

Education in Fashion – a dream came true!

Page 38



RoboKnights, Topsy Turvy and Alliance Partners Win Northern CA Championship

Page 10 & 16



PhotoCentral celebrates 30th anniversary at Spring Show

Page 17



TRI-CITY VOICE

SERVING FREMONT, HAYWARD, MILPITAS, NEWARK, SUNOL AND UNION CITY

"Accurate, Fair & Honest"

The newspaper for the new millennium

510-494-1999

tricityvoice@aol.com

www.tricityvoice.com

March 12, 2013

Vol. 12 No. 11

Unity Dinner

Unity Dinner features Silicon Valley philanthropist and Gadar seminar

SUBMITTED BY THE
INDO-AMERICAN COMMUNITY FEDERATION

The Indo-American Community Federation (IACF-USA) has announced that entrepreneur B.V. Jagadeesh, President and CEO of 3Leaf Systems, will be the keynote speaker at the annual Unity Dinner. Guest of Honor Congressman Mike Honda will attend this 12th annual fundraiser for the non-profit organization Friday, March 22.

This year's theme is "The Power of Giving – A Tribute to Patriots and Gadar Heroes, Celebrating Indian American Heritage." In addition to a formal dinner, the event boasts top-notch entertainment and attracts elected officials, professionals, and community leaders.

"This year, we really stepped up our entire Unity Dinner program," notes IACF's Founder, Jeevan Zutshi. "We've brought in some fresh new team members, recruited top entertainers, and have a keynote speaker, B.V.Jagadeesh, who is a dynamic and charismatic entrepreneur and philanthropist. We are also celebrating Indian American Heritage by paying a tribute to Patriots and Gadar heroes."

A seminar about Gadar heroes, individuals who gave their lives in exchange for India's freedom, will be held prior to the Unity Dinner at

continued on page 19



Thirty years of giving

Hayward Education Foundation Gala

SUBMITTED BY BRUCE ROBERTS
PHOTO BY GUY SANDOVAL

Thirty years is a long time to do anything. Thirty years on a job is a career. A thirty-year marriage in these days of divorce and "relationships," is cause for celebration.



After thirty years of living, most kids finally consider themselves "adults." So, it is worth noting that the Hayward Education Foundation (HEF), a non-profit organization that works to benefit Hayward's teachers and students, is thirty years old this year.

In honor of this landmark occasion, join in on the festivities by purchasing or

reserving your tickets now, to attend the Hayward Education Foundation Gala on Friday, March 22. (www.haywarded.org/gala).

Founded by teacher Elaine Adams in 1983, the Hayward Education Foundation grants money to teachers with creative

ideas, ideas over and above the regular school curriculum or the regular school budget, the extraordinary ideas that kids will remember all their lives.

In 2012, for example, grants ranged from a butterfly garden at Longwood Elementary, to a solar cell car at Bret Harte Middle School, to a college motivation

continued on page 11



Leprechaun Land for Wee Folk

Remember board games from childhood? Wasn't it fun moving your game piece around the game board? What if you and your child became the game pieces and the board was life-size?

As St Patrick's Day approaches, enjoy a magical maze, life-size board game filled

with elusive magical leprechauns, pots of gold and shamrocks! Bring your wee folks to this special event to learn about Leprechauns and perhaps even catch one of their own in a Leprechaun Trap! Discover gold along the way and have fun playing

continued on page 16

INDEX

Protective Services 8
Business 12

Bookmobile Schedule 26
Mind Twisters 15
Arts & Entertainment 19
It's a date 19

Sports 22
Kid Scoop 27
Subscribe 31

Contact Us 25
Editorial/Opinion 25
Public Notices 24

Classified 26
Obituary 32

Spine Surgery Patients Benefit From New Surgical Suite

State-of-the-Art Imaging Equipment Aids Delicate Procedures

Steve Roach was working at his job in shipping and receiving 10 years ago when he injured his back picking up a box. That started a long, painful journey that resulted in five back surgeries. The pain was so debilitating, he has been unable to work since it happened. But now the Willits resident is back on his feet again thanks to the spine surgery he underwent last September in the new surgical suite at Washington Hospital, which features state-of-the-art equipment.

“The computer imaging guidance system in the new surgical suite provides a clear view of the anatomy, enabling us to place instrumentation more safely and accurately than ever before,” said Dr. Eldan Eichbaum, a neurosurgeon and member of the Washington Hospital medical staff who specializes in spine surgery. “With this imaging guidance system, I was able to place longer screws deeper into the bone so that the bone would have a much better chance of fusing correctly.”

The new surgical suite features a Body Tom portable CT scanner, making it one of only three hospitals in the entire country to have one. It provides three-dimensional images of the body right in the operating room and works in tandem with the Brain Lab Neuro Navigation system. Similar to a GPS used in a car, surgical instruments have a



Eldan Eichbaum, M.D., a neurosurgeon who specializes in spine surgery, is helping patients get back on their feet again thanks to a new state-of-the-art surgical suite at Washington Hospital. With the help of a computer imaging guidance system, Dr. Eichbaum is operating more safely and accurately than ever before. Patients like Steve Roach and Virginia Phy came to Washington Hospital so they could be treated by Dr. Eichbaum and take advantage of the latest technology. Learn more at whhs.com/neuroscience/spine.

tracking device on them so surgeons can navigate through the

brain and spine using the three-dimensional imagery.

“Washington Hospital is focused on building a world-class program in the neurosciences,” Dr. Eichbaum said. “This type of equipment is not commonly found in most hospitals, but Washington Hospital is committed to serving the local community with the most advanced technology available today.”

Vertebrae Protect the Spinal Cord

The spine consists of 33 bones stacked one on top of the other called vertebrae. Ligaments and muscles connect the vertebrae and keep them aligned. These vertebrae are separated by discs, which work like shock absorbers. The spinal column supports the body so you can stand, bend, and twist. The spinal cord, a bundle of nerve tissue located deep inside the vertebrae, connects your body to the brain, allowing movement of your arms and legs.

In Roach’s case, lifting the box caused one of his discs to bulge, pinching the nerves and causing severe pain in his back and leg. Eventually, the injury required him to undergo a procedure to fuse together two of his vertebrae. Bone is placed between the vertebrae to stabilize them and screws and rods are used to hold the bone in place while it fuses, Dr. Eichbaum explained.

“I was feeling good after that surgery, but then the bone didn’t fuse the way it was supposed to and I could feel the screws moving,” said Roach, who is 39 years old. “That’s when I came to Washington Hospital for the fifth surgery. The longer screws did the trick.”

Virginia Phy was also able to benefit from the high tech surgical suite. Like Roach, she was a patient of Dr. Eichbaum’s when he had a practice in Santa Rosa, where she lives. Both Phy and Roach were willing to make the long drive to Fremont so they could be treated by Dr. Eichbaum and take advantage of the latest technology.

continued on page 9

March 19 H&W Seminar Cancelled

The “Women and Heart Disease” Health and Wellness seminar scheduled to take place on Tuesday, March 19 at Washington Hospital has been cancelled. We apologize in advance for any inconvenience this may cause.

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



Follow WHHS on Facebook & Twitter



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		
	3/12/13	3/13/13	3/14/13	3/15/13	3/16/13	3/17/13	3/18/13		
12:00 PM 12:00 AM	Get Back On Your Feet: New Treatment Options for Ankle Conditions	Living Well with Diabetes: Overcoming Challenges	Hip Pain in the Young and Middle-Aged Adult	Heel Problems and Treatment Options	Strengthen Your Back! Learn to Improve Your Back Fitness	Raising Awareness About Stroke	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		
12:30 PM 12:30 AM	What Are Your Vital Signs Telling You?								
1:00 PM 1:00 AM	Women's Health Conference: Aging Gracefully	Washington Women's Center: Cancer Genetic Counseling	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Washington Women's Center: Circulation 101 for Women - Part 1: Varicose Veins	Minimally Invasive Surgery for Lower Back Disorders	Influenza and Other Contagious Respiratory Conditions	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?		
1:30 PM 1:30 AM	Voices InHealth: New Surgical Options for Breast Cancer Treatment								
2:00 PM 2:00 AM	Turning 65? Get To Know Medicare	Washington Township Health Care District Board Meeting February 13th, 2013	Your Concerns InHealth: Senior Scam Prevention	Washington Township Health Care District Board Meeting February 13th, 2013	Varicose Veins and Chronic Venous Disease (New)	Diabetes Matters: Top Foods for Heart Health	Washington Township Health Care District Board Meeting February 13, 2013		
2:30 PM 2:30 AM									
3:00 PM 3:00 AM	Your Concerns InHealth: Pediatric Care – The Pre-School Years		Vitamins and Supplements - How Useful Are They?		Don't Let Back Pain Sideline You	Varicose Veins and Chronic Venous Disease (New)			
3:30 PM 3:30 AM	Kidney Transplants	Don't Let Back Pain Sideline You		Fitting Physical Activity Into Your Day		Your Concerns InHealth: Pediatric Care – The Pre-School Years			
4:00 PM 4:00 AM		Treatment Options for Knee Problems		Your Concerns InHealth: Senior Scam Prevention	Treating Infection: Learn About Sepsis				
4:30 PM 4:30 AM	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma			Voices InHealth: Update on the Journey to Magnet Status	Skin Cancer		Inside Washington Hospital: The Green Team		
5:00 PM 5:00 AM	Diabetes Matters: Diabetes Viewpoint				Voices InHealth: The Greatest Gift of All		Voices InHealth: The Greatest Gift of All		
5:30 PM 5:30 AM	Minimally Invasive Surgery for Lower Back Disorders	Raising Awareness About Stroke	Voices InHealth: The Legacy Strength Training System	Washington Township Health Care District Board Meeting February 13, 2013	Washington Township Health Care District Board Meeting February 13, 2013	Inside Washington Hospital: Pediatric Care			
6:00 PM 6:00 AM	Strengthen Your Back! Learn to Improve Your Back Fitness	Raising Awareness About Stroke	Learn About Nutrition for a Healthy Life			Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma			GERD & Your Risk of Esophageal Cancer
6:30 PM 6:30 AM									
7:00 PM 7:00 AM	Washington Township Health Care District Board Meeting February 13, 2013	Your Concerns InHealth: Vitamin Supplements	Washington Township Health Care District Board Meeting February 13, 2013	Healthy Nutrition for Your Heart	Wound Care Update	Superbugs: Are We Winning the Germ War?	Living with Heart Failure		
7:30 PM 7:30 AM									
8:00 PM 8:00 AM	GERD & Your Risk of Esophageal Cancer	Diabetes Matters: Kidney Disease: Risk, Management, and Beyond	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment & Percutaneous (Under the Skin) Treatment	The Weight to Success	Do You Have Sinus Problems?	Shingles	Inside Washington Hospital: Patient Safety		
8:30 PM 8:30 AM									
9:00 PM 9:00 AM	Your Concerns InHealth: Senior Scam Prevention	Wound Care Update	Varicose Veins and Chronic Venous Disease (New)	Financial Scams: How to Protect Yourself	Do You Suffer From Anxiety or Depression?	Important Immunizations for Healthy Adults	Treatment Options for Knee Problems		
9:30 PM 9:30 AM									
10:00 PM 10:00 AM	Get Back On Your Feet: New Treatment Options for Ankle Conditions				Keys to Healthy Eyes	Diabetes Matters: Research: Advancing Diabetes Management			
10:30 PM 10:30 AM									
11:00 PM 11:00 AM									
11:30 PM 11:30 AM									

A Mother's Touch Helps Newborn Baby Thrive

'Skin-to-Skin' Contact After Birth Is Part of Baby-Friendly Care

"There is nothing that helps reduce stress like the human touch."

That's how pediatric nurse and certified lactation consultant Debbie Hunt, RN, IBCLC, describes one benefit of Washington Hospital Birthing Center's efforts to provide early skin-to-skin contact for mothers and their newborn babies whenever possible.

Early skin-to-skin care entails placing the naked baby chest down on the mother's bare chest and then covering the



Dr. Stacey Barrie, a Washington Hospital obstetrician, says that early skin-to-skin contact benefits the mothers as well as the babies. Barrie says that mothers are much more relaxed when they are in skin-to-skin contact with the baby after they deliver. Several studies have also shown that early skin-to-skin contact helps stabilize the newborn's temperature, blood pressure, heart rate, blood-sugar level and breathing.

baby with blankets to keep him warm. In ideal situations, skin-to-skin contact happens immediately or shortly after birth and continues at least until after the baby's first breastfeeding session.

"The birth process is stressful for the baby, and if you do some procedures such



Christine Bedgood, R.N., (right) an International Board Certified Lactation Consultant provides breastfeeding support for new mom Tiffany Tolentino. Breastfeeding has been proven to have considerable benefits for moms and babies. To learn more about the Washington Hospital Birthing Center, visit www.whhs.com/womens-health or call (510) 791-3424.

as weighing and measuring the newborn on a hard surface immediately after the birth, that can be even more stressful and frightening," explains Hunt. "In most cases, it's really not necessary to do those procedures right away. We can take the baby's vital signs and perform the APGAR tests to measure the baby's breathing, color, muscle tone, strength of cry and heart rate while the baby is on the mother's chest.

"Placing the baby directly on the mother's chest where it can hear mom's heartbeat calms the baby," she adds. "Skin-to-skin contact also helps the baby adapt to a new environment outside the womb where it has to adjust to the temperature of the air and breathing. Newborns have a natural crawling reflex, and usually within the first hour of skin-to-skin contact with the mother, they can orient themselves to the mother's breast and 'latch on' to begin

nursing, taking in the colostrum that is the mother's first milk for the baby."

Hunt notes that several objective scientific studies have shown that early skin-to-skin contact helps stabilize the newborn's temperature, blood pressure, heart rate, blood-sugar level and breathing.

"Our nurses definitely notice the difference that early skin-to-skin contact makes," Hunt says. "I can hear a difference in the baby's cry. Babies who have had skin-to-skin contact will still cry when we weigh them after the first feeding, but they calm down more quickly, and their cries are not as fearful."

Dr. Stacey Barrie, an obstetrician who practices at Washington Hospital, notes that early skin-to-skin contact benefits the mothers as well as the babies.

"I've noticed that mothers are much more relaxed when they are in skin-to-skin contact

with the baby while I am delivering the placenta and performing other post-delivery procedures," Barrie says. "By the time I'm done caring for the mother, the baby usually has already latched on to the breast and is feeding. Early nursing is good for the mom, too, because it helps with pain control and reduces post-delivery bleeding."

The goal in providing skin-to-skin contact is to get the baby to the mother as soon as possible after birth, but there may be some cases in which it isn't possible right away.

"Early skin-to-skin contact is practical and preferable with most deliveries, including caesarian – or C-section – deliveries," Barrie says. "For a mother who has had a C-section, we can place the baby on her chest, above the surgical drape, while

continued on page 10

Supporting the Dreams of Future Health Care Professionals

Washington Hospital Service League Offers Scholarship Opportunities

For today's students, financing college can mean having to cobble together funds from many different sources: loans, subsidized and unsubsidized; part-time work; parental help - and scholarships. Fortunately, the Washington Hospital Service League offers a chance for eligible students residing in the Washington Township Health Care District to receive some much-needed financial assistance.

The Washington Hospital Service League awards two scholarships annually to students in the Washington Township Health Care District - which includes Fremont, Newark, Union City, and parts of South



Sharon Stagg (center) Washington Hospital Service League Past President congratulates Washington Hospital student volunteers Becky Hui (left) and John Doner (right) who were both awarded health career scholarships last year by the Washington Hospital Service League. To learn more about Washington Hospital scholarship opportunities, visit www.whhs.com/community/scholarship-opportunities.

continued on page 14

Join us for Stroke Awareness Day.

Free screenings
for stroke-related risks.

- Carotid Screening
- Blood Pressure
- Blood Sugar
- Cholesterol



Stop Stroke before it stops you.

March 23, 2013 • 10 a.m. to 1 p.m.

Washington Hospital, 2500 Mowry Ave., Fremont

Conrad E. Anderson, M.D. Auditorium

Registration Required (no walk-ins, please)

Call 1-800-963-7070 to register • www.whhs.com

A public service provided by:



Become a Nurse

- ✓ Nursing Focused School
- ✓ Employment Assistance Available
- ✓ Financial Aid Available*
- ✓ Hands-On Training


UNITEK COLLEGE

888-446-1450
Fremont Main Campus
4670 Auto Mall Parkway

Keep Healthy. Stay Happy.



FREE HEALTH SCREENINGS FOR SENIORS

Wed., March 20, 10:30 a.m. to 1:00 p.m.

Regular health screenings can help detect diseases or conditions early, when they are easier to treat. Come to our free event, and discover your risks before symptoms begin.

Get checked by top health care providers, including Washington Hospital, West Coast Medical & Cardiology, Bella Eye Care, Windsor Park Care Center of Fremont and more!
To RSVP, call 510-489-3800.

Tests Include:

- Vital Signs
- Blood Pressure
- Vision
- Bone Density
- Glucose



Assisted Living | Memory Care
33883 Alvarado-Niles Road
almaviaoofunioncity.org

Elder Care Alliance, a nonprofit organization, is cosponsored by the Sisters of Mercy of the Americas West Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America. RCFE Lic # 015601209.







Educating Children,
Inspiring Our Future

Part-day & Full-day Preschool Programs

Free and low cost care for
eligible families
Lic. #013416835

FREE Initial Registration
A \$75 value, must present
this ad at enrollment.
Expires 4/30/13
www.kidango.org 800-262-4252



John Juarez, REALTOR®
510-673-0686

"Helping you write the next chapter in your life.™"

IS A SHORT SALE A POSSIBILITY FOR YOU?

**I will not promise to work miracles.
I will not promise to "save" your house.
I will promise to give expert advise based on
extensive experience and training as a Certified
Distressed Property Expert. Check me out at:
<http://www.cdpe.com/profile/view/25838>
And call me if you have any questions.**

Prudential California Realty
john@carlmedford.com ♦ DRE# 01223788 ♦ 510-673-0686



Banking at its BEST



Your Professional Team
Nesly Moquette • Leland Ong

PAN PACIFIC BANK

The BEST CD Rates

2 Years

3 Years

0.70% APY* 0.90% APY*

Call About Our Other Products

*Minimum balance to open account and obtain annual percentage yield (APY) is \$1,000. Rates effective 03/11/13, subject to change without notice. Penalties may apply to early withdrawals. CD's automatically renew.

**Online Banking • Remote Capture
Direct Deposit • Automatic Transfers
Government Guaranteed Lending**

510.809.8888 • www.panpacificbank.com

**47065 Warm Springs Blvd. Member FDIC
Fremont**



510-797-1136

**36551 Fremont Blvd.
Fremont
www.fremontflowers.com**

Ask for Your Tri-City Voice Special



**New Baby
Get Well
Sympathy
Wedding**

**Birthday
Love & Romance
Anniversary**

DENTAL IMPLANTS FOR \$1,490*

DR. SAM JAIN, DMD

University of Connecticut
MS Masters in Mechanical Eng
University of Connecticut
IV Sedation training from
Medical College of Georgia

ADVANCED TECHNOLOGIES

Micro Surgery
Laser Surgery
PiezoElectric Surgery
CT Scan Machine for 3D X-rays

Dr. Sam Jain, DMD, FICOI, MICOI



ICOI Master
International Congress of Oral Implantologists

Dr. Arpana Gupta, DDS, FICOI, MICOI



ICOI Master
International Congress of Oral Implantologists

Dr. Shivani Gupta, DDS, FICOI



ICOI Fellow
International Congress of Oral Implantologists

Single Tooth Replacement

*Abutment
Crown Extra

Full Arch
Cemented Bridge



Full Arch
Screw-in Bridge



Multiple Teeth
Cemented Bridge



Implant Retained
Overdenture



Implant Supported
Overdenture



TEETH IN A DAY



Voted Best Dentist



FREE

X-Ray & Exam*
*Cash patient only

CENTER FOR IMPLANT DENTISTRY

510-574-0496 www.prestigedentalgroup.com
3381 Walnut Ave., Fremont • Mon-Sat 9am-7pm

Apocalypse and Adaptation exhibition opens

SUBMITTED BY BARRY ZEPEL

What does our apocalyptic obsession reveal about us? Cal State East Bay's C.E. Smith Museum of Anthropology will provide some answers when it hosts "Apocalypse and Adaptation: How Catastrophes Shape Society," an exhibit running March 12 through June 14 in room 4047 of Meiklejohn Hall on the university's Hayward Campus.

