p.m.

NewPark Mall

JCPenny court

2086 NewPark Mall, Newark
(510) 794-5523

newparkmall.com

Southwest Airlines Chinese New Year Festival and Parade
Saturday, Feb 23

5:15 p.m.

Second and Market Streets,
San Francisco

(415) 340-3055

www.chineseparade.com

Lunar New Year Dinner
Sunday, Feb 24

6 p.m.

Mayflower Restaurant

34348 Alvarado-Niles Road, Union City
(510) 266-3504

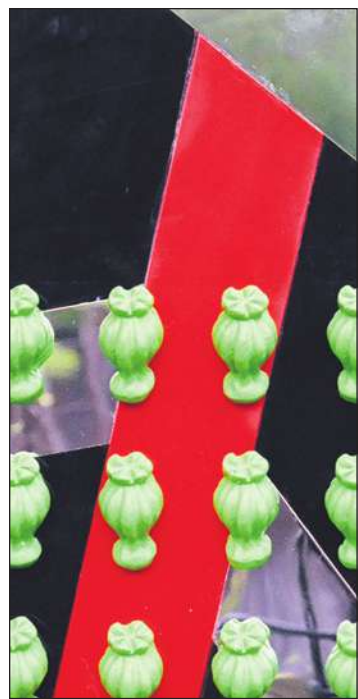
www.funrotary.com

Cost: \$60 per person

Phantom Art Gallery hosts local sculptor

By MAHIMA GOEL

As New Year celebrations fade, the city of Milpitas makes sure that the arts continue with their latest exhibit, "Life of Sculpture" at the City of



Milpitas Phantom Art Gallery. Featuring artwork by renowned sculptor Jan Beran, the gallery is home to a wide variety of masterpieces ranging from metal sculptures to clay busts to semi-abstract paintings and drawings.

Founded in 2000, the Phantom Art Gallery has stayed true to its goal of presenting the works of artists of all ages, genders, and experience. The gallery has hosted over 20 exhibits and continues as one of Milpitas' most culturally and artistically diverse centers. "Life of Sculpture" opened Monday, January 28 and

will continue until March 15. The grand opening was celebrated by attendance of the Beran family and friends as well as Milpitas Mayor Jose Esteves, Milpitas Vice Mayor Althea Polanski, and Beran's fellow board members of the Milpitas Arts Commission.

"We are excited to have Mr. Beran show his work in the Milpitas Phantom Art Gallery. He is a past Arts Commissioner and long-time resident of Milpitas," says Renee Lorentzen, Coordinator of Marketing and Cultural Programs in the City of Milpitas. Beran says that Milpitas has been his home since 1968 when he immigrated to the United States with millions of people from what is now known as the Czech Republic. As much as his home was an inspiration for Beran because he was able to observe many styles of artwork - from Baroque to Romanesque - he claims that the Bay Area gives him so many opportunities and different materials to work with that he loves his city from the core of his heart.

With a son who works at UC Davis and another son who studies in Oregon, Beran tries to visit his family including grandchildren often, but also eagerly works on new projects to add to his collection of extraordinary works. He has designed religious statues for clients in Florida and Alabama as well as sundials for Adobe Park, statues for Milpitas City Hall and a worked with a myriad of restoration projects for construction companies in San Francisco.

Although only a glimpse of his collection is displayed in the gallery, he is especially fond of his

clay busts, drawings that date more than 45 years ago, a chocolate cake still life piece, abstract birds made from cork, and the relief of a poppy field made from strips of aluminum coated with red and silver metal. One piece that holds a special place in his heart is a statue of a 10-year-old girl named Ileana who visited him for four months and modeled every weekend for a year, finally ending up as a plaster mold at the exhibit in Milpitas.

"I grew up surrounded by art my whole life. My father was a famous artist and I later attended the Academy of Fine Arts for sculpturing," Beran says. "I don't need motivation for my art. I am motivated by the fact that there isn't much sculpture around me here, so every day I try to change that with my artwork."

The Beran exhibit reminds visitors of the significance of little beauties in our lives often taken for granted.