Regular hours for the show will be 11 a.m. to 4 p.m. weekdays (except March 26-29, April 1 and May 27). Admission is free and the public is invited to view the exhibition, designed and created by CSUEB students enrolled in anthropology and museum studies.

"From the constant zombie films to Hurricane Sandy and the meteorites that hit Russia, it seems like catastrophic events are everywhere," said Marjorie Rhodes-Ousley, museum associate director. "This exhibition is an opportunity to glimpse the relationship that humans have had with catastrophes for more than 75,000 years, and how that has shaped our culture more than most people might imagine."

The exhibition offers a creative look into the role of catastrophes and adaptation on society. Featured are several interactive exhibits, including one on the Doggerland flood, created by sophomore psychology major Cielo Rojas of Union City.

Other exhibits include volcanic eruptions that have impacted human history, dystopian films, and a bomb shelter model designed by Alexa Straughan, a senior history major from Fremont, that reflect more contemporary apocalyptic fears.

The exhibition also reflects on how societies adapt to implement sustainability practices. An agricultural model designed by junior anthropology major Stephanie Maher of Millbrae provides a look at potential ways the earth's natural resources may be sustained for future generations.

"End of days scenarios, catastrophes, and apocalypses are all deeply ingrained into our world cultures," said Lee Davenport, the exhibit coordinator and a graduate student in anthropology and history from Pleasant Hill. "Exhibit goers can explore how natural phenomena have guided beliefs in many cultures, and how obsessions with global destruction have shaped societies."

CSUEB welcomes persons with disabilities and will provide reasonable accommodation upon request. Please notify the event sponsor at (510) 885-7414 at least two weeks in advance if accommodation is needed.

Campus parking is \$2 per hour at meters or at pay dispensers in Lots K, G, N, or in the lot adjacent to Greek Hill. More information is available on the C.E. Smith Anthropology Museum Web site, http://class.csueastbay.edu/anthropologymuseum/Home_Page.php.

Group tours may be arranged by contacting Rhodes-Ousley at marjorie.rhodesousley@csueastbay.edu.

Apocalypse and Adaptation: How Catastrophes Shape Society
March 12 through June 14

Monday through Friday: 11 a.m. to 4 p.m.

Cal State East Bay
Meiklejohn Hall, room 4047
25800 Carlos Bee Blvd., Hayward
(510) 885-7414

http://class.csueastbay.edu/anthropologymuseum/Home_Page.php

Art IS Education!

SUBMITTED BY KRISTEN YASUKAWA

The Alameda County Office of Education's Alliance for Arts Learning Leadership presents Art IS Education! Throughout March, Alameda County schools and communities will celebrate arts education with cultural enrichment events and special engagements connected to this year's theme, "Every Child is Creative: Together We Create Our World." Art IS Education! events showcase the education and empowerment of youth through art, and advocate for arts education as an essential component to a meaningful education system and a thriving community.

The 2013 theme, "Every Child is Creative: Together We Create Our World" inspires students and community members to make their voice heard through art and to create projects that envision their role in positive change individually and for the world. Art IS Education! encourages teachers, students and parents to share their projects and plan a showcase event. Event planning resources are available at www.artiseducation.org.

"We are facing a new era of education with a much greater emphasis on culturally relevant teaching and learning that supports student engagement, critical thinking, and applied learning," said Alameda County Schools Superintendent Sheila Jordan. "Art IS Education! highlights many excellent examples of this through the arts - providing opportunities for students to demonstrate learning across disciplines and contexts in creative, impactful ways."

This year's Art IS Education! celebratory events are made possible thanks to partnerships with the Alameda County Office of Education, Alameda County Arts Commission, Alameda County Library and Alameda County Sustainability Program.

For more information or a complete listing of events, visit www.artiseducation.org or contact Arts Learning Coordinator Ray Cagan at (510) 670-7730.

All events are free and open to the public. Local events include:

Student Exhibitions
Through March 28
Thu-Sat: noon - 8 p.m.
Sun: noon - 4 p.m.
Cinema Place Gallery
1061 B Street, Hayward
(510) 538-2787

Newark Memorial High School Art Show & Opening Reception

Thursday, March 14 - Saturday, March 30
Tue and Thu: 1 p.m. - 9 p.m.
Wed and Fri: 10 a.m. - 6 p.m.
Sat: 10 a.m. - 5 p.m.

Opening Reception
March 14

6 p.m. - 8 p.m.

Art exhibit featuring photography, drawing, painting and graphic design. Opening reception features a performance from the NMHS choir and refreshments will be served.

Newark Public Library
6300 Civic Terrace Avenue, Newark
(510) 795-2627

Performances by Hayward High Jazz
Sunday, March 17

12 Noon - 2 p.m.

Cinema Place Gallery
1061 B Street, Hayward
(510) 538-2787

Recycled Book Art Workshop
Wednesday, March 20

3 p.m. - 5 p.m.

Teaching Artist Marion Coleman will show families and community members how to take old books apart and reassemble them into new three-dimensional works of art. All materials will be provided. Sponsored by the Alameda County Library.

Warm Springs Community Center
47300 Fernald Street, Fremont
(510) 791-4318

Estate Planning for Families

SUBMITTED BY
KAREN CHAN

The Fremont, Union City, Newark Mothers' Club invites you to our March General Meeting. The Singh Law Firm of Fremont will give a presentation on the estate planning needs of families.

Topics covered include: the basics of estate planning (relevant laws, wills, health care and financial powers of attorney, medical advanced directives, probate, etc.), why families need estate planning, if/when do-it-yourself estate planning software is appropriate, and what to look for/ask when interviewing attorneys.

Estate Planning for Families

Tuesday, Mar 12

7 p.m. - 9 p.m.

Prince of Peace

38451 Fremont Blvd., Fremont
(510) 475-6864

www.funmothersclub.org
Free

East Bay Hand & Plastic Surgery Center

We customize treatments for your individual needs

Highly skilled and trained in all aspects of Cosmetic Surgery

- Body Contouring
- Breast Augmentation
- Corrective Surgery after weight loss
- Gentle approach to Botox and Juvéderm injections

Complimentary Cosmetic Consultations

50% off
all Kinerase Skin Care
Products
while supplies last

Refer a friend
for Botox/ Juvéderm
and receive \$50.00 off
your treatment

Call our office for
more information
on Spring Specials!!!

www.prasadkilaru.com

510-791-9700

facebook

yelp

39141 Civic Center Dr. #110, Fremont

Stop Scrubbing Grout & Make Cleaning Easy!

Cultured Marble, Onyx, Granitex, Storm & Blizzard
Tubs • Pans • Tops • Walls

SPECIALIZING IN RESIDENTIAL
Mid to High-End Bathroom
Fixtures, Faucets &
Accessories

REMODELING BY
INC

TCM
(Formerly Tri-City Marble)

510-745-9692

FREE ESTIMATES

6756 Central Ave., Newark

Open Mon-Thurs 8am-4:30pm
Fri 8am-4pm - Evenings & Sat by Appt. Only

Exp. 6/30/12
Coupon Must be present at time of order

\$500 Off

COMPLETE BATHROOM REMODEL

Not to be Combined w/any other offer

Coupon Must be present at time of order

\$100 Off

WITH PURCHASE OF INSTALLED

TUB/SHOWER SURROUND

Not to be Combined w/any other offer

Not for Contractors

Some Restrictions Apply

Attention Contractors: Ask about Contractor Discounts

Chahall European Auto Center

SPECIALIZING IN:

Mercedes, BMW, Volvo, SAAB, Audi, VW, and Japanese Cars

Open **Monday to Saturday** (6 days)



Engine • Fuel • Transmission • Brake • Electrical etc.
• Engine Check light • ABS & SRS
• Free Diagnose with Work

BMW inspection 1 & 2, Mercedes Benz service A & B
Install Rebuilt or Used engine and transmission - **Special Price**

Our Quality and Price are so impressive, we think you WILL switch to us if you try us.

Over 39 years experience; Warranty 1 year or 12,000 miles.

Brake special	\$69.99 + parts - most cars
Timing belt special	\$99.99 (4 cyl), \$149.99 (6cyl)
Synthetic oil change	\$79.99 Mercedes, Land Rover
Synthetic oil change	\$69.99 BMW, VW, Audi
Regular oil change	\$19.99 4cyl, Syn. Oil \$39.99

www.chahalleuropean.com (510) 226-6349
45845 Warm Springs Blvd #1, Fremont

DO YOU HAVE KNEE PAIN?

You need relief, not surgery

Factors that cause osteoarthritis:

Although the cause is unknown there are many factors that contribute to osteoarthritis.

- A history of stressing your joints from work, sports or other activities
- Weight
- Age
- Previous injury to the joint
- Genetic factors

What is the FDA approved treatment?

The FDA has done some careful study and clinical trials and cleared a treatment for those suffering from knee pain. If surgery, dietary supplements and medication are your only option this treatment plan may be for you.

Will I feel better right away?

Most patients relief in a matter of weeks and can go back their regular daily activities.

Will my insurance cover the cost?

Yes, most major insurances and Medicare will cover treatment upon approval of your benefits.



This treatment...

- has a success rate of 85%
- is a safe and a non-surgical program
- has over 22,000 patients treated nationwide
- is the only northern california accredited osteoarthritis center

Could you be a good candidate for this treatment?

- Does your knee pain keep you awake?
- Does your knee pain keep you from certain activites?
- Have you been told you need a knee replacement?
- Do you suffer from knee pain when you are active?

Medicare and Most Insurances Accepted



Arthur J. Ting M.D.
Medical Director

Dr. Arthur Ting is a leader in minimally invasive treatments for knee arthritis and sports injuries. His clients include world famous atheletes throughout the country. He is also the team physician for the San Jose Sharks of the National Hockey League.

How will I know if this is right for me?

If you are suffering from knee pain, your first step is a consultation with Dr. Arthur Ting, our Sports Medicine and Rehabilitation Specialist.

RETURN TO FREEDOM.
FREEDOM FROM PAIN.
FREEDOM TO MOVE.
FREEDOM TO LIVE.

Call today for a
FREE knee consultation:

510-255-4705

Office Hours: Mon-Fri 8am - 5pm
kneecenters.com

Accredited by

2675 Stevenson Blvd. Fremont, CA 94538

Pat Kite's Garden

BY PAT KITE
PHOTO COURTESY OF
SAN LEANDRO
DAHLIA SOCIETY

Saturday, April 27 is the prime time to purchase state-of-the-art Dahlia tubers. If you get to Root Park in San Leandro early enough, you can scoop up a few of John and JoAnna Morton's 2011 favorite Lakeview Glow. It's a bright yellow incurved cactus-petaled form. John tells us that "eye catcher," Lakeview Glows had "many blooms on them all through the season."

John and JoAnna have 600 Dahlia plants in their garden, and earned a blue ribbon the first year they entered the San Leandro Dahlia Society, back in 1989. "If we weren't hooked before," John recalls, "the blue ribbon really got to us."

Of course if you really become extra-extra enthused, there are over 3,000 Dahlia varieties to choose from. Some have straight petals, some curved. Some have teeny 2-inch blooms, and some get to 10 inches wide. Some flowers resemble balls and some look like peonies. Colors include orange, red, yellow, white and pink. Dahlias are not picky. I have one that shows up year after year in a miserable garden section, actually competing with a rose bush. They do like sun, and if you are a kind person [as all gardeners are], you will remember to water them. They tend toward good health and are not insect favorites.

Dahlia history is full of complex tales of adventure and skull-duggery. When Spanish forces under Hernando Cortez invaded Aztec territory in Mexico, they thought they had found Paradise.

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



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.



There were exotic flowers, lakes, fountains, etc. as well as tree-shaded promenades and aqueducts especially designed to water

the gardens. This blissful scenario didn't last long; apparently gold rather than palaces or plants were of greater interest.

However a Spanish doctor, Maciel, made lists of what was seen including a plain flower with eight red rays. The Aztecs called it Cocoxochitl. It was one of King Montezuma's favorite flowers, and sacred to the Aztec war god. Dr. Macias had "discovered" the Dahlia.

No particular notice was paid to it for about 200 years. But eventually seeds were sent from Mexico to the Madrid Botanical Gardens where the director fussed with, and grew three different kinds. He, so one story goes, called them Dahlias, after a Swedish botanist, Andrew

Dahl. From France to England, and onward... Napoleon's wife Josephine planted Dahlias at Malmaison with her own royal hands and held a diplomatic reception for them when they bloomed.

Besides the the Dahlia Society of California tuber sale on April 27 in San Leandro, there is one in San Francisco August 20 at the County Fair Building. John Morton says you can email him at dahliaz@juno.com if you have questions about Dahlia shows.

The San Leandro Society (www.sanleandrodahliasociety.org) meets at the San Leandro Library on Estudillo the third Thursday of each month at 7 p.m. And there are several resplendent Dahlia exhibition shows now through Labor Day. Have fun and happy spring; it has sprung!

SANTOS COLUMN

Water district offers grant opportunities

As a way of partnering with the community to extend our watershed stewardship mission, the Santa Clara Valley Water District has administered four grant programs since inception of the Clean, Safe Creeks and Natural Flood Protection program in 2000, a voter-approved special parcel tax. The 2013 Comprehensive Grant Stewardship Program marks the fifth grant program, and the ninth grant cycle since 2003. The primary focus of the Grant Program is environmental enhancement/restoration, pollution prevention, and public access to trail and open space projects. Projects should be construction or implementation projects and not planning projects; meaning a tangible project or product should result by Project close out.

On Jan. 22, 2013, the district board of directors authorized funding for this 2013 grant cycle in the amount of \$794,000. This reimbursement based program invites cities, the county of Santa Clara, open space districts, 501(c)(3) non-profit organizations and schools to submit project proposals for consideration by a review panel and approval by the district board of directors. A request for proposals was released on Feb. 19 with a grant application due date of April 8, 2013. The funds will be awarded by June of this year.

Since 2001, the district has awarded \$16.4 million to 86 projects in its grant programs funded primarily by the Clean, Safe Creeks program. With over 594 acres of tidal and riparian habitat created or restored and over 70 miles of trails already opened for public access, the district's completion of and support for environmental enhancement and trail projects through the Clean, Safe Creeks program has surpassed the original established goals.

One of the more recent grant projects completed was the Tidal Marsh Ecotone Stewardship Project by Save The Bay, the largest community organization working to protect and restore San Francisco Bay. The project focused on community-based restoration and native plant propagation at the Palo Alto Baylands. The purpose was to re-establish a tidal marsh upland transition zone to provide natural habitat for Bay wildlife and to create a buffer against sea level rise resulting from climate change. The district awarded \$25,000 to the project.

The district grant helped fund the operation and maintenance of a new greenhouse, the completion of a new work shed, the development of a native



plant demonstration garden and community education. These facilities enable Save The Bay's volunteers and botanists to propagate and plant more than 21,000 native seedlings. The group also removed 11,622 pounds of invasive plants throughout the Baylands.

Another district-funded grant project is "Watching Our Watersheds." This project mapped the creeks, urban drainage network, watersheds, baylands, and other features in Santa Clara Valley. When you open the watershed files in Google Earth, you can move through and learn about each watershed and view creeks, drainage channels, points of interest, species of concern and a representation of how our watersheds looked more than 100 years ago. Visit <http://www.valleywater.org/WOW.aspx> to try it out.

For more information on this year's grant cycle, go to www.valleywater.org/Services/ComprehensiveStewardshipGrant.aspx or contact Brian Mendenhall at (408) 630-3093 or bmendenhall@valleywater.org.

For more information about the Santa Clara Valley Water District and its board of directors, please visit our website www.valleywater.org. There you can ask questions or provide feedback 24-7 through Access Valley Water, our online customer communications service.

As always, I am available for questions or comments as your District 3 representative for the northern areas of Sunnyvale and Santa Clara; Alviso; Milpitas; and the north San Jose and Berryessa communities. Feel free to contact me at (408) 234-7707.

Exchange what? Taxes for Profit?

SUBMITTED BY WOMEN'S COUNCIL OF REALTORS

Join the Women's Council of REALTORS (WCR) Tri-Cities Chapter for their monthly luncheon at the Hilton Hotel, Newark, on March 20, 2013. Networking at 11:30 a.m.; program and lunch from noon until 1:30 p.m. The Chapter serves REALTORS in Fremont, Newark, Union City, Hayward and surrounds. Membership is open to men, too.

James Callejas will provide information that applies to everyone personally and to their clients regarding taxes. Callejas, a Cal graduate, moved to the rarified atmosphere of Beverley Hills to work for Merrill Lynch. After a couple of years, he decided to return to the Bay Area and is now THE local expert on 1031 exchanges, IRS regulations, tax implications of real estate and how to build wealth through real estate.

Topics will include the impact of fiscal cliff issues, the future of capital gain and income taxes, estate and gift taxes, self-employment taxes and more.

All, including members of the public, are welcome to attend the luncheon. Chapter members: \$25 (pre-paid online by March 18); \$30 at the door. Non-members: \$35 (pre-paid online by March 18); \$40 at the door.

For more information about the Women's Council of REALTORS (WCR) Tri-Cities Chapter and to register for this event, visit www.WCRTriCities.com or call (510) 299-3089. For 2013 sponsorship opportunities, contact Preiyaa Anand at (510) 299-3089 or email Preiyaa@Preiyaa.com.

Women's Council of REALTORS
Tri-Cities Chapter Luncheon
Wednesday, Mar 20
11:30 a.m. - 1:30 p.m.
Newark Hilton
39900 Balentine Drive, Newark
(510) 886-2662
www.WCRTriCities.com

Try Retirement with SIR

Sons In Retirement (SIR) Pathfinder Branch 59, representing the Tri-City area, had their semi-annual Holiday Social at the Newark Pavilion in late December. The group, including members and invited guests, was entertained with a variety of music, including Christmas carols and foot tapping Dixieland Jazz by the Dixieland Jazz band from Fremont Christian School.

Sons In Retirement is a nonprofit public benefit corporation for retired men. SIR Branch 59 is one of over 100 SIR branches located throughout Northern California meets at noon on the third Thursday of each month at the Newark Pavilion. Every meeting features a guest speaker from the community. Speakers have included college professors, police officers, retired SF Giant and 49er players, and even the editor of TCV. Twice a year the meeting is open to spouses – the May sweetheart luncheon and the December Holiday Luncheon. The goal of Branch 59 and all other SIR branches throughout Northern California is to provide an avenue for men to have fun in their retirement years. Activities include golf, bowling, walking, computer club, sports, bridge, reading, and much more.

Two of the more popular activities are bowling and golf. Members bowl once a week and participate in about 20 tournaments a year. Tournament days usually begin with a breakfast meeting followed by travel to the tournament, sometimes as far as Reno. Some branches allow women to join them in bowling.

SIR branch 59 is NCGA certified and plays golf weekly at Sunol. They attend state tournaments about seven times a year. To find more information about the SIR golf group, visit their website at www.sirstategolf.com. The golfers travel to Reno, Las Vegas, Solvang, and the Monterey area for their tournaments. The standard format is scramble, but there is also individual play and 2-man best ball. Ladies (with NCGA handicaps) have a separate tournament at the state tournament, always a scramble format. The average handicap for the SIR golfers statewide is mid-20s.

SIR branch 59 is always looking for new members. If interested, visit the SIR website www.sirinc.org or call 510-794-1184

Fremont Laser Med Spa announces the arrival of the **NEW FAT LIQUIFYING F.D.A. APPROVED LASER** the best non-invasive, body slimming, laser treatment, to its practice, making Dr. Kojian one of the first physicians to offer this new laser in the Bay area.

LOSE 5-25" OVER ALL IN 6 WEEKS

- Non-invasive procedure, painless, no down time
- No bruising or scarring
- Targets stubborn areas of body fat
- Contours the body and reduces cellulite
- Can treat up to two areas at once
- Can also individually target the circumference of the stomach and concentrated areas

Shrink your fat cells through your lymphatic system and excrete out the liquified fat

Fremont Laser Med Spa
510-744-1582
www.fremontlasermedspa.com

Skinny Patch - Fat Liquefying Laser

Fremont Laser Med Spa
Dr. James Kojian, M.D., Owner
Med Spa With Advanced Medical Technologies

* ALL TREATMENTS ARE NON INVASIVE, NOT SURGICAL * FDA APPROVED
As seen on **ABC & FOX**

\$500 Coupon
for non-invasive **FACE LIFT**
LASER HAIR REMOVAL 3 FREE
WITH RECOMMEND PACKAGE

Look 15 years younger with our Nano Perfect **Face lift**
Start as low as \$150-\$199 a month. CALL FOR DETAILS.

Skinny Magnet Patch (Herbal)
Detox and lose weight while you sleep
Lose 3-12 pounds a month
Just slap on the patch and go to sleep

The product effectively blocks the absorption of grease, sugar, and starch and helps balancing ones' excess appetite. It also helps eliminating fat and toxic in the body while tightening ones skin.

Since the patch is extracted from natural herbs, it does not trigger diarrhea. Moreover, the slim-effecting rate of using patch is higher than taking pills because it bypasses the digestive system, the liver and the kidney.

510-744-1582
www.fremontlasermedspa.com

210 Fremont Hub Courtyard (Behind Bed Bath & Beyond)

LYNN DENTAL

Min A. Lynn, DMD
General Dentistry ✨ Adult and Children

- Digital Low Radiation X Rays
- Cleaning & Gum Disease Treatment
- Composite White Fillings
- Crown, Bridge and Dentures
- Root Canals
- Extractions
- Teeth Whitening

Exit Mowry Avenue East from 880

Se Habla Español
Burmese Spoken

Financing Available
Evening and Saturday Appointments
Same Day Emergency Treatment Available

Most Insurance Plans Accepted
510-744-0844
4075 Mowry Ave., Fremont

Home Short Sale Specialist

For All Your Real Estate Needs

Contact

UGESH 'YOGI' SINGH
SFR, FSP, CDPE, BROKER ASSOCIATE
USMC VETERAN
20+ Years Experience

Call me for a **FREE** analysis
Our Services are **FREE** as your lender pays our fees in a short sale

510-682-9644
yogisingh1961@gmail.com
www.yogisrealestate.com
39644 Mission Blvd., Fremont

Information found in 'Protective Services' is provided to public "as available" by public service agencies - police, fire, etc. Accuracy and authenticity of press releases are the responsibility of the agency

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



GUN BUY-BACK EVENT

SUBMITTED BY FREMONT PD

On Saturday, March 16, 2013, beginning at 10 a.m., the Fremont Police Department will be hosting a Gun Buy Back Event for residents of the Tri-City Area (Fremont, Newark, Union City.)

This event has been made possible by a generous donation from a private benefactor who wishes to remain anonymous. Funds are limited to approximately \$50,000, and will be distributed on a first-come, first-serve basis.

Only firearms in working condition will be accepted, and must be capable of firing a round via a center or rim fire cartridge i.e., no muzzleloaders, pellet, BB, squirt guns, etc. There will be a maximum of 10 guns per vehicle payout. Cash will be paid out in the following amounts:

- \$100: Non semi-automatic rifles (bolt action, pump action, break front, lever action, etc.) semi-automatic .22 rifles, and shotguns.
- \$200: Handguns and semi-automatics center fire rifles.

- \$300: Semi-automatic rifles or pistols in an "assault weapon configuration" (as determined by event staff).

All transactions will be anonymous, and on a no-questions-asked basis. Proof of residency in the Tri-City Area is required, but will NOT be recorded.

Although pay-outs are subject to funds on hand, firearms will still be accepted for destruction after the money allotted has been depleted. We will be unable to issue IOU's.

All participants are asked to secure the firearm(s), unloaded (with the action open, if possible) in the trunk or cargo area of their vehicle. At no time shall a participant be required to handle the firearm, or exit their vehicle during the transaction. All participants must arrive in a vehicle. Walk-ups will NOT be allowed to participate.

Gun buy-back

Saturday, Mar 16

10:00 a.m.

**Fremont Fire Department Training Facility
7200 Stevenson Blvd., Fremont
www.fremontpolice.org**

Fremont Police Log Submitted by Fremont PD

February 28

An adult male was seen approaching a female student in the morning at Warms Springs Elementary School and engaging her in conversation. The male came back approximately two hours later and started walking on campus. School staff confronted him and called FPD. Investigation revealed that the he had followed an adult female from school home in the morning. The male had asked to borrow a phone and was asked to leave when he starting to make a lewd comment. Detectives did follow up and arrested Ramon Gri, a Fremont resident, for annoying or molesting a child under 18 years old.

March 1

A citizen reported a suspicious woman in the 3600 block of Peralta Blvd. The suspicious woman reportedly was looking into windows and had some sort of tool in her hand. Ofc. Hadden responded and contacted the woman. The suspect acted aggressively and assaulted Ofc. Hadden. The woman was controlled by Taser. She continued to resist officers and the SafeWrap had to be utilized to prevent her from injuring officers of herself.

A citizen reported a suspicious man who knocked on a neighbor's door in the 3500 block of Meyer Ct. The suspect then went around the house and jumped the fence. The suspect entered a maroon colored vehicle and drove out of the area. Ofc. Perry located the suspect leaving the area. The suspect fled from the officer and began driving recklessly. Ofc. Perry discontinued his efforts at following the vehicle due to the suspect's behavior. The suspect soon abandoned his vehicle and fled on foot. Officers set a perimeter and with the assistance of CHP's helicopter and our K-9 unit, the area was thoroughly checked. The suspect managed to escape the perimeter. Sgt. Crandall supervised the scene. SUSPECT DESCRIPTION: Black male adult, 20's.

Fletcher Jones Mercedes had a car stolen and were informed that the vehicle was pursued by CHP and Oakland PD. The vehicle was recovered. No word on the suspect.

March 2

A Reporting Party on Barnard Dr saw a white female, 18-21 yrs, at her front door. RP did not answer her door when the bell rang and shortly thereafter, a white male, 18-22, was at her rear slider. When the suspect saw the RP, he immediately fled the yard and got into a black SUV, similar to a Jeep Cherokee. Investigated by Ofc. Luevano.

Officer Hanrahan responded to Target (Hub) on a report of three females in-custody for petty theft. One was arrested for petty theft, the second was arrested for petty theft with a prior, and the third was arrested for petty theft and for a warrant.

Sunday, March 3

Officer Cenicerros was dispatched to 4250 Central Ave on a report of males drinking in the rear parking lot. Ofc. Cenicerros found two adult males who are well known gang members and a juvenile sitting in a vehicle. A switchblade knife was found in the pocket of one and a large "Rambo" style knife wrapped in a blue bandana was found next to the front seat of the vehicle. One adult male was arrested for possession of a dangerous weapon and the other adult male, who was previously arrested at the same location for trespassing, was again arrested for trespassing. At the jail, one was also found to be concealing 6.5 grams of meth in his sock.

A resident on 6100 block of Genoa Ter. found his balcony window shattered. While cleaning up glass fragments, he located a bullet. Bullet was turned in to Ofc. Wilson.

March 4

A burglary was committed at Harbor Light Church, 4760 Thornton Ave. Inv. by CSO Allen.

Sometime between 1/30/13 and 1/31/13 an attempt residential burglary occurred at 48100 block of Mercury Street. Unknown Suspects broke a hole in the upper glass of the front door in an attempt to reach through and unlock the door. They were unsuccessful due to secondary security measure installed by the homeowner.

A residential burglary occurred on the 3100 block of Puttenham Wy sometime between 2/02/13 at 7:30 p.m and 2/04/13 10:00 a.m.. Entry was gained by removing the screen to an open bathroom window. A large flatscreen television and a hedgetrimmer were taken. There are no known suspects.

Reporting party called and stated that some unknown person(s) made entry into her parent's house on the 4400 block of Margery Dr, while they were out with her today, between 10:00 a.m. and 2:15 p.m. Loss was money and a wallet with ID and credit cards.

Burglary on 41900 block of Mission Creek Dr. occurred sometime between 7:30 a.m. and 5:00 p.m. Unknown Suspect(s) pried the front door. Cash, jewelry and a tablet were taken.

At approximately 8:00 p.m. officers were detailed to a residence lo-

cated on the 39000 of Logan Drive regarding a vandalism having just occurred. The reporting party telephoned the Fremont Police after someone threw a brick through the back sliding glass window. Officers arrived and found the brick lying next to a table. The incident occurred at about 7:50 p.m. when the occupants were home in a different part of the home. No suspects were seen fleeing the residence. Officers came back to the residence around 11:00 p.m. to check on the homeowner and the broken window and learned that a purse had been taken out of the room where the glass had shattered. Additionally, at least two credit cards had been used fraudulently in the City of Oakland since the incident had occurred.

At approximately 9:10 p.m. officers were dispatched to a residential burglary call on the 48300 block of Purpleleaf St. The occupant of the home stated that between 5:30 p.m. and 7:30 p.m. unknown suspect(s) had entered the home through an unlocked sliding door. Loss was a lap top computer.

March 5

A frantic victim at a residence on N. Moray St. called 911 to report a male trying to break into her residence. The victim reported an unknown suspect rang her door bell several times and a then a short time later the suspect was seen jumping the side yard fence to the residence. The victim called the police to report the incident. The suspect walked around to the rear of the residence and saw the victim inside the residence and fled on foot. FPD units quickly arrived but the suspect fled the area and was not located. A second neighbor had also called dispatch to report that a black male adult rang her doorbell and then he walked away when she answered. Several neighbors have video surveillance cameras and Det. Miller and Officer Perry are following up on the investigation.

Suspect: Black male, 20's, 5'10", large, muscular build, wearing a dark blue sweatshirt, grey sweat pants.

Officer Merrill investigated a grand theft on Coco Palm. The victim allowed a 25 year old neighbor to stay at his residence after being kicked out of his own house. The suspect thanked the victim neighbor by stealing jewelry from him and selling it at a local "We Buy Gold" business. Ofc. Merrill contacted the suspect and arrested him for grand theft.

A 21 year old adult male and a 25 year old adult male entered Outback Steakhouse and attempted to pass gift cards. Employees were aware of recent attempts to pass counterfeit cards and called the PD. Ofc. Hill and FTO Tarango arrested the two for possession of counterfeit cards.

March 6

At 5:45 a.m., a resident saw a male at her back window on the 40800 block of Creston. The male was dressed in black and carried a black backpack. He fled out the back gate when he realized she saw him. Officers arrived and found the screen removed. Investigated by Ofc. Austin.

Safeway Hub security detained a male for petty theft. The male was

**19 1/2 days
CNA
TRAINING
AT A
REASONABLE PRICE!**

**We Offer
Training Programs For:**

- Vocational Nurse
- Acute Care CNA
- Certified Nurse Assistant (CNA)
- Hemodialysis Technician
- Intro. to Anatomy & Physiology
- Home Health Aide

**We also offer
Continuing
Education Units
For CNA's**

**Call to
Enroll
Today!**

Accredited by:
Board of Vocational Nursing
& Dept. of Health Services

Locations:
41300 Christy Street,
Fremont, CA 94538

Call Now!
866-620-9509

F: (510) 445-0524

510-445-0319

www.MEDICALCAREERCOLLEGE.US

BUTCH'S AUTOMOTIVE INC.

Dedicated to Quality Repairs with Personal Service

ACE Master Auto Technician
Advanced Level Specialists
14 Year Dealer Experience
34 Year Auto Repair Experience

BUTCH'S AUTOMOTIVE INC.
37175 Moraine St., Fremont
Behind Dale Hardware

**Stop in or
Give us a Call!**

510-793-9883

**AMERICAN
& IMPORT**

Pad Thai Restaurant

Tues-Sun
11am-9:30pm

No MSG, Low Sodium

Party Trays

510-794-3554 Exp. 3/30/13

6066 Mowry Ave., Newark
Next to Lion Market (Cherry St & Cedar)

\$5 off

when you order \$25 or more before tax

\$10 off

when you order \$40 or more before tax

**GROCERY
OUTLET**
bargain market

4949 Stevenson Blvd.
Suite F
Fremont, CA 94538
(510) 651-2005
8 am - 9 pm
Every Day!

36601 Newark Blvd.
Newark, CA 94560
(510) 791-5124
8 am - 9 pm
Every Day!

**Shop us first.
Get more.**

\$4 off

a \$40 minimum purchase
(excludes dairy & alcohol)

Valid at Fremont or Newark Grocery Outlets. One coupon per person. No cash value. Not valid with any other offer. Duplicated coupons will not be accepted. Expires **Exp. 3/30/13**

\$5 off

a \$50 minimum purchase
(excludes dairy & alcohol)

Valid at Fremont or Newark Grocery Outlets. One coupon per person. No cash value. Not valid with any other offer. Duplicated coupons will not be accepted. Expires **Exp. 3/30/13**

continued from page 2

Spine Surgery Patients Benefit From New Surgical Suite

Trouble Walking

Phy had been physically active most of her life, enjoying outdoor adventures like river rafting and zip lining. But in her mid 60s, she started to have trouble walking due to pain in her back and leg. A few years ago she had a laminectomy, which removes bone that protrudes from the vertebrae, as well as a fusion. That solved the problem, but eventually put stress on the vertebrae above and below it.

"I'm 68, so part of it was due to the aging process," Phy said. "It caused some disintegration of the spinal column."

In December, she had another laminectomy and fusion, which seems to be working very well. While she is still recovering and using a cane to walk, Phy was back to work in just four weeks.

"After her first surgery, she had developed an overgrowth of ligament and bone," Dr. Eichbaum explained. "She experienced a slippage of bone so they were rubbing against each other. Because her bone is very narrow in diameter, the imaging guidance system was essential in placing the screws."

Now that they no longer have excruciating back and leg pain, both Roach and Phy are eager to get on with their lives.

"I missed out on a lot of activities with my kids over the last 10 years," Roach said. "Now I'm looking forward to getting back to work and enjoying time with my family. I have high hopes for the future."

Phy is also looking forward to getting more active, although she knows zip lining and river rafting probably won't be on the list.

"I'm going to Costa Rica in October and I'm hoping to at least go kayaking," she said.

Learn More About Minimally Invasive Spine Surgery

The Minimally Invasive Spine Program at Washington Hospital offers high quality, effective treatment for patients with a wide variety of spinal conditions. To learn more about our specialized team of spine experts, visit www.whhs.com/neuroscience/spine.

Fremont Police Log continued from page 8

not being truthful about his name. Ofc. Barbero and FTO Hanrahan arrived and the male continued lying. The 28 year old adult male was arrested and booked under his true name. He was a parolee and was violated.

Fry's security detained a male for theft and burglary as he attempted to conceal several hundred dollars of items in his backpack. Ofc. Barbero and FTO Hanrahan arrived and handled this one too. The 29 year old adult male was arrested and direct booked to Santa Rita.

Safeway Hub security detained a male for theft. Ofc. M. Smith arrived and received into custody a 56 year old adult male, who also had a no-bail warrant for burglary.

A black male adult, 28-30, wearing grey sweat-shirt, black jeans, and a white ski mask with holes in it, wrestled cash from the clerk and register at SV Food and Liquor, 35650 Fremont Blvd. Ofc. Dooley and FTO R. Smith investigating.

A homeowner returns home on the 4900 block of Paseo Padre Pkwy and finds a ladder on the side of his house under a bathroom window. He then hears voices from inside his house. Victim calls the police and waits outside. Suspects exited the house and are confronted by the

homeowner. Three suspects flee in a white vehicle. A homeowner returns home and finds several males burglarizing his house on 3900 block of Donner Way. He confronts one suspect in the hallway and is pushed by the suspect. Suspects flee on foot. A perimeter is set up and a search conducted, however, suspects were not located. Homeowner was not injured.

A female suspect stole her friend's ID and Credit Cards and goes to Fremont Nissan on Cushing Pkwy to purchase a vehicle using her friend's information. Unfortunately for the suspect, the victim had reported the credit cards stolen and placed a fraud alert on her credit. The dealership was alerted to the fraud and called the victim and the police. Suspect fled prior to police arrival without a new car. Officer Valdes following up.

March 8

A Female victim was getting into her car in the 500 block of Mowry Ave when she was approached by a male suspect who demanded her BMW 535i. The victim remotely disabled the vehicle which prevented the suspect from getting the BMW into gear and driving away. Officers arrived and set up a perimeter within moments but the suspect fled on foot and was not located.

Cosmetic & Plastic Surgery

Iraj Zandi, M.D., F.A.C.S.

Diplomate, American Board of Plastic Surgery

38 Years Experience



DR. ZANDI IS
FEATURED IN:
*National Directory of
"The Best Doctors
In America" and
"San Francisco
Magazine"
as one of the
Best Plastic Surgeons
in the Bay Area.*

*U.S. News
Top Doctors
One of the
top 20 physician*

*San Francisco Chronicle
2012 Super Doctors
for Surgery, Cosmetic,
and Reconstruction
SuperDoctors.com*

Face - Neck - Eyelids
Brow Lift - Nose - Ear - Breasts
Liposuction - Tummy Tuck
Lip Enhancement
Botox - Restylane
Microdermabrasion
Laser & Endoscopic Sugeries

PRIVATE ACCREDITED SURGERY CENTER

510-796-9850

2557 Mowry Ave., Ste. 20, Fremont
www.CosmeticSurgery1.com



TIM GAVIN
WILLS • TRUSTS • PROBATE

TIMOTHY J. GAVIN
ATTORNEY AT LAW

Wills ■ Living Trusts ■ Probate
Trust Administration ■ Estate Planning

39300 Civic Center Drive, Suite 310 ■ Fremont, CA 94538
Telephone: (510) 248-4769
www.Gavin-Law.com

Police seek suspect in Fremont residential burglaries

SUBMITTED BY FREMONT PD

Fremont Police are seeking the help of our community to locate wanted suspect Lawrence Nero. Nero is has a \$1 Million dollar Ramey warrant that was issued in connection with a residential burglary that occurred in Fremont on Meyer Court, March 1, 2013. Shortly after the burglary, he led officers on vehicle pursuit in the area of Paseo Padre and Isherwood Drive. During the pursuit, he dumped an unregistered maroon Buick Regal and ran from police, jumping fences on Fairfax Court. After an extensive search, police were not able to locate Nero. When the vehicle was searched, additional property was recovered from a residential burglary that occurred on February 25th in Fremont on the 35000 block of Armour Way.