Life of Sculpture
Through Mar 15
Monday - Thursday:
8 a.m. - 6 p.m.
Friday: 8 a.m. - 5 p.m.
Phantom Art Gallery
Milpitas Community Center
457 East Calaveras Blvd.,
Milpitas
(408) 586-3409



Serene landscapes

SUBMITTED BY SACHIE JOHNS

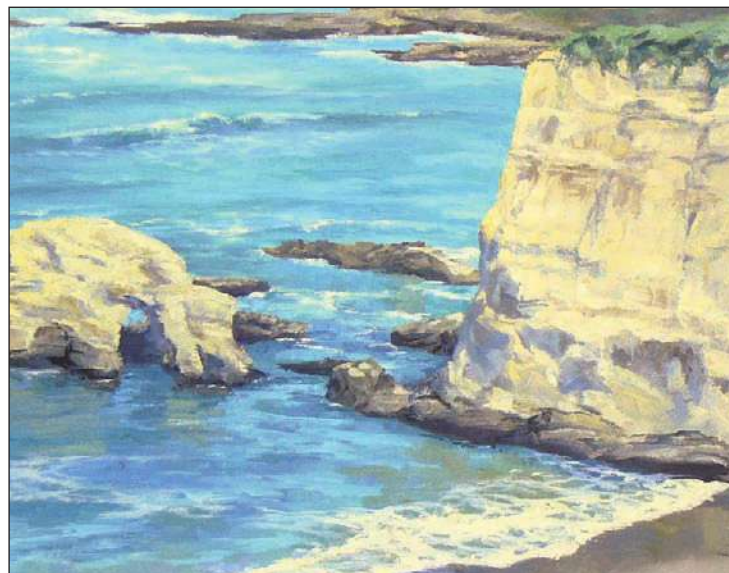
The Fremont Art Association is pleased to present its first showcase of the year featuring works of Therese LaChance Ely, a landscape oil painter noted for colorful serene scenes. The show will run from February 9 through February 24 at the FAA Centre/Gallery in Niles-Fremont. A variety of new works from additional member artists will compliment the gallery's winter quarter exhibit running now through April 7. The gallery is open Wednesday through Sunday, 11 a.m. to 5 p.m. and admission is free.

Ely works primarily in oils. Her landscapes frequently begin as sketches, field studies and photos, to be completed in studio. She has had work included in Arts for the Parks and Oil Painters of America exhibits. Recently one of her paintings was included in "Room to Breathe: The Wild Heart of the San Francisco Peninsula." The artist has held several FAA positions including president, and has twice been named FAA Artist of the Year.

An artist's reception will be held on Saturday, February 9 from 3 p.m. to 6 p.m. The public is welcome to attend. For details, call the FAA at (510) 792-0905 or visit FremontArtAssociation.org.

Showcase I
February 9 - 24
Wed - Sun: 11 a.m. - 5 p.m.

Showcase Reception
Saturday, Feb 9 3 p.m. - 6 p.m.
The Fremont Art Association Centre/Gallery
37697 Niles Blvd., Niles-Fremont
(510) 792-0905
www.FremontArtAssociation.org
Free



All Fur Love



SUBMITTED BY CHRISTINA GIN

The Hayward Animal Shelter will host its first adoption event of 2013 sponsored by the Hayward Animal Shelter Volunteers and Sunshine Rescue Group on February 9, 2013.

Kittens, cats, dogs, puppies, bunnies and other critters will be available for adoption. In recognition of Prevent a Litter Month, the adoption fee for all animals that find a new home and loving families will be reduced to \$20. However, dog license fees still apply for Hayward residents.

For more information, call the Hayward Animal Shelter at (510) 293-7200.

All Fur Love
Saturday, Feb 9
11 a.m. - 5 p.m.
Hayward Animal Shelter
16 Barnes Court, Hayward
(510) 293-7200

“Family Science Night”

SUBMITTED BY RICH NEWCOMB
PHOTOS BY KYLE RYAN

The Mattos Elementary community enjoyed their first science event of the year on the evening of January 25 – Family Science Night. Over 270 students, parents and teachers attended and enjoyed ten tables of science-based fun hosted by the Children’s Discovery Museum of San Jose.

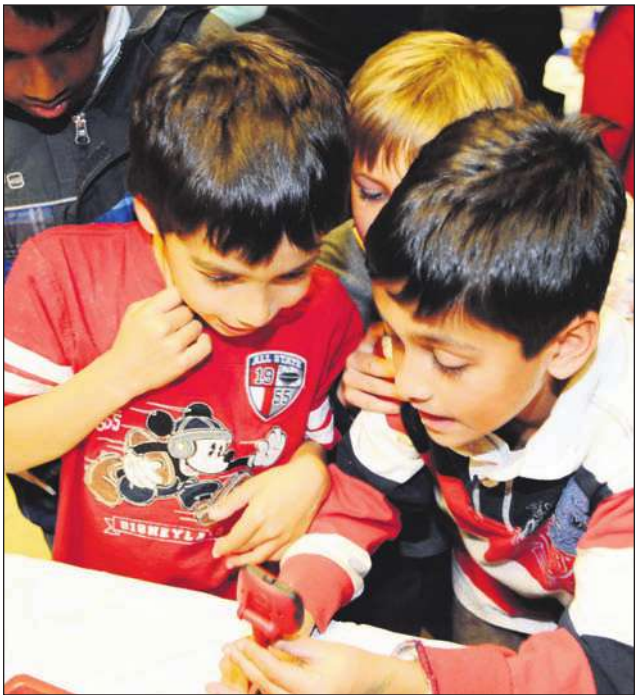
This year’s theme was “Adventures in Chemistry,” and the tables enabled the Mattos community to see how chemical