On Tuesday, March 5, 2012, Nero was again spotted in Fremont and was positively identified in a residential burglary that occurred on the 43800 block of Moray Street.

In most of the cases, the suspect first rings the front door bell and when he believes no one to be home, he jumps the fence and proceeds to gain entry into the back of the house. On Tuesday, witnesses reported that Nero had longer facial hair and was wearing orange shoes. His overall description is a black male, mid 20's, about 5'10", short hair, beard, muscular build, wearing a dark blue sweatshirt and blue jeans or sweat pants.

It is unknown where Nero is currently residing. His last known address is Hayward, California. Nero may be responsible for additional burglaries in Fremont and surrounding cities. If anyone has information on Nero's whereabouts, please call the Fremont Police Department at 790-6800 and select option 3, send us an anonymous Tip by visiting www.fremontpolice.org/Tip or via Nixle at <https://local.nixle.com/tip/alert/4969408>.

Suspect identified in officer involved shooting

SUBMITTED BY CMDR. B. HORNER

The identity of the suspect who was fatally injured during the officer involved shooting Saturday evening, March 2, 2013, has been established. Amost G. Smith of Union City died after being shot by two Union City Police Department Officers. The Union City Police Department Investigations Unit is currently investigating the incident. The alameda County District Attorney's Office is conducting an independent investigation of the shooting.

Authorities are asking anyone with information in regard to this incident to please call the Union City Police Department (510) 471-1365. The Union City Police Department also has a tip line for callers that want to leave anonymous tips for the police department (510) 675-5207 or tips@unioncity.org.

Cataract surgery can mean freedom from glasses!

In the past, choosing the type of lens to implant was made by the cataract surgeon; few options were available. All lens implants were monofocal, providing excellent vision after cataract surgery, but usually only for seeing things at a distance such as distant signs when driving, going to a movie or a ballgame. Corrective glasses were necessary for near vision activity: reading, knitting, sewing, playing cards or keeping your golf score.

Today, Dr. Shobha Tandon is able to offer a choice – a multifocal lens. This type of lens provides excellent vision after cataract surgery at a variety of distances. Multifocal lens implants correct both your distance and near vision. For the vast majority of patients, having a multifocal lens implant means that they will be able to see at distance and up close - drive, watch television, read or do crafts - without glasses.

ADVANCED CATARACT SURGERY

Choose multi-focal lens implants & say goodbye to your eyeglasses!

NEOVISION EYE CENTER

See Beyond Your Imagination

\$200 off

Premium Multifocal
Lens Charges

Exp 9/30/12

**SHOBHA
TANDON**

MD, PhD

Trained at Stanford

Board Certified Ophthalmologist
Certified **LASIK** Surgeon

**Read, use
a computer
or drive a car
without any glasses**

Medicare and PPO Plans Accepted!
UNION CITY | MTN. VIEW
510-431-5511 | 650-962-4626
1-877-NEOVISION
www.NeoVisionEyeCenter.com

1-877-NEOVISION
www.NeoVisionEyeCenter.com • 1-877-636-8474

NEOVISION
EYE CENTER
UNION CITY • MTN. VIEW

B&M Radiator Service
Auto Air Conditioning
 Since 1954 Autos • Trucks • Industrial
 All Makes - All Models

Water Pumps • Heater Cores • Hoses • Belts
 Antique Radiator Specialists

• New Radiators At Warehouse Prices
 • Lifetime Guarantee

Radiators Cleaned Repaired & Recored

Support your local small businesses
510-440-8919

Irvington District - 42450 A Blacow Rd, Unit A, Fremont (Blacow Road at Osgood)

2012 WINNER OF FREMONT

Creating smiles for life

Adult Cleaning, Exam with Necessary x-rays and Consultation - (\$361 value) \$69
 Not valid with other offers new patients only

Children's Cleaning, Exam with x-rays and Fluoride Treatment \$59
 (\$361 value)
 Not valid with other offers new patients only

FREE - Professional Teeth Whitening Kit
 (\$350 value) Upon completion of full-fee adult dental exam, x-rays and cleaning. Take-home tray system.
 Not valid with other offers, new patients only

We proudly offer Lumineers, Dental Implants, TMJ treatment, Children's and Geriatric care and Emergency care besides all the other general dental treatment and we participate with most major insurances.

Smile Plus DENTISTRY
Hema Patel, D.D.S.
510-796-1656
www.smileplusdentistry.com
 2191 Mowry Avenue, Suite 600B, Fremont, CA 94538

JACK'S ARMY-NAVY STORE

Digital Army - Marine BDU's
Military & Camping Items • Leather Jackets
Adult & Kids Camo Clothing • Cargo Pants
Caps - Field Jackets • T-Shirts - Cots
Duffle Bags • Boots • Hunting Gear

Personalized Dog Tags Available
 OPEN 7 DAYS 11-6pm
510-659-0670
 (Irvington District across from Safeway - Park in Back)
3853 Washington Blvd. Fremont

We Help You Sell Your Vehicle
AUTOS WHOLESALE

WE WILL:
 Advertise your vehicle
 Handle DMV paper work
 Show your Vehicle to customers

CALL US FOR A QUOTE ON YOUR VEHICLE

A \$350 FEE will apply only when your vehicle sells
 Help you sell consignment service
Open 7 days a Week

Next to BIG TIRES
 We have a Great location for buyers and sellers

Bill 510-557-1502 or Martin 510-862-8145
www.autoswholesaleca.com
38623 Fremont Blvd., Fremont

continued from page 3

A Mother's Touch Helps Newborn Baby Thrive

we're finishing with sutures and so forth. Moms who have skin-to-skin contact with their babies soon after a C-section seem much more focused on their babies' faces than what's going on behind the drape.

"However," Barrie cautions, "if a baby is in distress after an emergency C-section, or if there is any other serious problem with a baby's or mother's health, we might not be able to allow skin-to-skin contact right away. It also might not be advisable to have early skin-to-skin contact if the mom is highly anxious about having C-section surgery, or if she has experienced nausea or vomiting during surgery."

Providing early skin-to-skin contact is just one aspect of Washington Hospital Birthing Center's current efforts to become designated as a "Baby-Friendly" facility. Only about 6 percent of hospitals in the country have earned this designation, and the staff at Washington Hospital is determined to join those ranks.

"There are other components to being considered Baby-Friendly," Barrie explains. "The staff has to go through significant training. Babies are kept with their mothers in the hospital, rather than being whisked away to a nursery. Also, we offer only breastfeeding unless there is a

specific reason why it would not be recommended, such as if the mother is HIV-positive or is taking certain medications or is on chemotherapy. We do not accept free formula from manufacturers, nor do we do any 'merchandising' of formula or other baby products by giving away free samples to the parents."

Long an advocate for breastfeeding, Barrie describes breast milk as: "The right food, in the right container, at the right time, at the right temperature."

Lactation consultant Hunt elaborates: "Breast milk is uniquely designed for human babies. It has the highest lactose content of any mammal milk, which is essential for human brain development. Breast milk also has enzymes to aid with digestion, as well as anti-bacterial, anti-viral and anti-parasitic factors to help the baby resist infections and allergic reactions. In addition, you can't really over-feed a baby with breastfeeding, and it has been shown to reduce the rates of obesity in children, which can carry over into adulthood."

In addition to being best for baby, breastfeeding offers many benefits for mom. "Breastfeeding can help new mothers lose weight more readily, and it decreases their risk of breast cancer," says Barrie. "During breastfeeding, the body produces oxytocin,

which helps the uterus contract and control bleeding. It also is relaxing for both the baby and mother. There's really no downside to breastfeeding."

The American Academy of Pediatrics recommends that women breastfeed their babies exclusively for at least the first six months, when complimentary foods may be introduced gradually, and to continue breastfeeding for at least the first year of life, preferably to two years of life and beyond.

"Breastfeeding declined in popularity several years ago, but it has been on the rise again in recent years," Hunt observes. "Our baby-friendly approach at Washington Hospital, including our practice of early skin-to-skin contact for mothers and newborns, can help mothers be more successful in breastfeeding. The more early skin-to-skin contact they have with their babies, the sooner their milk comes in, and skin-to-skin contact increases the release of hormones that stimulate greater milk production, too."

"A baby's greatest need is to feel 'connected' – that's part of our survival instinct," she adds. "Skin-to-skin contact and breastfeeding contribute to early 'bonding' that helps the baby develop a sense of security in the world. It's the first step in a healthy life."

Learn More About the Washington Hospital Birthing Center

The Washington Hospital Birthing Center offers comprehensive medical care for mom and baby in a compassionate, family-centered environment. Our experienced maternal/child medical team provides the support and expertise for the kind of birth experience you are looking for. Visit www.whhs.com/womens-health to learn more about our wide range of classes, services and programs.

RoboKnights and Alliance Partners Win Northern CA Championship

SUBMITTED BY LILY KON

Thirty six robotics teams, the winners of Qualifying Tournaments of the 2012-2013 season across Northern California, came together to compete at the prestigious Northern California FIRST Tech Challenge (FTC) Championship tournament at Newark Memorial High School, Newark CA, on Feb. 23 & 24, 2013. RoboKnights, a team of four 7th and 8th graders from Fremont, the youngest team in the tournament, and one of the youngest in the country, competed with high school teams from all over Northern California. RoboKnights, along with Alliance Partner captain, Basilisks, of Pacifica and Topsy-Turvy of Newark, demonstrated outstanding performance and won the Championship, in fierce competition.

RoboKnights teammates - Armaan Kalyanpur (Grade 8), Alvin Kong (Grade 7), Shalin Shah (Grade 7), and Eric Zhu (Grade 7), three of whom are from Hopkins Junior High School in Fremont, started as an FLL (First Lego League) team when they were in 3rd grade and advanced to FTC last year, with an outstanding performance. "These students have proven their mettle against tough competition with their exemplary teamwork, tireless effort, and intellectual vigor to engineer innovative robots and dynamically adapt their game strategy on the playing field", said Coach Nimish Shah. The students were originally brought together as a team by legendary chess coach Joe Lonsdale, who trained this chess team, of Mission San Jose Elementary to win the California Grade Level Chess Championship every year from Kindergarten to 6th grade, and led the Chess team to win the 2009 National Chess Championship. "I am proud of these kids, delighted to see their thriving friendship extend from chess into other pursuits of their young life, and look forward to watching them grow, with their friendship and their achievements..."

ward to watching them grow, with their friendship and their achievements..."

FIRST Tech Challenge (FTC) Robotics Tournament is organized under the auspices of F.I.R.S.T. (For Inspiration and Recognition of Science and Technology, <http://www.us-first.org/>), a program that has received recognition by the US Congress Committee on Education and Labor as a model program. FIRST Robotics competitions demand intense brainstorming to solve complex problems as a team under tight time constraints. The process fosters intellectual bonding and teamwork that has been equated to the exemplary teamwork among the top-notch engineering teams of famous high-technology companies.

FIRST has about 12,000 teams in 40 countries at the First Lego League (FLL) level, targeted at Junior High School students. Only one of out of about ten teams advances to the next level of challenge, First Tech Challenge (FTC), targeted at the high school students.

RoboKnights has volunteered to mentor other aspiring Robotics enthusiasts, and has already helped start two First Lego League Robotics teams, providing their field equipment and guidance. In the weeks of intense preparation leading up to the tournament, RoboKnights continued to take the time to inspire the next generation of Roboteers. They demonstrated their robot to aspiring young minds at "Open Make: Robots" at The Tech Museum of innovation and shared the joy of Robotics at the Fremont main library on February 2, 2013, explaining the robotics programs to a large group of children and parents.

RoboKnights can be contacted at TheRoboKnights@gmail.com. For those interested in watching the 21st century sport of Robotics in action at a tournament, 56 Championship Tournaments across the world are taking place in late February and March, with the World Championship in St. Louis, MO on April 24-27.



continued from page 1

Thirty years of giving

program at Hayward High. Grants covered all subjects, and went to schools from all corners of Hayward, including the Adult School, as well as parochial schools, like St. Bede's and Moreau. In all, 40 grants were given out, and in HEF's thirty year history, nearly \$840,000 has been granted to Hayward teachers for the benefit of Hayward students.

On March 22, at the Cal State Student Union with its marvelous views of the bay, when HEF puts on its annual Gala, the whole city should turn out and help celebrate Thirty Years of Giving.

The Gala is a wonderful evening of food, drink, raffles, auctions, and entertainment. Charming local news celebrity John Kessler will be the Master of Ceremonies and chief auctioneer. Keynote speaker, Alameda County Probation Chief LaDonna Harris, links improved education with less need for juvenile probation. Throughout the evening, outstanding entertainment by local school groups, such as the Mount Eden and Tennyson High Choirs, will dazzle the audience.

To grant money to teachers, of course, HEF must raise money too. So yes, the auctions, the raffles, the food and drink, the entertainment—are all to raise money. Local art will be part of the silent auction. Raffle tickets offer opportunities to win hotel stays, restaurant certificates and admission to activities around Northern California. The oral auction will include outstanding items for individual and group bidders.

Help Hayward teachers and students, and have a great time at the HEF Gala. Individual tickets for dinner and festivities are \$95, while \$760 will allow you to reserve a whole table and treat all your friends to a wonderful evening for a good cause. Tickets may be purchased online at www.haywarded.org/gala, or a check made out to HEF may be mailed to Hayward Education Foundation, P.O. Box 56444, Hayward, CA, 94545.

Hayward Education Foundation Gala
Friday, Mar 22
5:00 p.m. cocktails
6:00 p.m. – 8:30 p.m.: dinner and program
CSU, East Bay Campus, University Union Bldg.
25800 Carlos Bee Blvd., Hayward
(510) 881-0890
www.haywarded.org/gala

\$95 per person/\$380 half table
\$760 table for eight

Alameda County schools celebrate National Nutrition Month

SUBMITTED BY KRISTEN YASUKAWA

Alameda County Office of Education's Project EAT (Educate Act Thrive) celebrates National Nutrition Month in March with multiple events to fight childhood obesity and educate the community on how to make healthy eating choices. Events include "I got caught being healthy!" sticker campaigns and fruit and vegetable character visits at lunchtime; a student-led discussion on Twitter to share and inspire healthy habits among teens; and weekend activities for community members and families like the "Garden & Brunch" neighborhood walk and gardening day.

This year's Nutrition Month theme, "Eat Right, Your Way, Every Day," encourages people to make healthy choices that fit their lifestyle and tastes. As part of comprehensive health education programs and wellness campaigns, Project EAT's Nutrition Month events showcase healthy food options, fitness activities and wellness tools that can be tailored to fit the diverse needs and interests of the Alameda County community.

All Nutrition Month events are free and open to the community. For a complete listing and for more information, visit www.acoe.org/nutritionmonth.

Nutrition Month Events 2013:

Let's Walk! A Multi-City Walk for Health
Saturday, Mar 16,
9 a.m. - 12 noon

Practice healthy living with friends and family at a community-led neighborhood walk. Walks will begin at various locations throughout Hayward, San Lorenzo, San Leandro, Oakland and Livermore. Visit www.acoe.org/nutritionmonth to find a walking group near you.

Featured walk: Garden & Brunch
10 a.m. - 1p.m.
16276 E. 14th Street, San Leandro

The Deputy Sheriffs' Activities League will host a neighborhood walk, pancake and oatmeal breakfast, and family activities including a gardening art project and raffle. For more information, contact info@acdsal.com or (510) 667-3285.

Healthful Twitter Party
Thursday, Mar 21
4:30 p.m. - 6:30 p.m.

Join the conversation on Twitter @ProjectEAT. Project EAT Health Alliance high school interns will encourage Alameda County teens to talk about health; share photos of healthy foods; swap healthy recipes; and how to stay healthy at school.

The Apple Pushers Film & Student Showcase
Saturday, Mar 23
1 p.m. - 3:30 p.m.

San Leandro Library, 300 Estudillo Avenue
Watch "The Apple Pushers" documentary about bringing fresh foods to 'food deserts' in New York City. Discuss the film and our community's health challenges with a panel of experts. Enjoy photography from Chavez Middle School students and taste a recipe featuring fresh, leafy greens.

Family Health Fair at Cherryland Elementary
Thursday, Mar 28
1:30 p.m. - 3:30 p.m.

Cherryland Elementary School, 585 Willow Avenue, Hayward

Bring the family to a fun and educational afternoon about health and fitness. Learn about healthy eating and cooking and participate in games and activities to promote physical fitness. Get information about dental and vision screening, blood pressure checks and other local health services.

For more information, visit www.acoe.org/nutritionmonth



KING, KING & KING

ATTORNEYS AND COUNSELORS AT LAW

Specializing In:

Serious personal injury

Auto accidents

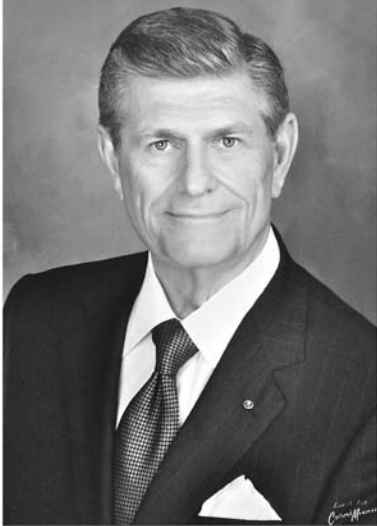
Criminal defense

Family & custody law

Trusts, wills & probate

FREE Initial Consultation
(510) 357-9155

5820 Stoneridge Mall Road
Suite 205, Pleasanton, CA



RICHARD D. KING J.D.
50 Years Experience

Mission Hills Family Dentistry

Practice established for over 25 years

Warm, caring and personalized dental care for the entire family

SPECIALIZING IN:

- Cosmetic/Implant Dentistry • Tight fitting dentures
- Invisalign, Zoom-whitening • Dedicated hygiene team

Dr. G. Sakhrani, D.M.D., C.A.G.S., B.D.S.

510-793-0800

39572 Stevenson Place
Suite 125, Fremont

www.MissionHillsFamilyDentistry.com

Se Habla Español



\$99 New Patient Special!

This includes x-rays, exam, and cleaning.

Cigna, MetLife & Delta Dental Provider. most insurances accepted



When you sell your home with Kal you get:

FREE
Home Staging & Preparation

Seller Home Warranty

Carpet & House Cleaning

Professional Photography

Virtual Tour by a Professional

Customized Home Flyers

Exposure on 20 + Websites

Market Analysis of your home

I HAVE A BUYER FOR YOUR HOME

GET A \$5,000 CREDIT if Kal Does Not Sell Your Home In Less Than 30 Days!

510-608-7671

kalsiddiq@coldwellbanker.com
Serving the East Bay Since 1994



Kal Siddiq, REALTOR

International President's Premier Coldwell Banker Northern California
DRE License # 01164815

*** Offer is subject to change & must be approved on the listing agreement. Exp. 4/30/13**

Santa Clara County Open Space Advisory Committee openings

SUBMITTED BY KELLIE GUERRA

Become a partner in preservation by joining the Open Space Authority's (OSA) Citizens' Advisory Committee (CAC). OSA is looking for six community volunteer members.

Representatives are ambassadors of open space and aid in fostering a positive public image of the OSA and educate the public about the agency's goals and accomplishments. As a body, they work closely with the OSA Board of Directors and Staff by providing input on identified project and policies.

OSA is responsible for protecting and preserving some of the most beautiful and valuable natural lands, working farms, ranches and wildlife habitat in Santa Clara County. It is the goal of OSA to enhance the quality of life for current and future generations through responsible stewardship, education and outreach, and preservation of vital resources.

Application forms, position descriptions, eligibility, and more information may be obtained at: www.openspaceauthority.org, email: clerk@openspaceauthority.org or calling (408) 224-7476.

Plan For 2013 In Advance Talk To Us Now

Raymond Young CPA

FORMER IRS AGENT

His team of tax experts will give you the biggest and most accurate deductions allowable by law.

We can't offer you a Magic Pill for your taxes. But what we can offer is our 115 years combined expertise on how you can optimize every line of your tax return. We will explain what's possible for each line and determine if you have the receipts and type of business that will allow the deduction under "ordinary and necessary" business expense (Internal Revenue Code Section 162)

Se Habla Español & Tagalog
cpa@increaseyourprofit.com
40611B Grimmer Blvd., Fremont

510-353-9575

Fax: 510-868-1954

www.cpaphoto.com

M-F 10am-6pm

Testimonial 1

"I was shocked to have received \$22,000. I had no idea that I was entitled to recover some of my losses from my rental property that went to foreclosure. I will be back next year." George F.

Testimonial 2

"I found Raymond on Google, he explained to me how cash versus accrual works, and he figured out certain tax savings. He saved me \$232,187 in tax." Bob N..

Call or email one of our tax experts

Free 1/2 hour consultation
You may save \$1,000 to \$10,000

BUSINESS

Facebook tries to stay hip with jazzier News Feed

By MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

MENLO PARK, California (AP), Facebook doesn't want to be dismissed as an Internet has-been before its social network even enters its adolescence. In an effort to remain hip, it is infusing the focal point of its website with a more dynamic look and additional controls designed to empower its 1 billion users to sort streams of photos and other material into more organized sections that appeal to their personal interests.

The changes unveiled Thursday are an attempt to address complaints that Facebook's hub - the News Feed - is degenerating into a jumble of monotonous musings and disjointed pictures. This has come as users' social circles have widened from a few dozen people to an unwieldy assortment of friends, family, businesses, celebrities, co-workers and fleeting acquaintances.

That evolution requires a more nuanced approach than the computer-generated algorithms that Facebook has been relying on to pick out the most relevant content to display in each user's News Feed. The growing popularity of smartphones and tablet computers equipped with high-quality cameras also is turning the News Feed into a more visual gallery, another shift that Facebook is tackling by carving out more space to display photos and video.

Facebook Inc. CEO Mark Zuckerberg hopes the makeover turns the News Feed into something like a newspaper tailored to fit the particular interests of each user on every visit to the website.

"This gives people more power to dig deeper into the topics they care about," Zuckerberg said while discussing the makeover at Facebook's Menlo Park, California, headquarters.

By keeping Facebook relevant, Zuckerberg hopes to avoid the fate of his company's social networking fore-runners, Friendster and MySpace. Those once-trendy sites quickly flamed out, largely because they didn't stay attuned to the changing interest of fickle audience. Making that mistake is even more costly in an age of increasingly short attention spans and technological tools that make it easy to find some other diversion with a quick click of the computer mouse or the swipe of a finger on a smartphone.

"They needed to freshen things up," said Brian Blau, research director of consumer technologies for Gartner

Inc. "This should bring a lot of cooler things" into the News Feed.

Although Zuckerberg didn't say it, the overhaul also appears to be aimed at carving out more space to show larger and more compelling ads within the News Feed as Facebook seeks to boost its revenue and stock price.

Previous tweaks to the News Feed have triggered howls of protest among Facebook's users. Hoping to minimize the grousing this time around, Facebook intends to roll out the changes in phases. It will probably be at least six months before everyone who accesses Facebook on a personal computer sees the revamped News Feed, the company said. New mobile applications featuring the changes should be released within that time frame too.

The transition is likely to be completed before Facebook celebrates its 10th birthday next February.

The facelift is likely to be more jarring for those who only visit Facebook on a PC because it incorporates some features already deployed in the social network's mobile applications for smartphones and tablet computers.

The new features will enable users to choose to see streams of content that may feature nothing but photos or posts from their closest friends, family members or favorite businesses. Or they can just peruse content about music, or sports, as if they were grabbing a section of a newspaper. Other newspaper-like changes will include lists of events that users' social circles have flagged for the upcoming weekend and other summaries meant to resemble a table of contents.

Facebook still intends to rely on algorithms to select some material to feature on the main part of the News Feed, much like newspaper editors determine what goes on the front page.

The additional space being devoted to photos and video is an acknowledgement how dramatically the composition of Facebook's content has changed during the past 16 months. About 50 percent of the posts on News Feed now include a photo or video now, up from 25 percent in November 2011, according to Facebook's data.

Bigger pictures also will give advertisers a larger canvass to make their marketing pitches. Facebook is hoping marketers will seize the opportunity to develop more creative ways to entice and intrigue customers so advertising can become a more acceptable fixture on the social network.

More than anything else, the changes are meant to make Facebook

a more fun place to hang out. "This is all about keeping people engaged," Blau said.

Although Facebook's website remains one of the Internet's top destinations, there have been early signs that the social network is losing some of its pizzazz, particularly among younger Web surfers who are starting to spend more time on other fraternizing hubs such as Tumblr, Pinterest and Instagram, a photo-sharing site that Facebook bought for \$521 million last summer.

A phenomenon, known as "Facebook Fatigue," was recently documented in a report from Pew Research Center's Internet and American Life Project. The study found that about 61 percent of Facebook users had taken a hiatus for reasons that range from boredom to too much irrelevant information to Lent.

That's a worrisome trend for Facebook because the company needs to ensure that its audience keeps coming back so it can learn more about their interests and, ultimately, sell more of the advertising that brings in most of the company's revenue.

"I don't think it had turned into a crisis, but Facebook was probably seeing some internal data that was telling them they needed to do something," said Greg Sterling, a senior analyst for Opus Research.

Facebook has been struggling to find the right balance between keeping its fun-loving audience happy and selling enough ads to please investors who want the company to accelerate its revenue growth.

Wall Street seems to think the redesigned News Feed might be a step in the right direction. Facebook's stock gained \$1.13, or 4.1 percent, to close Thursday at \$28.58. The shares still remain 25 percent below the \$38 that they fetched in Facebook's initial public offering last May.

The mobile-friendly redesign of News Feed underscores the company's intensifying focus on smartphones and tablet computers as more of its users rely on those devices to interact on the social network.

About 23 percent, or \$306 million, of Facebook's advertising revenue came from the mobile market during the final three months of last year. Zuckerberg thinks more than half of Facebook's revenue will be coming more mobile devices within the next few years - a goal that should be easier to reach if the redesigned News Feed turns out to be as compelling as he envisions.



INDIVIDUAL AND GROUP
EMPLOYEE BENEFIT SPECIALISTS
SINCE 1946

myers • stevens • mello

800-862-4243

For Free Insurance Quotes In These Areas:

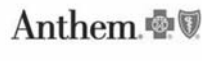
Health

Life

Disability

Dental

Vision





blue of california



Lic.0F04106 • 1111 Bayhill Dr., #275 San Bruno CA 94066



Wellness



Chiropractic

*Professional/Affordable
Quality Chiropractic Care*

- Soft tissue release therapy
- Children & adults
- Auto, work and sport injuries
- Neck, back and extremity pain
- Headaches

Most insurances accepted

Come and enjoy
a truly unique healing experience

New Patient Special

50% off Initial Visit With This Ad

Exp. 3/30/13

Janet L. Laney, D.C., Q.M.E

510-792-9000

2191 Mowry Ave., Suite 500-D, Fremont

(Across from Washington Hospital)



**SPECIAL
Bistro Sandwiches**

• Sit Down Service • Take Out
• Catering



Any way you slice it, our sandwiches are a hit!

Hand crafted gourmet sandwiches using the freshest ingredients and homemade recipes.

Buy 1 entree & get the 2nd entree

of equal or lesser value at **50% off**

Exp 3/30/13

510-793-3942 39370 Civic Center Dr.,
Ste. A,
www.picnicsandwichbistro.com (Behind Kaiser) Fremont

**Denied Social Security
or SSI**

**BOARD CERTIFIED SOCIAL SECURITY
DISABILITY SPECIALIST**

NATIONAL BOARD OF LEGAL SPECIALTY

30-years experience

CYNTHIA G. STARKEY

1-888-972-3454

No Fee if No Recovery

Calif. rejects US Navy offshore explosive training

By JULIE WATSON
ASSOCIATED PRESS WRITER

SAN DIEGO (AP), California on Friday rejected a Navy offshore explosives and sonar training program that critics said could kill or deafen endangered whales, dolphins and other sea life.

California Coastal Commissioners meeting in San Diego ruled unanimously that the Navy lacked enough information to back up its argument that the threat to marine mammals would be negligible.

Scientists say there is still much to be learned about how much sonar activity affects marine animals. Studies have shown some species such as beaked whales may be adversely affected by some sonar.

The Navy has estimated that the proposed training program would kill 130 marine mammals and cause hearing loss in 1,600 over five years.

"We think these are underestimates," Michael Jasny with the Natural Resources Defense Council told the commissioners.

The panel and the Navy could now seek mediation to iron out their differences - or the Navy could simply choose to proceed with the training, as it did in 2007 and 2009. That probably would prompt the commission to sue in an effort to block the program, as it has in the past.

Before the vote Alex Stone, who directs the training program, told commissioners that the Navy opposed additional conditions that could make the training less realistic and reduce its scope.

Stone also said he believed the program has sufficient protections for sea life - an argument disputed by environmentalists who packed the meeting.

The Navy's testing area encompasses 120,000 nautical square miles (412,115 square kilometers) of the Pacific off the Southern California coast and includes a corridor between the

Fremont Bank Certified as a Bay Area Green Business

SUBMITTED BY KURT HEATH

Fremont Bank, a leading full-service community bank in California, has been officially certified as a Bay Area Green Business for its commitment to long-term environmental sustainability. Certified by the Bay Area Green Business Program, a founding member of the California Green Business Program, the bank joins a list of the state's most environmentally responsible companies.

"As a certified Bay Area Green Business, Fremont Bank is performing in the top tier in several areas of environmental performance at its Operations Center," said Pamela Evans, coordinator for the Green Business Program in Alameda County. "The bank has taken critical steps to reduce waste, increase recycling, and implement a comprehensive approach to energy efficiency, water conservation, and more. We are proud to include Fremont Bank on our list of companies committed to sustainable business practices."

Last year, Fremont Bank received the "2012 Environmental Achievement Award" from the Hayward City Council for its recycling initiatives to reduce landfill waste.

For more information about Fremont Bank, visit: www.fremontbank.com.

continued on page 26

Fremont Is Our Business



FUDENNA BROS., INC.

Leader in Small To Medium Size Office Space

FEATURED OFFICES

Available Now

PARKWAY TOWERS 3909 Stevenson Blvd., Suite C, Fremont 94538 (Stevenson x Fremont Blvd.) • 886 square feet • 4 room office • Large store-front windows	BLACOW OFFICE CENTER 38950 Blacow Road, Suite F, Fremont 94536 (Mowry Ave. x Blacow) • 1321 square feet • 5 room office • Includes mini kitchen
EXECUTIVE I 2450 Peralta Blvd., Suite 112, Fremont 94536 (Paseo Padre Pkwy. x Peralta Blvd.) • 377 square feet • 1 room office • Ground Floor	SKS BUILDING 39807 Paseo Padre Pkwy., Fremont 94538 (Across from Lake Elizabeth) • 547 square feet • 2 room office • Great location
EXECUTIVE II 2140 Peralta Blvd, Suite 205 Fremont, CA 94536 • 376 square feet • 1 room office • Large work area	EXECUTIVE II 2140 Peralta Blvd., Suite 112 Fremont, CA 94536 (Paseo Padre Pkwy. x Peralta Blvd.) • 377 square feet • 1 room office • Special offer

Phone: 510-657-6200

www.fudenna.com

Nisha Agrawal, EA
(510) 585-3TAX

- Specialize in Individual and Small Business
 - Bookkeeping services available
 - Audit support for IRS & State
 - Reasonable Fees
 - Free e-file
 - Free review of prior years
- An Enrolled Agent providing reliable, dedicated service.

Appointments available Mon-Sat

www.ana4tax.com

Parkway Towers, 3909 Stevenson Blvd,
Suite C1, Fremont, CA 94538

Tension, Conflict, Sadness, Life Changes...

Many of us go through these challenges at various stages of our lives, with work, personal/professional relationships and children. Some of these challenges can seem really overwhelming and drag us down..

I have extensive experience with children, adolescents, adults and couples experiencing anxiety, depression, separation and abandonment.

Shalini Dayal
Marriage & Family Therapist

- Individual Therapy
- Family Therapy
- Marital Therapy

Many insurance accepted

39791 Paseo Padre Pkwy
Ste. H, Fremont
510-612-6471
shalinimft.com



FRUSTRATED

with your Graphic Needs?
At Fujita Graphics
we offer
SOLUTIONS.

What We Do:
Logos/Corporate Identity,
Print Advertising, Packaging
& Collateral Material Design
(Brochures, Data Sheets, Direct Mail)

For More Information Contact Us At:
Tel: 408.937.1223 or
email: fujitagraphics@sbcglobal.net



Deep Tissue High Laser Therapy
Get Results where Others Failed!

We offer the most technologically advanced and Powerful Class IV Deep Tissue Laser Therapy available today providing YOU with a safe and effective option to treat your pain & inflammation.

Call 510-790-1000 today.
What Have You Got To Lose,
Except The Pain?

East Bay Spinal Decompression
Dr. Allen, D.C. & Dr. Klein, D.C.
40000 Fremont Blvd. Ste. H,
Fremont

Cheryl L. Sommers, Esq.
Attorney at Law



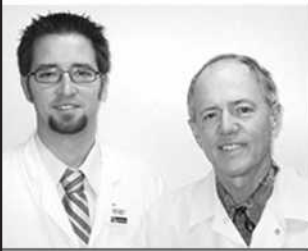
- Bankruptcy
- Estate Planning
- Real Estate Law

Free Consultation

Law Office of Cheryl L. Sommers
2450 Peralta Blvd. Ste 100, Fremont
(510) 744-9800
www.Sommerslawfirm.com

Need a Dentist?
Restore your confidence in
2013 quality dental care for the
whole family in one friendly location.

Fremont Cosmetic Dentistry
www.fremontcosmeticdentistry.com



Glenn McCormick,
D.D.S.
& Brendan Selway,
D.D.S.

40000 Fremont Blvd.,
Fremont
510-651-2222

Save 10%
with coupon

BEST INSTITUTE
K - College
Tutoring 4 Success

Best service at affordable price by
credentialed and motivated staff!

We inspire, stimulate, and connect
with your child



- English
- Math
- Science
- Spanish
- EXIT Exam
- STAR testing
- SAT

www.bestinstitute.com

(510)792-6091

Need someone that
speaks fluent
insurance?

I'm your agent for that.



Aida Pisano

State Farm Agent
38970 Blacow Road, Suite A
Fremont
510.796.5911
www.insuremeaida.com

Save upto
40%
in discounts



FARMERS

Jonathan Jones, a Fremont resident and business owner has built a reputation by over 30 years of of hard work and experience. He can give your family and business the protection it needs.



Get the Coverage you need
Auto • Home • Life • Business
Workers Compensation Insurance

Weekends By Appointment.
Come See Us For A Quote.

JONES FAMILY INSURANCE

38930 Blacow Road, Ste. E2, Fremont
Ph: 510-200-0570 Fax 510-227-3255

Union City Dental Care Center

CELEBRATING DECADES OF AFFORDABLE CARE FOR THE EAST BAY!

Exams, X-rays, cleanings, implants, dentures, periodontal surgery, crowns and bridges, root canals, cosmetic treatments, whitening and more. Special emphasis on cavity risk assessment and prevention.



Union City Dental Care Center
1203 J Street (at 12th)
Union City, CA 94587
Walking distance from
Union City BART

Appointments now available 510.489.5200

Our state-of-the-art clinic, open since 1974, is a satellite clinic of University of the Pacific, Arthur A. Dugoni School of Dentistry. Care is performed by faculty, residents and students.

UNIVERSITY OF THE
PACIFIC
Arthur A. Dugoni
School of Dentistry

www.dental.pacific.edu

National Nutrition Month: 10,000 Meals in 60 Days

SUBMITTED BY COLLEEN COLLINS

According to the American Academy of Family Physicians, nearly one in ten seniors in America suffers from poor nutrition. This can exacerbate problems already common among seniors, including depression, improper healing, and a depressed immune system.

Atherton Court, part of Emeritus Senior Living, the nation’s largest assisted living and memory care provider, is helping combat this problem by delivering 10,000 complimentary meals to seniors in 60 days and visiting with them to ensure they are able to get the nutrition they need every day.

“Seniors may not get the nutrition they need for a variety of reasons,” says Sandra Javier, Dining Services Director. “For some, it’s due to a lack of financial resources; for others, a lack of reliable transportation. And in many cases, isolation and depression have caused seniors to lose interest in cooking and eating healthfully.”

Emeritus at Atherton Court has long been pro-

viding outreach to seniors who live at home through their Home Visits program, where dedicated senior living professionals visit people in their home to identify where they could use help and connects them with the services they need.

“We are committed to making sure that every senior in need in this area finds the combination of programs and services that serves them best, even if they do not live with us,” says Tamra Schmutzler, Executive Director. “The 10,000 Meals initiative also supports our ‘Safely Somewhere’ program, ensuring that no matter where a senior lives, they are safe and living a purposeful life.”

To help meet their goal, Emeritus is asking for the help. If you know of a local senior who could use a nutritious meal, please call Emeritus at Atherton Court at (510) 797-4011. “We’ll deliver the meal along with a friendly face and some good conversation,” says Schmutzler.

Information about Emeritus can be found at: www.Emeritus.com

continued from page 3

Supporting the Dreams of Future Health Care Professionals

Hayward and unincorporated Sunol - who are pursuing studies in a health-related field. The scholarships are awarded each year to graduating high school seniors and/or current college students.

Kathy Hunt, Chief of Organization Development at Washington Hospital, says the purpose of scholarships like the ones the Service League offers is simple.

“Today’s students will be tomorrow’s clinicians,” she points out. “If those students return to the Fremont area, they could very well end up working for Washington Hospital. The hospital is a strong supporter of education, and this scholarship is one of the ways we help support students’ endeavors and career goals.”

And ultimately, the scholarship is another way of improving the health and wellness of Washington Township Health Care District residents.

“The Hospital mission speaks to providing educational resources and maintaining and improving the health of the residents,” Hunt says. “By providing scholarships, we hopefully help students with their education goals, and in turn they may be able to give back to the community by providing health care to the residents of the Tri-City area.”

Each scholarship is for \$1,000 per year and is renewable each year for three additional years as long as the student remains in a health-related program. In addition, the student must continuously remain in good standing with a 2.5 GPA or higher. The scholarship is limited to four years. This year, the Service League will also award two one-time scholarships of \$1,000 each.

To qualify for the Service League Scholarship, an applicant must:

- Be a U.S. citizen and reside in the Washington Township Health Care District;
- Be age 22 or younger as of December 31, 2013;
- Be accepted into an accredited school, college, or university offering a bachelor’s or higher degree in a health-related field;
- Be a full time student;
- Contribute to the community by accruing at least 100 hours of volunteer service or working in a health-related field.

Gail Tomita, the scholarship’s chairman, points out that in addition to the renewable four-year scholarship, the Service League will also award a one-time \$1,000 scholarship to one local student. Tomita says she became a Service League volunteer because she wanted to give back.

“I had retired, and I had been a patient at Washington Hospital many years ago,” she says. “I had many friends who worked there, and I inquired about volunteering because I wanted to get involved.”