reactions affect everyday life. The experiments included using color-changing markers, finding a secret substance based on experimentation, and using the same absorbing polymers in diapers and instant snow.

Parents and students worked side-by-side and everyone had a very enjoyable time throughout. The younger kids were running around saying things like “Fun!” and “Awesome!” The older kids thought it was a good time too. As one of the sixth-graders said, “It is awesome and it is fun to learn about science and spend time with your family.” Ms. Wendy Goodfellow, the Mattos Science Specialist agreed adding, “It’s great to see so many families out engaging in science.” The event was also enhanced by the enthusiastic assistance of several student volunteers from John F. Kennedy High School.

Mattos Elementary is Fremont’s only science magnet school. The program, “Soaring Into Science,” offers a dedicated science specialist, a science lab for grades 1- 6 and approximately three science-related events a year for Mattos students and their families. To learn more about Mattos, please visit: <http://www.fremont.k12.ca.us/Domain/1173>



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prior to ordering

Exp. 3/30/13

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Tikkah of Lamb Kabob
Lamb Chops Kabob
Chicken Kabob

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Chicken Stew, Cauliflower dish
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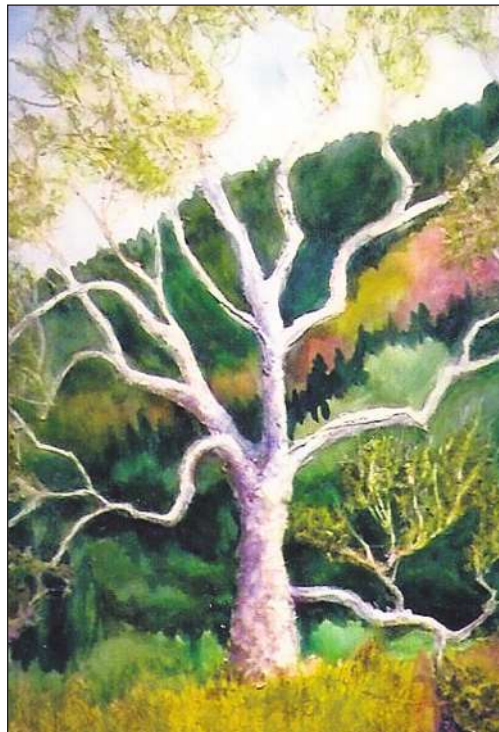
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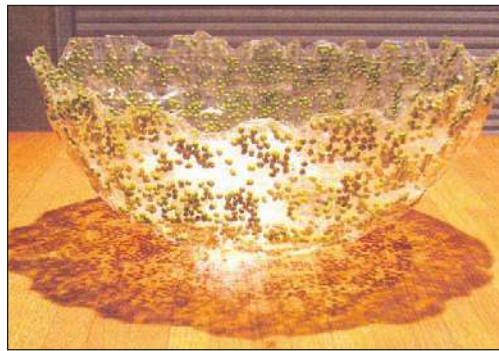
510.797.8661 | GROCO.com

continued from page 1

Believe & Achieve



The Diablo/Alameda Branch of Pen Women includes members living from Berkeley to Brentwood and from Richmond to Union City. Several members of the group have won credentials in more than one of the arts. The show, which extends from February 1 to March 30, will in-



clude paintings, mixed media, ceramics, and installations by Natica Angilly, Kazumi Cranney, Evelyn Glaubman, Elizabeth Hack, Leona Nichandros, Dori Pendergrass, Charlotte Severin, Pallavi Sharma, and Tomyé.

A free public reception will be held on Friday, February 8 from 5:30 p.m. to 7:30 p.m. Live music will be added to the mix, and the members will provide food for the reception table. Each of the artists will talk briefly about her own art and writer members will read short selections from their own works - poetry, fiction, and



memoir. Writers include Jacqueline Doyle, Ida Mae Kempel, Doris Nikolaidis, Dori Pendergrass, KDF Reynolds, Connie Rusk, Mathilde Schmidt, and Winnie Thompson.