Since the scholarship’s inception, the Service League has donated more than \$250,000 in scholarship money which has helped more than 120 students fulfill their dreams of going to college.

For more information about this scholarship program, please call the Service League office at (510) 791-3465. The deadline to apply for these scholarships is Monday, April 1.

More Scholarship Opportunities

In addition to the scholarships funded by the Service League, three separate Washington Hospital organizations offer scholarships to eligible students. These departments include the Washington Hospital Healthcare Foundation, Washington Hospital’s Medical Staff, and the Washington Hospital Employees’ Association.

The Washington Hospital Healthcare Foundation offers two scholarships annually in the memory of former Washington Hospital Medical Staff physicians. The Steven P. Mitchell, M.D. Scholarship and The Franco Beretta, M.D. Scholarship are both in the amount of \$2,500.

Each of these two scholarships is awarded to a college student who is pursuing a medical degree. All applicants must be enrolled in or have proof of acceptance to an accredited U.S. medical school. The students must be a resident or former resident of the Washington Township Health Care District or have significant ties to the district.

To learn more information about these scholarships, please call the foundation at (510) 791-3428.

The Washington Hospital Medical Staff offers seven scholarships each year to students residing in the district who are pursuing careers in the health sciences field.

- Employee Scholarships - Two \$1,000 scholarships are awarded to Washington Hospital employees pursuing additional education.
- High School/College Student Scholarships - Any student entering a health science field or college students currently enrolled can apply for the Washington Hospital Medical Staff Scholarship (\$1,000), Robert Foley, M.D., Memorial Scholarship (\$1,000) and the Deborah Taghioff Scholarship (\$750).
- Nursing Scholarships - A \$1,000 scholarship is awarded to a student enrolled in the nursing program at San Jose State University and another \$1,000 scholarship is awarded to an Ohlone College nursing student.

For applications or additional information about the scholarship program, call the Medical Staff office at (510) 791-3446.

Download a Scholarship Application

Please visit www.whhs.com/community/scholarship-opportunities to download a scholarship application and to learn more information about the numerous scholarships that are offered through the organizations in the Washington Township Health Care District family.

Electrical Solutions for Homes and Businesses

25 years experience



Grounding issues
Security lighting
Smoke & CO2 detection
Electrical Panels
Rewiring
Outlets & Switches
Lighting
Ceiling fans
Renovations
Generators
220 Wiring
Pool & hot tub
GFCI's

We are committed to completing electrical projects on time and within budget, while providing the highest quality workmanship

**Adding new circuits
Circuit breakers keep tripping
Fuse panel upgrades
Installation of new fixtures
Move existing
Flickering/blinking lights
Recessed lights**

**20% OFF
Service Calls**

**FREE estimate on new installations
Senior Discounts**

**Serving all your electrical needs
CHAMPION ELECTRIC**

Lic #768517

510-894-0205

Are you caring for someone
with **Alzheimer’s**?
or other memory disorders?

EMERITUS SENIOR LIVING

Our Family is Committed to Yours.

We understand that each family’s experience in caring for someone with memory loss or Alzheimer’s is unique.

Our memory care program, Join Their Journey®, was designed to provide a personalized, familiar and secure setting tailored to each resident’s unique needs.



EMERITUS
—at Atherton Court—

(877) 251-3751

38035 Martha Avenue, Fremont • www.Emeritus.com

Lic. #015601255

Call us to schedule a visit!



“Man of existential frustration is always unhappy, even enjoying social success. Man of existential fulfillment is always happy, even not enjoying social success.”

Huberto Rohden

Discover and mature your spirituality through meditation and intuition and learn the purpose and plan of God under a totally new perspective:

www.CuoreFoundation.org/courses.htm

POETRY CONTEST

SUBMITTED BY POETRYFEST

Poetryfest is sponsoring a poetry contest free to everyone. There are 100 prizes in all, and the \$1,000 grand prize goes to the last poet standing. Poems of 21 lines or less on any subject and in any style will be judged by Contest Director Betty Cummins Starr-Joyal. Send one poem to: Free Poetry Contest, PO Box 3336, Central Point, OR 97502 or enter at www.friendlypoets.com. Deadline for entering is March 31, 2013. Include your name and address on the same page as your poem. All entrants will be sent a winners list.

continued from page 1

Leprechaun Land for Wee Folk



fairly, elfin, pixie, and Leprechaun Games while enjoying Lucky Shamrock snacks! Each participant gets a Snack Pack and leaves with a smile and a bag full of Leprechaun goodies!

This event is for ages 2-10; the average time needed to complete all the activities is approximately one and a half hours. Attendance is limited to 275 registered children; the last four years has sold out prior to the event date, so make sure to register in advance to assure your spot! If there is space available, registration will be taken at the door for \$15 per child. Advance registration \$10 fee per child (parents free!) and includes one walk through the forest. New this year: Each registration



includes one adult to accompany child. For each additional adult or child outside of the age range, there is a \$2 fee. Three starting times are available: 5:30 p.m., 6:30 p.m., or 7:30 p.m. Register today at www.RegeRec.com.

Event sponsors include Nijo Castle, Nothing Bundt Cakes, Washington Township Medical Foundation, Alpine Heating and Air Conditioning, Global Village Montessori, Ohlone College and Ohlone for Kids and Teens, In-N-Out Burger, and Allied Waste.

For more information, call (510) 494-4349.

Leprechaun Land for Wee Folk
Friday, Mar 15
Start times: 5:30 p.m., 6:30 p.m., or 7:30 p.m.
Teen Center in Central Park
39770 Paseo Padre Pkwy., Fremont
(510) 494-4349
www.regerec.com

Fee: \$10 per child

THEATRE



Aaaahz Youth Theater presents "Hairspray"

SUBMITTED BY
ALFONSO CORONA III

Aaaahz Youth Theater will present "Hairspray" March 15 through 24 at San Leandro High School's Arts Education



Emily Baca as Prudy, Amelia Loreda as Penny, Juan Campbell as Seaweed, Jake Ray as Link, Emma Wall as Tracy, and Alfonso Corona III as Edna.

Center on Bancroft Avenue in San Leandro. The musical is directed by Jim Burris and Student Director Brennan Meier, choreographed by Jennifer Gorgulho, and produced by Hollie Meier and Tammy Tabellija.

"Hairspray" is set in June 1962 in Baltimore, Maryland, where plus-size teenager, Tracy Turnblad's dream is to dance on The Corny Collins Show, a local TV dance program. When Tracy wins a role on the show, she becomes an overnight celebrity and

launches a campaign to integrate the show. "Hairspray" songs include a mix of 1960s dance style music and "downtown" rhythm and blues. The production stars Emma Wall as Tracy, Jake Ray as Link, Juan Campbell as Seaweed, Alfonso Corona III as Edna, Emily Baca as Prudy, and Ameila Loreda as Penny.

Performances will be held Fridays, March 15 and 22 at 8 p.m.; Saturdays, March 16 and 23 at 8 p.m.; and Sundays, March 17 and 24 at 2 p.m. Tickets are \$15 for adults, and \$10 for students/children and can be purchased at the theatre or at Brown Paper Tickets: <http://www.brownpapertickets.com/event/345173>. For more information, call (510) 358-1AHZ.

Hairspray
March 15 – 24
7 p.m. (Sundays at 2 p.m.)
San Leandro High School's Arts Education Center
2200 Bancroft Ave., San Leandro
(510) 358-1AHZ
www.aaaahzyouththeatre.org
Tickets: \$15 adults,
\$10 students/children

Topsy Turvy takes first in Tech Challenge

SUBMITTED BY
FTC TEAM 5185

The 2012-2013 Northern California "Ring It Up" First Tech Challenge (FTC) Championship held February 24, 2013 at Newark Memorial High School, featured something new... competitors from Newark. Not only did the Newark "Topsy Turvy" team compete on their home turf for the first time, they won the coveted Winning Alliance at Nor Cal FTC Championship. Thirty-six qualifying teams out of eighty teams from all over Bay Area, Folsom, Santa Cruz, and Tuolumne competed in the Championship.

FTC Team 5185 Topsy Turvy

members Ignatious Hoh, Mira Partha, and Victoria Yuan had been building their robot in "Iggy's" Newark garage for 18 weeks before qualifying at Jefferson High School, Daly City where they won the Inspire and Winning Alliance awards. Besides building their robot and competing in FTC, Topsy Turvy did a lot of community outreach promoting FLL, FTC, and STEM by demonstrating their robot at: Newark Library, elementary and middle schools and Robot Block Party, Stanford.

FTC is an exciting robotics competition designed for students from grades 7-12, typically ages 12-18. Teams of up to 10 students are responsible for de-

signing, building, and programming their robots to compete in an alliance format against other teams. Teams, including coaches, mentors and volunteers, are required to develop strategy and build robots based on sound engineering principles. Awards are given for the competition as well as for community outreach, design, and other real-world accomplishments.

For more information on FLL and FTC programs, visit <http://www.usfirst.org/roboticsprograms/ftc>



Easter Sunday Champagne Brunch

Come enjoy a bountiful array of Entrees in a delightfully warm atmosphere!

- Traditional Breakfast Entrees
- Expanded Seafood Station
- Carved Baron of Beef & Hawaiian Ham
- Made to Order Waffle & Omelet Station
- Fabulous Dessert Bar

For reservations, please call
510-490-8390
39900 Balentine Drive, Newark
www.newarkfremont.hilton.com

March 31st, 2013
10am - 3pm

Adults: \$47, Seniors \$40,
Children \$30 (ages 6-12)
Reservations Recommended

Musical Accompaniment by
Magnolia Jazz Band



Hilton
Newark/Fremont



PhotoCentral celebrates 30th anniversary at Spring Show

By JULIE GRABOWSKI

The writer Irving Stone said, "Happy are those who see beauty in the modest spots where others see nothing. Everything is beautiful, the whole secret lies in knowing how to interpret." Hay-

is manned by a group of instructors who Jordahl claims "bring an amazing array of skills and knowledge." In addition to the Jordahls, Joe Decker, Rick Knepp, Oliver Klink, Russell Foote, Vaughn Hutchins, Marco Zecchin, and Frederick Watkins offer their time and expertise to students. "They come to PhotoCentral for the com-



snowball of transformation which has mingled professional and local artists, reflecting "a real range of what we've done over the years that brings important photographers to Hayward and lets locals exhibit beside them." Past artists have included Charlie Cramer, Bill Owens, Margaretta Mitchell, Jona Frank, Kim Komenich, and John Wimberley.

As for future plans, Jordahl says, "Keeping a community alive and growing is an ongoing goal and process." As photography has changed dramatically in recent years and will always continue to change, she says the aim is "to maintain the traditions, to continue to be vital in that range of what photography is in this really exciting time of transition."

"We feel so lucky to have a life in photography and to do what we love and we want to share that with everyone," says Jordahl. "For us, it's really about that spirit

that says we can make things that are important for our family and our community and the world."

There will be a public reception on Saturday, March 16 from 2 p.m. - 5 p.m. where the community can enjoy the amazing photography, meet the artists, have a snack, and vote on their favorites for the People's Choice Award. Three curators from Modernbook Gallery in San Francisco will determine ribbons for top entries including Best of Show. Several companies have donated prizes, and awards and ribbons will be presented.

The PhotoCentral Gallery is open Monday from 5 p.m. - 10 p.m., Tuesday and Thursday from 10 a.m. - 1 p.m. and by appointment. For more information about the exhibit or classes and workshops, please call (510) 881-6721 or visit online at www.photocentral.org.



ward's PhotoCentral harbors a number of those who can recognize and capture the diverse and sometimes unexpected beauties of the world, and present a whole new way of seeing via a photographic lens.

The 30th Anniversary PhotoCentral Spring Exhibition is the perfect opportunity to see just what the photographic eyes of the community have been spying, as well as celebrate three decades of creation and collaboration. Opening on Saturday, March 16 and running through May 18, the Spring Exhibition is an annual event, which this year features a wide array of over 200 works from over 75 artists. It is not a juried event; everyone gets to participate and experience how to exhibit and learn how a show is curated. Participants range from first time exhibitors to seasoned veterans. "Everyone helps each other and the quality of the work is very high," says photographer, instructor, and PhotoCentral co-founder Kate Jordahl. Those who would like a sneak peek at the exhibit can visit www.photocentral.org/Spring2013.

Founded in 1983 by Geir and Kate Jordahl, PhotoCentral offers a community for aspiring and working photographic artists with classes and workshops for every level, appropriate to both traditional and digital mediums. From beginning camera use to a 6-month book design class, PhotoCentral



munity and the sense of giving back and the collaboration that we all have with one another to make exciting events happen," says Jordahl.

PhotoCentral is equipped with high class facilities and tools, including a 10-station darkroom, professional level printer, and matting and framing tools. From college students and hobbyists to professionals, their doors have always been open to the whole artist community to provide the needed information and support for a full range of levels.

"It's pretty amazing," says Jordahl of hitting the 30 year mark. What began with a dark room open one night a week led to a class, then a workshop, then a gallery; a



Carmen & Family BBQ

Since 1979 Carmen & Family BBQ has been serving the Bay Area's best BBQ. Still family-owned.

Beef brisket, Chicken and Pork ribs

Specializing in:

- Home Made Beef Links
- Home Made BBQ Sauce

50% OFF

Coupon offer for Fremont location Only
Must present coupon with order
EXP. 3/30/13

Buy one entree at the regular price
Get the second entree of equal or less value for 50% off
Does not include Combo's and Slabs

www.carmenandfamilybbq.com
(510) 657-5464
41986 Fremont Blvd., Fremont

Hayward Location (510) 887-1979 692 West A St.
Mon - Thurs: 11:30 am - 9 pm
Fri - Sat: 11:30 am - 10 pm
Sun: 1 pm - 8 pm

Lunch ~ Dinner

Spin a Yarn

www.spinayarnrestaurant.com

Live Music & Dancing
Wed - Sat

Birthday
Business meeting
Fund-raiser
Graduation
Social event
Wedding

Steak House & Seafood

Capacity: 180
Includes:
Dance floor
Private bar
Sound system
120in. projection HDTV

CATERING & BANQUETS

510-656-9141
45915 Warm Springs Blvd.
Fremont

Afghan Village Restaurant

50% off

Buy one entree
get the second entree of
equal or lessor value
for 50% off

Must present coupon
prior to ordering
Exp. 3/30/13

Kabob Specialties

- Filet of Beef Kabob
- Tikkah of Lamb Kabob
- Lamb Chops Kabob
- Chicken Kabob

TRY THE AFGHAN PLATE
Kabob with rice, three side
dishes, Meatball Stew
Chicken Stew, Cauliflower dish
Split Peas. Served with salad
Afghan bread and chutney

Mon-Thurs 11am-10pm
Fri-Sun 11am-11pm

510-790-0557
Catering & Banquets
5698 Thornton Ave., Newark



BREAKFAST • LUNCH • DINNER

 "like" us on **facebook** 

Hours: 7am-9pm everyday

Crepes • Burgers • Pasta • Steaks • Appetizers • Salads • Desserts • Beer & Wine

408-262-2005
1191 E Calaveras Blvd.
Milpitas, Ca 95035



510-796-2333
5475 Thornton Ave.
Newark, Ca 94560

MON-FRI ONLY

FREE Meal

Buy any meal at regular price w/2 beverages and receive the second meal of equal or lesser value Free. (Value up to \$8) One coupon per table. With coupon only. Not valid with any other offer. Excludes senior menu items. Exp. 3/30/13

10% OFF

Breakfast • Lunch or Dinner

One coupon per table. With coupon only. Not valid with any other offer. Excludes senior menu items. Exp. 3/30/13

THEATRE REVIEW



SUBMITTED BY P.R. LEVEY

“Bye Bye Birdie” is practically a rite of passage in the world of high school musicals. It’s hard to believe, but there are people in their 70s now who were in their high school productions of “Birdie,” and today, teens all over the world are still putting on their poodle skirts or slicking back their hair to take the trip to Sweet Apple, Ohio. Now it’s Irvington Conservatory Theatre’s turn to bring this beloved, iconic musical to the stage, performing at Valhalla Theatre in Fremont, March 7-23.

This smartly-designed production is both an homage to, and a comment on the mythical idyllic life of teens in small town America



in the 1950s. Blending distinctly 21st-century technology, like robotic lighting and big-screen video, with the familiar ‘50s look gives the production a fresh, modern feel. The open sets are modular, multi-level, and a sleek silver, with delightful vintage furniture and props popping in and out to create a typical 50s kitchen, a small-town Tiki bar, or a perfect “Mad Men” New York office. Irvington’s production is sophisticated and cheeky. Video clips, which intermingle historic footage with additional material from the cast, occasionally throw jarring images at us to remind us that the nostalgic 1950s were, in retrospect, a pretty scary time.

Nothing is scary in Sweet Apple, though, and the beloved story of fifteen year old Kim MacAfee (winsome and perfectly-cast senior Katie Kelly, most recently seen at Irvington in The Diviners), who just got “pinned” to the wonderfully dorky Hugo Peabody (freshman Tim Sanders, who audiences may remember as Huck Finn in StarStruck Theatre’s Tom Sawyer last year) learning that she’s just been chosen at random to be kissed on national television by teen heartthrob Conrad Birdie. Conrad’s been drafted into the army, and his songwriter, Albert Peterson, at the insistence of his longtime, long-suffering secretary/girlfriend Rosie Alvarez, has written a farewell song for Conrad. The song is intended to be the ticket out of show business and into normal married life for Rosie and Albert. However, nothing goes as planned: Hugo’s jealous, Rosie is frustrated with Albert’s undying devotion to his overbearing mother, and Conrad and Kim long for a fling before settling down.

Robert Ritchie is engaging as Albert Peterson, a pleasant-voiced dreamer who’s painfully henpecked by two women—he’s a man with a good heart and no spine to hold it up. As Rosie, Jennica Christman is an inspired choice. She represents everything that women were fighting for at the time – and to this day - in a single character. She’s a scorned woman, a career woman, an ethnic minority, and a single woman in a man’s world, and she deals with every one of these issues in the space of two hours. Without a hint of the abrasiveness or desperation seen in other Rosies, Jennica Christman shines, even through material which modern audiences may find politically incorrect.

Director Scott Di Lorenzo found a dream of a Conrad Birdie in Gabriel Block. Block does not list a great deal of theatre experience in his bio, but you’d never know it from his performance. His presence is electrifying, and his smile works its magic all the way to the back row. His intensity will cause some sweaty palms in the audience.

Other standouts include Savannah Riddle as Ursula, the over-the-top fangirl friend of Kim’s, Kaeo Tiwanek-Finkes, who plays Mr. MacAfee without trying to do a Paul Lynde impression and still makes him funny, 14-year-old Molly O’Donnell, who doesn’t look a day over 28, camping her way through the role of Gloria Rasputin, and Lauren D’Ambrosio as Mrs. Mae Peterson, Albert’s mother, who brings down the house in the second act with her number (which was added to the show for the Broadway revival a few years ago) “A Mother Doesn’t Matter Anymore.”

Irvington’s production boasts a strong ensemble, and they have an unusual plethora of talented boys to round out the cast. The girls hold their own, too, with lovely harmonies one moment and wild screams the next. Director Di Lorenzo has wisely kept the screaming to the bare minimum.

The young directing team of Di Lorenzo, and husband and wife team of Jennifer and Chris Olson as vocal director and choreographer, respectively, have a lot to be proud of. They’ve breathed some freshness into a chestnut of a show that could easily become a parody of itself. Along with musical director Charlie Rodda and his enormous, 30+ piece onstage orchestra (an innovative feat in itself) it’s possible to get excited about “Bye Bye Birdie” again.

Bye Bye Birdie performs at Irvington High School’s Valhalla Theatre March 14, 15, 16, 17, 21, 22, and 23. Thursday-Saturday curtain is at 7:30 p.m., Sunday matinees at 2:00. Ticket prices range from \$12-\$20; all seats on Thursday evenings are \$10. For more information, see www.irvingtondrama.com.

St. Edward



Summer School 2013

• serving current kindergarten through 7th grade students •

Dates: June 17th to July 19th



Classes: Cool Cooking, Art, Engineering, Math, Reading, Study Skills, Penguin Prowess, Writing Skills, Rain Forest Facts, Grammar Skills, Bible Study, and more!!!

Please join us this summer and experience the wonderful world of fun with learning!



For more information and applications please call the St. Edward School office at 510.793.7242 or visit our website www.stedwardnewark.org, go to “academics” then “summer school”. Thank you!

5788 Thornton Avenue • Newark, CA 94560
510.793.7242 • www.stedwardnewark.org

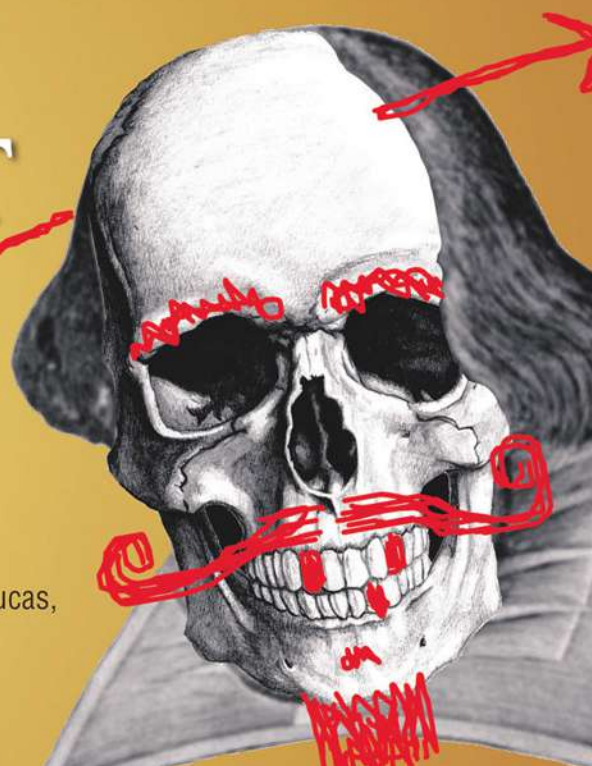
Broadway West Theatre Company Presents

I HATE HAMLET

by **Paul Rudnick**
Directed by **Angie Higgins**

March 22 – April 20
Tickets: (510) 683-9218

Featuring:
Adam Magill, Melinda Marks, James Lucas,
Doll Picotto, Shareen Merriam
and Matt Singer



A young and successful television actor relocates to New York, where he rents a marvelous, gothic apartment. With his television career in limbo, the actor is offered the opportunity to play Hamlet onstage, but there’s one problem: He hates Hamlet. His dilemma deepens with the entrance of John Barrymore’s ghost, who arrives intoxicated and in fullcostume to the apartment that once was his.

Broadway West Theatre Company 4000-B Bay Street, Fremont

Unity Dinner

Unity Dinner features
Silicon Valley philanthropist and Gadar seminar

continued from page 12

the same venue. Presented by the Global Organization of the People of Indian Origin (GOPIO International), it is intended to educate the general public, especially NRIs (non-resident Indians) and their children living in the U.S. and Canada, about the Gadar Movement. The move-

among people from all communities and to support sustainable grassroots projects. The Unity Dinner started after the tragedy of 9/11 to celebrate diversity in the community and promote harmony. Event tickets cost \$85 per person, \$170 per couple or \$800 for a table.



ment was started by NRIs on the West Coast of the U.S. and Canada to forcibly rid India of British rule. The Hindustan Association headquarters in San Francisco published a magazine called Gadar (revolution), which promoted the intentions and activities of the organization, and gave the movement its name. Thousands of people traveled to India in support; many were executed and others received life imprisonment. Thanks to the efforts of GOPIO, the Indian government has officially recognized the contributions of these heroes in this centenary year of the Gadar Movement.

IACF's mission is to promote networking, collaboration, learning, volunteering, and sharing

For more information on IACF and the Unity Dinner, visit www.indocommunity.us, e-mail Jeevanzutshi@aol.com or call (510) 589-3702.

Unity Dinner
Friday, Mar 22
7 p.m. to 11 p.m.

Seminar on Gadar Heroes
4 p.m. – 6 p.m.

Newark Fremont Hilton
39900 Balentine Dr., Newark
(510) 589-3702
www.indocommunity.us

Tickets: \$85 pp, \$170 couple,
\$800 table

Spring Break Camps

April 1st - 5th



Various half day and full day camps are available:

- * Academic Enrichment
- * Art, Cooking & Theater
- * Just for Fun
- * Special Interest
- * Sports

Locations:
Central Park
Irvington
Warm Springs
and others

Extended care available at some locations

Registration Information: www.RegeRec.com
(510)494-4300
www.fremont.gov/daycamps



CITY OF
Fremont

IRVINGTON CONSERVATORY THEATRE PROUDLY PRESENTS:



MARCH 7, 8*, 9, 14-16, 21-23 AT 7:30
MARCH 10 & 17 AT 2:00
PREMIUM: \$20
GENERAL ADMISSION: \$15 SENIOR/STUDENT: \$12
TICKETS AVAILABLE ONLINE AT WWW.IRVINGTONDRAMA.COM
***ASL INTERPRETED**

DRIVERS FOR SURVIVORS NEED VOLUNTEER DRIVERS!



Volunteers to be companion
drivers for ambulatory
cancer patients
to transport & accompany
our clients to their
life saving medical
appointments.

We work with your schedule

PLEASE EMAIL
volunteer@driversforsurvivors.org
OR CALL **510-579-0535**

Estate Plan for Benefit of Children-Wills & Living Trusts
Incorporation & Business Contracts/Partnerships
Litigation & Settlements - Injuries & Business Disputes
Stephen F. Von Till & Assoc., Lawyers, 40 Years Experience
• Bachelor of Arts, High Honors, Humanities, Michigan State University, 1966
• University of Illinois College of Law, 7th in Class, Law Review Editor, Order of the Coif
• Trials/Settlements in hundreds of cases - Million Dollar Jury Verdicts - CA Supreme Court
• Highest ranking for legal ability & ethical standards by National Legal Publication
• Instructor, Stanford University Law School, Advanced Trial Advocacy Workshop, 1995-2010
• Faculty, Santa Clara University School of Law, Law Clinic, 1987



Von Till & Associates
www.vontill.com
FREE Consultation For
Wills & Trusts
510-490-1100

152 Anza Street, Fremont, CA 94539 (Mission Blvd. & Anza St., Near Ohlone College)

Ippolito's NEWARK JEWELRY CENTER
Sales
Service
Repairs



Since 1959
Arista

510-797-5993
www.newarkjewelrycenter.com
5646 Thornton Ave., Newark

CELEBRATE WITH US!



**Come Help Us Celebrate
5 Year Anniversary**
**Monday
March 21
5-8pm**
Please call and let us
know you are coming
510-475-1858
1780 Whipple Road, Ste. 105
Union City



Dr. Abdollah S. Nejad, D.C.
"A Chiropractor with a Passion"

Please join us for massages, food
and refreshments as we celebrate
our anniversary and thank you for
your friendship and support over
the past five years.

CHIROSPORTSUSA
CHIROPRACTIC • MASSAGE • FITNESS • NUTRITION

Wig Sale
UP TO
50% OFF

Synthetic & Human Hair Exp. 3/30/13
Custom Hair Systems for Men & Women
Se Habla Español M-F 10:30am-7:30pm
Sat - 10am - 7pm Sun 11-6pm Sun

We do Special Orders and Shipping
510-790-7159

Martins
Since 1956
Beauty is our Business

**Full Service Beauty Salon
Hair & Beauty Supplies**
Custom Alterations - Tinting - Perms - Thinning

ALFAPARF MILANO ENJOY MOROCCANOIL PUREOLOGY

37211 Fremont Blvd., Fremont
CENTERVILLE DISTRICT

"helping women look great...naturally"



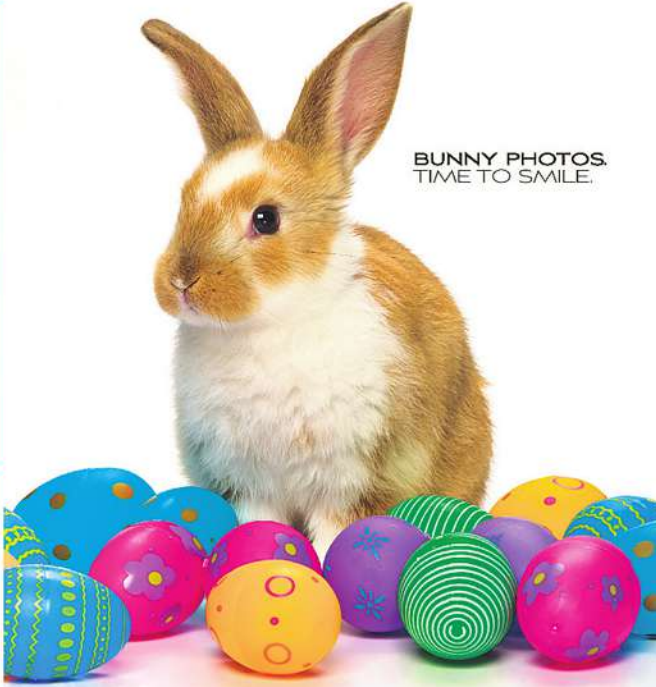
envy
(Private Wig Room)

2ND ANNUAL
EASTER EGGTRAVAGANZA
AT NEWPARK MALL

SATURDAY, MARCH 16
NOON - 3PM
JCPENNEY COURT

JOIN US FOR A FUN-FILLED
EASTER ACTIVITY DAY FULL OF
ARTS AND CRAFTS, MUSIC,
PRIZES AND AN INSTAGRAM
PHOTO BOOTH.
(FAMILIES ARE INVITED TO BRING THEIR OWN CAMERA)

NEWPARK
OVER 120 SPECIALTY SHOPS AND EATERIES INCLUDING
MACYS, SEARS, JCPENNEY AND BURLINGTON COAT FACTORY.
CONVENIENTLY LOCATED OFF OF I-880 AT MOWRY AVE.
NEWPARKMALL.COM | [f](#) [t](#) [i](#) [g](#)
#NPMVEASTER
ROUSEPROPERTIES



BUNNY PHOTOS.
TIME TO SMILE.

Furniture Rug Depot
20 years in Fremont Exp. 3/30/13
Over 1,000 rugs New and Antique

50 OFF Rugs
25-40% OFF Furniture



Professionally Clean Oriental Rugs
Repair, Restore and Appraise

Afghan • Persian • Turkey **510-745-7600**
Furniture New & Antiques
www.furniturerugdepot.com
4673 Thornton Ave., Fremont

*Night
Jazz
at Ginger*

**Introducing
our Weekly Jazz Night series**
at Ginger Bar & Grill in the Hilton Hotel
7:00pm - 10:00pm
every Wednesday Night

Come enjoy a glass of wine
and the smooth sounds of some
of the Bay Area's best Jazz bands
No Cover - 21 and Older, ID Required

newarkfremont.hilton.com
39900 Balentine Drive,
Newark

Ginger
B.A.R.G.R.I.L.L.

Hilton
NEWARK/FREMONT 510-490-8390

MISSION RIDGE
Family Dentistry

\$99 Sensational Smile Teeth Whitening
a \$350 value

FREE CASH PATIENTS ONLY
exam, xrays and consultation for new patients
and only for \$59 cleaning (for limited time only)

Dr. Varundeeep Grewal DDS 510-651-7500 Exp. 3/30/13
www.missionridgedentist.com
43693 Mission Blvd., Fremont
Across from Ohlone College at the intersection of Mission & Pine St.



Having an affair - Have it here

Banquet Facility

Weddings - Receptions - Luncheons
Company Parties - Dances
Indoor and Outdoor Facilities
Catering Available
Capacity 300

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

NEW OWNERS

FREMONT

Massage & Wellness

CERTIFIED MALE & FEMALE THERAPISTS
Private Therapy Rooms
Soothing Music

FACIALS IMAGE I
European • Deep Pore
Gentlemen's Facials
Image skin care products

Swedish Massage
Sports Massage
Reflexology
Trigger Point Work
Deep Tissue Massage
Maternity
Lymphatic
Reiki
and more

Certification #39961 Byron
Certification #32839 Dianne

Byron & Dianne Evans
510-659-9313
www.fremontmassage.com
Located in Irvington District next to 24hr Fitness
40900 B Fremont Blvd., Fremont

Open 7 days
\$10 Off
Any Regular
Priced Services
Expires 3/30/13
Not valid with
any other offer
cannot be
combined with any
other discount

**Put an end to
all the rumors**



Marry her!

We Buy Diamonds & Gold

H. C. NELSON & CO.
JEWELERS SINCE 1981
40707 GRIMMER BLVD., FREMONT
TUES-SAT 10AM-5PM
(510) 490-3022

*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**

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



Continuing Events

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

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

Monday, Feb 1 - Friday, Mar 30

Art: Believe/Achieve

9 a.m. - 5 p.m.

Art from the National League of American Pen Women

John O'Lague Galleria
777 B Street, Hayward
(510) 538-2787
www.haywardarts.org

Monday, Feb 12 - Sunday, Apr 30

Tom Cain Memorial Photography Exhibit

Mon - Fri: 5 a.m. - 9 p.m. & Sat - Sun: 7 a.m. - 3 p.m.

Winning entries from the annual photography contest

Union City Sports Center
31224 Union City Blvd., Union City
(510) 675-5328

Wednesday, Feb 13 - Saturday, Apr 6

Children's Book Illustrators Exhibit

11 a.m. - 5 p.m.

Eleven Illustrators & sixteen books are featured

Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Thursday, Feb 15 - Sunday, Mar 16

Women's Figurative Art, An Appreciation of the Human Form

12 noon - 5 p.m.

Sculptural art from 10 California women artists

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

Monday, Feb 1-Friday, Mar 19

Tri-City Senior Peer Counseling Volunteer Training

9 a.m.

Seniors 50+ learn counseling skills to support other seniors

City of Fremont
3300 Capital Ave., Fremont
(510) 574-2064
lcox@fremont.gov

Thursday, Mar 7 - Sunday, Mar 17

Bye Bye Birdie \$

Thurs - Sat: 7:30 p.m.
Sun: 2:00 p.m.

Elvis inspired musical

Irvington High School
41800 Blacow Rd., Fremont
(510) 590-7510
www.irvingtondrama.com

Arts & Entertainment

Thursday, Mar 7 - Friday, May 3

Hayward Arts Council Members' Spring Show

1 p.m. - 3 p.m.

Offerings from member artists

Foothill Arts of the Bay Gallery
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Monday, Mar 12 - Friday, Jun 14

Apocalypse & Adaptation: How Catastrophes Shape Society

11 a.m. - 4 p.m.

Exhibit exploring the relationship between humans & catastrophes

Cal State East Bay University,
C.E. Smith Museum of Anthropology
Meiklejohn Hall, Rm. 4047
25800 Carlos Bee Blvd., Hayward
(510) 885-7414

Wednesdays, Mar 13 - Jun 12

Walk this Way: Ages 55+

10:30 a.m. - 12 noon

Program integrates walking, flexibility & strength

Kennedy Community Center
1333 Decoto Rd., Union City
(510) 574-2053

Thursday, Mar 14 - Saturday, Mar 23

Once on This Island \$

7 p.m.

Musical love story

Mission San Jose High School
41717 Palm Ave., Fremont
(866) 967-8167
www.showtix4u.com

Thursday, Mar 14 - Saturday, May 3

Hayward Arts Council Members' Spring Show

10 a.m. - 4 p.m.

Offerings from member artists

Foothill Arts of the Bay
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Friday, Mar 15 - Sunday, Mar 24

Hairspray \$

Fri & Sat: 7 p.m.

Sun: 2 p.m.

Teenager integrates a local TV dance show

San Leandro Arts Education Center
2200 Bancroft Ave., San Leandro
(510) 909-9516
www.aaaahzyouththeatre.org

Friday, Mar 15 - Sunday, Mar 29

Once Upon a Mattress \$

Fri & Sat: 8:00 p.m.

Sun: 2:30 p.m.

Queen's quest to find a suitor for her son

Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org

Monday, Mar 18 - Thursday, May 16

Photo Exhibition

Mon: 5 p.m. - 10 p.m.

Tues & Thurs: 10 a.m. - 1 p.m.

Over 200 pictures from patrons & students

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

Tuesday, Mar 12

How to Start a Company

6 p.m. - 8 p.m.

Discuss business structures & tax strategies

Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Tuesday, Mar 12

Speaker: Dr. Melba Pattillo Beals

12 noon

Author of "Warriors Don't Cry"

Chabot College
25555 Hesperian Blvd., Hayward
(510) 723-6680

Fremont Hills
Assisted Living & Memory Care

Upcoming Seminars at Fremont Hills



Fremont Hills is offering a variety of FREE seminars ranging from Fall Prevention, and the effects of Alzheimer's - to dealing with Depression and Strokes.

Our goal is to help educate and highlight these issues for our residents, their loved ones, and the entire Fremont Community

Tuesday, March 26th
5:30pm - 6:30pm

Alzheimer's care, how to help our loved one maintain nutritional status

Vinh Mai, RD
LifeHOUSE Health Services

These seminars will take place at Fremont Hills. Seminars will be led by the area's foremost leaders on their respective topics.

Inviting Professionals & Families affected by Alzheimer's and Dementia

RSVP by March 24th

35490 Mission Blvd.
Fremont, CA 94536
www.FremontAssistedLiving.com

P: 510.796.4200
F: 510.796.2295

Lic#015601420
A LifeHOUSE Health Services Managed Community

St. Christina of Tyre Orthodox Church
A Mission of the Orthodox Church in America • The Diocese of the West

Come Home to the Father's House....
St. Christina of Tyre Orthodox Church
The ancient Christian Faith alive today & here in the Tri-Cities!
The Orthodox Church is Evangelical, but not Protestant.
It is Orthodox, but not Jewish.
It is Catholic, but not Roman.
It isn't non-denominational - it is pre-denominational.
It has believed, taught, preserved, defended and died for the Faith of the Apostles in Jesus Christ since the Day of Pentecost over 2000 years ago.

Scheduled Monthly Services & Events

Great Lent Begins March 17th
Saturdays 6 p.m. - Great Vespers (Beginning of Sunday Resurrection Services)
Sundays 9:30 a.m. - Hours & Divine Liturgy followed by common meal & Children's Christian Education
Thursday 2/14 7 p.m. - Prayers of Intercession for Those Suffering from Addiction
■ **Tuesdays 10-11:30 am Father's Cafe (informal Discussion with Q&A over coffee)**
Visit our website to see our Lenten weekday services at www.stchristinaorthodox.org

For More Information 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



Full Service Jewelers
CHRIS'S JEWELRY
We buy gold!
Clean out your drawers

Need cash, clean out your drawers.
 Turn that unwanted jewelry into cash or
 trade it in for something new.

*We buy: Gold, Silver, Platinum, Scrap Gold Broken gold
 Dental gold and Coins*

www.Chris-Jewelry.com
37725 Niles Blvd., Fremont 510-713-2403

Computer NOT for you? **Too busy to do it yourself?**



Where we bring the computer to you!