The Pen Women was created in 1897 when three professional press writers were denied access to the Washington, D.C., Press Club - solely because they were women. Marion Longfellow, niece of poet Henry Wadsworth Longfellow, rallied other professional women to join her in setting up a comparable organization for women artists, composers, and writers. Today the National League of American Pen Women includes more than 4,000 members across the country who meet for mutual support and inspiration.

Art: Believe/Achieve

Feb 1 - Mar 30

Monday - Friday: 9 a.m. - 5 p.m.

**Reception: Friday, February 8
5:30 p.m. - 7:30 p.m.**

**John O'Lague Galleria
Hayward City Hall
777 B St., Hayward
(510) 538-2787
www.haywardarts.org**

continued from page 1

50 years of Battling Bands



The battle was originally held at Sunset High School, but moved to Chabot College a few years later. The event's 50th year, an excellent turnout is expected; usually 700 to 800 people attend but this year Maine is expecting to sell out. "Normally we would pick the top twelve bands to perform but this year we only took the top ten as we are having the band Y&T perform as the main act. This year's Battle of the Bands is also dedicated to our founders, Doris Marcel, Luis Guzman and Leroy Pegasus who recently passed away," Maine added.

Since its beginning, Battle of the Bands has had many winners, some who have become quite famous, including Y & T, Deep Purple, Mr. Big, Billy Satellite, and Metallica. This year's opening act will 2010 winners, Rundown Radio (formerly Devils Angels). The winning band will be determined by judge's scores based on performance, originality and audience reaction.

In addition to the music, a video will pay tribute to the last 50 years of Battle of the Bands. T-shirts will be available for purchase for \$15 and a DVD of the production will be available for \$20.

Proceeds from Battle of the Bands will benefit H.A.R.D. so it can continue youth programs for the community and improve the quality of life for all citizens.

This event is open to all. The price will be \$15 at the door. Doors open at 6 p.m. and the show starts at 6:30 p.m.; tickets will go on sale at 5 p.m. Reserve tickets in advance for \$12 by calling (510) 881-6700 or purchase online at www.haywardrocks.com.

For more information, visit www.haywardrocks.com or call (510) 888-0211.

Battle of the Bands

Saturday, Feb 9

6:30 p.m.

Chabot College

**Reed L. Buffington Visual and
Performing Arts Center
25555 Hesperian Blvd.,
Hayward
(510) 888-0211**

**Reservations:
(510) 881-6700
www.haywardrocks.com**

**Tickets: \$12 dollars in advance,
\$15 at the door**

Band line up:

Rundown Radio - Guest Band
(2010 Winner)
Gypsy Flight
Fleetwood Mask
Zen Vendetta
Jordan and The Hashmites
The Switch
Zephyr
The Rob Sesma Band
Sidetrack
The Growing Room
My Evergreen Soul
Ten Days New - Guest Band
(2012 Winner)
Y&T - Guest Band

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TIMING BELT SPECIAL
\$89.⁹⁵ + parts
4-cylinder - P/S, A/C \$25.00 each
Call for a quote
Most cars and Trucks. With this coupon only.
Exp. 2/28/13

RADIATOR FLUSH
\$29.⁹⁵ + Coolant
Drain, Pressure Test Cooling System & Radiator Cap. Check Water Pump, Clamps Belts & Hoses Most cars and Light Duty Trucks. With this coupon only.
Exp. 2/28/13

FREE DIAGNOSTIC
on Check Engine Light or Service Engine Soon Light
(If work done here)
Don't ignore that "Check engine" light. It could be a signal of a serious problem
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TRANSMISSION SERVICE
\$79.⁹⁵
Includes: 5 Quarts Fluid*
New Filter & Gaskets, Check For Leaks - Most cars and trucks. *Special fluids extra.
With this coupon only
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MINOR TUNE-UP
4-CYL. \$24.⁹⁵ 6-CYL. \$49.⁹⁵ 8-CYL. \$69.⁹⁵
12-Month or 12,000-Mile Warranty - Includes: Spark Plugs, Check All Ignition Parts, Adjust Timing. Most cars and Trucks. Platinum Plugs Extra. With this coupon only.
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LUBE, OIL AND FILTER
\$19.⁹⁵ + disposal fee
Includes: Up to 5 qts. Oil - Oil Filter Lube All Fittings - Fill Up All Fluids - Safety Inspection
Most cars. With this coupon only.
Exp. 2/28/13