Eagle Eye
 Vacation & Event Planning
510-385-2601
www.EagleEyePlanning.com
info@EagleEyePlanning.com

Not limited to travel, let us help you with all your internet needs

Airline Tickets	Romantic Get A Ways	Birthday Gifts
Vacations	Group Events	Sporting Events
Concerts	Graduation Gifts	Internet Searches
Cruises	Anniversary Gifts	and more

At The UPS Store®, we do a lot more than shipping.

Mailbox services • Printing services • Shipping services
Fingerprinting services • Notary services • Passport services

The UPS Store

10% OFF SHIPPING WE ♥ LOGISTICS®
VALID ONLY IN THIS LOCATION

Located in Mission Valley Shopping Center, near Lucky's

40087 Mission Blvd.
Fremont, CA 94539
510.438.9474
store1640@theupsstore.com

4 MONTHS FREE
WITH A 1-YEAR MAILBOX SERVICES AGREEMENT (New Box Holders Only)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store cannot and does not intend to be responsible for any loss or damage to items. © 2013 The UPS Store, Inc.

The UPS Store

Copyright © 2013 The UPS Store, Inc. D20F172445 2.13

Haircut Headquarters



\$2 OFF A HAIRCUT WITH THIS AD (regular \$14+)

Brookvale Shopping Center
35740 Fremont Blvd
510.796.2887

Open 7 days
 Mon-Fri 9 am/8 pm
 Sat 9 am/7 pm
 Sun 10 am/6 pm

Coupon fever!
http://haircutheadquarters1.com

Newark Excellent Massage Therapy



\$40 for 60 min. Full Body Oil Massage

- * Must present coupon for offer
- * Cannot be combined with other offers
- * Other restrictions may apply

Exp. 3/30/13

510-794-5678
6170 Thornton Ave., Suite 1, Newark

Tuesday, Mar 12
Cribbage Club
 6:30 p.m.
Beginner's night
 Round Table Pizza
 37480 Fremont Blvd, Fremont
 (510) 793-9393

Tuesday, Mar 12
World Series Trophies Exhibit
 3:30 p.m. - 6:00 p.m.
SF Giants display 2010 & 2012 trophies
 Hayward City Hall
 777 B St., Hayward
 (510) 293-7270

Tuesday, Mar 12
Songs in Progress \$
 6 p.m.
Learn to write lyrics
 Mudpuddle
 34733 Niles Blvd., Fremont
 (510) 794-9935
 www.michaelmcnevin.com

Tuesday, Mar 12
Estate Planning for Families
 7 p.m. - 9 p.m.
Discuss wills, probate, power of attorney & medical directives
 Prince of Peace School
 38451 Fremont Blvd., Fremont
 (510) 789-8651
 funmcpsfaire@gmail.com

Wednesday, Mar 13
Find it Fast!
 4 p.m.
Internet workshop for kids grades 4-6 only
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1400

Wednesday, Mar 13
Ohlone College Community Band \$
 7:30 p.m.
Spring concert
 Smith Center
 43600 Mission Blvd., Fremont
 (510) 659-6031
 www.smithcenter.com

Wednesday, Mar 13
UC Youth Commission Monthly Meeting
 4 p.m.
Teen leadership program for grades 7 - 12
 Union City Teen Center
 1200 J St., Union City
 (510) 675-5600
 www.UnionCity.org

Wednesday, Mar 13
Successful Business Plans - R
 9 a.m. - 12 noon
Discuss raising capital & creating a foundation for growth
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1400

Wednesday, Mar 13 - Friday, Mar 15
Student Repertory Theatre \$
 8 p.m.
One act plays
 Smith Center
 43600 Mission Blvd., Fremont
 (510) 659-6031
 www.smithcenterpresents.com

Thursday, Mar 14
Spring Career Training Education Meeting - R
 6:30 p.m. - 8:30 p.m.
Network with businesses & meet instructors
 Mission Valley ROP
 5019 Stevenson Blvd., Fremont
 (510) 795-2244
 aaldinger@mvrop.org

Thursday, Mar 14
(Artwork displayed thru Mar 30)
Newark Memorial HS Art Show Reception
 6 p.m. - 8 p.m.
Students show their work
 Newark Branch Library
 6300 Civic Terrace Ave., Newark
 (510) 795-2627 ext. 16

Thursday, Mar 14
Business After-Hours Mixer \$R
 5 p.m. - 7 p.m.
Presented by Milpitas Chamber of Commerce
 Milpitas Marriott
 1480 Falcon Dr., Milpitas
 (408) 262-2613

Thursday, Mar 14
A Taste of STYLE: Benefit for St. Rose Hospital \$
 6 p.m. - 9 p.m.
Wine tasting, food, fashion show & auction
 Diablo Country Club
 1700 Clubhouse Rd., Diablo
 (510) 264-4007

Friday, Mar 15
Leprechaun Land for Wee Folk \$R
 5:30 p.m. - 8:30 p.m.
Games, activities, snacks & goodie bags. Ages 2-10
 Fremont Teen Center
 39770 Paseo Padre Pkwy., Fremont
 (510) 494-4349

Friday, Mar 15 - Sunday, Mar 17
Collage Workshops \$R
 10 a.m. - 3 p.m.
Grace Rankin teaches torn paper techniques
 Fremont Art Association
 37697 Niles Blvd., Fremont
 (510) 792-0905
 www.FremontArtAssociation.org

Friday, Mar 15
Music for Minors II Benefit Gala \$R
 6:30 p.m. - 11:00 p.m.
Dinner, dancing & auction
 Fremont Marriott
 46100 Landing Pkwy., Fremont
 (510) 733-1189
 www.musicforminors2.org

Friday, Mar 15
Impressions of Paris: Tea \$R
 12 noon
World traveler Judy Tanner speaks
 Shinn House
 1251 Peralta Blvd., Fremont
 (510) 793-9352

Saturday, Mar 16
A Night of Illusion \$
 8:00 p.m. - 9:30 p.m.
Magic performance
 Temple Beth Torah
 42000 Paseo Padre Pkwy., Fremont
 (510) 656-7141
 www.tbtevents.com

Saturday, Mar 16
Busy Bees \$R
 12 noon - 1:30 p.m.
Learn about bees & their habitats. Adults only
 Sulphur Creek Nature Center
 1801 D. St., Hayward
 (510) 881-6747
 www.haywardrec.org

Saturday, Mar 16
Ohlone College Chamber Singers \$
 8 p.m.
The Italian Masters spring concert
 Smith Center
 43600 Mission Blvd., Fremont
 (510) 659-6031
 www.smithcenter.com

Saturday, Mar 16
Nowruz Celebration
 2:30 p.m. - 4:30 p.m.
Afghanistan, Iran & Tajikistan New Year
 Fremont Main Library
 2400 Stevenson Blvd., Fremont
 (510) 745-1400

Saturday, Mar 16
Sierra LaMar Children's Safety Awareness Fundraiser
 1 p.m. - 5 p.m.
Finger printing, bounce house, dancing & music
 Niles Hall
 37270 Niles Blvd., Fremont
 (510) 742-5960
 www.findsierralamar.com

Saturday, Mar 16
Movie Night \$
 7:30 p.m.
Irene, Koko's Magic, & The Daredevil
 Niles Essanay Theater
 37417 Niles Blvd, Fremont
 (510) 494-1411

Saturday, Mar 16
Night Hike
 7:00 p.m. - 8:30 p.m.
Learn about nocturnal animals. Ages 6+
 Hayward Shoreline Interpretive Center
 4901 Breakwater Ave., Hayward
 (510) 670-7270

WHAT'S UP at the Fremont Art Association?

Wednesdays, from 9am - 1pm FREE
3rd Saturday Photo Group Outtings FREE

DROP IN CLASSES

Life Drawing - 2nd Thursday of each month \$20.00
Oil Painting with Chris Walsh
1st & 3rd Thursdays, 2-4pm - \$35.00
Watercolor with Grace Rankin
Every other Monday, 1pm - 25.00



Fremont Art Association's Gallery
37697 Niles Blvd., Fremont, CA 94536
www.fremontartassociation.org
For more information contact Robyn at robynlyee@sbcglobal.net

NIKE TENNIS CAMPS **SERIOUS. FUN.**



MISSION HILLS TENNIS CLUB
 Fremont, California

Directed by Bill Patton - head tennis professional
 All Skill Levels (ages 9-18) • 10 & Under (ages 5-10)
Full Day and Half Day Options
 Spring Break Camps (April 1-3 & April 3-5)
 Summer Camps (June 17-21, 24-28, July 8-12, 15-19, 22-26, July 29-Aug 2)

USSportsCamps.com | 1-800-NIKE CAMP (1-800-645-3226)

All Rights reserved. Nike and the Swoosh design are registered trademarks of Nike, Inc. and its affiliates, and are used under license. Nike is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of US Sports Camps.

Sunday, Mar 17

St. Patrick’s Day Dinner Dance \$R

5:00 p.m. - 8:30 p.m.
Corned beef and cabbage dinner, music, & dancing
Eden Church Hayward
21455 Birch St, Hayward
(510) 537-6101

Sunday, Mar 17

Ohlone Wind Orchestra \$

2 p.m.
Winter concert with classical selections
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Sunday, Mar 17

Felix Mendelssohn’s Elijah \$

3 p.m.
Oratorio featuring Peter Tuff & Christopher Bengochea
California Theater
345 South First St., San Jose
(408) 286-2600
www.sanjosesymphonicchoir.org

Sunday, Mar 17

Open House

1 p.m. - 3 p.m.
Tour the Shinn House
Shinn House
1251 Peralta Blvd., Fremont
(510) 793-9352

Sunday, Mar 17

Skills of the Past: Fire Making – R

9:30 a.m. - 12:30 p.m.
Learn to make fire
Hands-on activity for ages 16+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparksonline.org

Sunday, Mar 17

Skills of the Past: Cordage Making – R

2:00 p.m. - 4:30 p.m.
Use plant materials to make cords. Ages 9+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparksonline.org

Sunday, Mar 17

What Makes Things Green? – R

1 p.m. - 2 p.m.
Learn why things are green
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparksonline.org

Sunday, Mar 17

Sunol to Mission Peak Hike \$

9:30 a.m. - 3:30 p.m.
Strenuous 10.5 mi. hike up 2,200 foot elevation. Ages 12+

Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparksonline.org

Sunday, Mar 17

Lucky Leprechaun Search \$

1 p.m. - 2 p.m.
Search for the pot-o-gold hidden on the farm
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797

Monday, Mar 18

Screening of ALEC

7 p.m.
How lobbyists & legislators craft laws
Fremont Congregational Church
38255 Blacow Rd., Fremont
(510) 656 2348

Friday, Mar 22

Hayward Education Foundation Gala \$R

5 p.m.
Dinner, cocktails, entertainment, raffle & auction
Cal State East Bay University
25800 Carlos Bee Blvd., Hayward
(510) 881-0890
www.haywarded.org/gala

Symphonic Choir presents ‘Elijah’

SUBMITTED BY PAMELA MCCULLOCH

On March 17, San Jose Symphonic Choir, under the direction of Maestro Leroy Kromm, will perform Felix Mendelssohn’s acclaimed oratorio “Elijah” in downtown San Jose’s beautiful California Theatre. The 135-voice choir will be joined by Peter Tuff, baritone, (“...a burnished and expressive singer...” Richard Scheinin) singing the role of Elijah, and Bay Area favorite and Opera San Jose alumnus Christopher Bengochea, tenor, as Obadiah. Also featured will be Yemonja Stanley, soprano; Cassandra Cardenas, mezzo soprano; members of Vivace Youth Chorus of San Jose; and the Nova Vista Symphony.

Fremont sopranos, Sharon Xavier de Sousa (soprano section leader), Louise Xavier (90 years young), and Pearl Gunsell will also be joining forces with the San Jose Symphonic Choir for this performance. This marks their 10th year with the choir, the oldest community choral group in California (founded in 1924).

Mendelssohn’s operatic setting of the Old Testament story about the prophet Elijah was heralded as both a critical and popular success from its very first

performance on August 26, 1846 in Birmingham, England. Melodious, dramatic, and reminiscent of works by J.S. Bach and George F. Handel, both of whom Mendelssohn idolized, it remains one of the world’s most beloved oratorios.

San Jose Symphonic Choir is supported, in part, by a Cultural Affairs grant from the City of San Jose, by a grant from the Farrington Foundation, and is funded by Applied Materials Excellence In The Arts Grants, a program of Arts Council Silicon Valley.

Tickets are \$30 general; \$24 for senior, military, student; and \$20 group rate (10 or more). Contact the Symphony Silicon Valley box office at (408) 286-2600, ext. 23. The box office is open from 10 a.m. – 5 p.m., Monday through Friday.

Felix Mendelssohn’s Elijah

Sunday, Mar 17

3 p.m.

California Theatre

345 South First St., San Jose

(408) 286-2600, ext. 23

www.sanjosesymphonicchoir.org

Tickets: \$20 - \$30

BLACK OAK CASINO

VIOLA BLYTHE CENTER



WHEN: SATURDAY MARCH 30, 2013
TIME: 7:30AM NEWARK PAVILION
(BUS LEAVES PROMPTLY AT 8:00 AM)
PRICE: \$30.00 PER PERSON
REFUNDS UPON ARRIVAL AT CASINO
RESERVE YOUR SEAT NOW—SPACE LIMITED

CONTACT DEBBIE: 673-3016

Food & Refreshments included on bus
Raffle - Bingo - Auction on Bus

Mission Hills Athletic Club

GRAND REOPENING

March 30, 2013 (Saturday) 9am-9pm

Address: 10 E. Las Palmas Ave.
Fremont, CA 94539

Play tennis and workout in a Tahoe-like setting!

13 Courts, Fitness Classes, New Fitness Machines

Memberships available NOW!

Special Grand Opening Promotional Pricing!

Unlimited Tennis and Fitness or Fitness Only

Interested in info? Complete the INTEREST FORM online at:

<http://tinyurl.com/Membership-Interest>



A positive path for spiritual living

Unity of Fremont

Sunday 10:00 AM



Rev. Ken Daigle
Senior Minister

36600 Niles Blvd, Fremont

www.unityoffremont.org

510-797-5234

BOOKMOBILE SCHEDULE

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

Tuesday, March 12
9:15–11:00 Daycare Center Visit - FREMONT
2:00–2:30 Daycare Center Visit - FREMONT
2:30 – 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT
4:45 – 5:30 Baywood Apts., 4275 Bay St, FREMONT
5:50 – 6:30 Jerome Ave. and Ohlones St., FREMONT

Wednesday, March 13
1:00 – 1:45 Hillside School, 15980 Marcella St., SAN LEANDRO
2:00 – 2:45 Eden House Apts., 1601 - 165th Ave., SAN LEANDRO
3:15– 3:45 Baywood Ct., 21966 Dolores St., CASTRO VALLEY
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, March 14
9:50 – 10:20 Daycare Center Visit - FREMONT
10:40–11:30 Daycare Center Visit - NEWARK
1:15 – 1:45 Stellar Academy, 38325 Cedar Blvd., NEWARK
2:00 –3:15 Graham School, 36270 Cherry St, NEWARK

Friday, March 15
9:45 - 11:15 Fame Charter School, 16244 Carolyn St., SAN LEANDRO
11:45 –12:15 7 TH Step, 475 Medford Ave., HAYWARD
2:00 –3:00 Hesperian School, 620 Drew St., SAN LORENZO

Monday, March 18
9:20-10:00 Daycare Center Visit - FREMONT
10:15-11:15 Daycare Center Visit - FREMONT
1:45 – 2:45 Pioneer School, Blythe St. & Jean Dr., UNION CITY
3:05 – 3:25 Alvarado Elementary School, Fredi St. & Smith St., UNION CITY
4:15 – 4:45 Greenhaven Apts., Alvarado Blvd. & Fair Ranch Rd., UNION CITY
5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Circle, FREMONT

Tuesday, March 19
10:00 -11:00 Daycare Center Visit - UNION CITY
1:30 – 2:30 Mission Hills Middle School, 250 Tamarack Dr., UNION CITY
2:45 – 3:30 Purple Lotus Buddhist School, 33615 - 9th St., UNION CITY
4:50 – 5:30 Mariner Park, Regents Blvd. & Dorado Dr., UNION CITY
5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, March 20
3:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT
4:15 – 4:5Lone Tree Creek Park, Starlite Way & Turquoise St, Warm Springs, FREMONT
6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

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

Wednesday, March 6
1:45-3:00 Foothill School, 1919 Landess Ave., MILPITAS
3:15-3:45 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

SPORTS

Full Day Camp \$210 3 or more children \$350
1/2 price for 2nd Child 1/2 Day Camps 9-12 or 12-3
Call for prices!

Top Flight Gymnastics

Flipping to new Heights with Fitness and Fun

Gymnastics, trampolines foam pits,
and Bounce House for ages 3 and above

Gymnastic classes from Toddlers to Adults



And there's more...
We also organize Birthday Parties,
offer Field Trips, Play Groups,
Open Gym, Flight Night and Camps!

Call for a Free Trial

5127 Mowry Ave. • Fremont Call or Check website
(510) 796-3547 www.topflightfremont.net

SUPER MARTIAL ARTS

Jung SuWon Martial Art Academy
BODY - MIND - SPIRIT

Learn Traditional Martial Arts from Masters



Learn Self-Defense & Gain Courage
Increase Physical Conditioning
Weight Control
Increase Self-Confidence, Patience, &
Mental Awareness
Learn to Meditate, Increase Focus

Grandmaster Dr. Tae Yun Kim is one of the
highest ranking martial artists in the world.

www.jsw.com

ONE MONTH
FREE Exp 2/28/13



Ages: 3-70
Traditional Tae Kwon Do
Self-Defense
Meditation
Weapons
Ki-Energy

510-659-9920
40480 Albrae St. in Fremont



TECHNOLOGY MUSIC ACADEMY

FREE (\$25 Value)
*Registration with this ad! (*First time registration only)

Ages 4 & up • Exams & Recitals • Certified Diplomas

PIANO LESSONS
\$10 per week
(1 hour class)

Piano/Keyboard

Guitar/Bass

Singing/Vocal

Conga/Drums

GUITAR LESSONS
\$15 per week
(1 hour class)

Flute/Trombone

Sax/Trumpet

Violin/Clarinet

Ukulele

Hayward Music Center

124249 Hesperian Blvd., Hayward 510-264-9669

Pizza Italia



\$7⁰⁰ OFF Any two
extra large pizzas

OR

\$3⁰⁰ OFF

Any extra large pizzas

Limit one coupon per person per visit. Exp. 3/30/12
Not valid with any other offers, specials or discounts.
Applicable taxes paid by bearer.

All you can eat Pizza
is back every Wednesday
5pm - 8pm, only \$7.99
(includes Salad and Soda)

We deliver
More than just Pizza
Lasagna,
Eggplant Parmigiana
and more

Catering Available

34765 Ardenwood Blvd., Fremont
510.797.1476

Moreau Report

SUBMITTED BY COACH TONY RODRIGUEZ

Congratulations to Moreau Catholic High School's varsity Men's Tennis team for their close victory over Kennedy High School (Fremont) on March 5th. Braving tough competition, the Mariners narrowly tamed the Titans in a final match score of 4-3. Special notices go to Moreau Catholic's #1 Singles player and Team Captain Aditya Dharma, and #1 Doubles team sophomore Harish Venkat and Rohan Divate for their dramatic wins.

VARSITY SINGLES:

Team captain Aditya Dharma (MCHS) defeated Sai Sanigepalli (Kennedy) in two sets: 6/3, 6/3
Elijah Gonzales (Kennedy) defeated team captain Jason Ndegwa (MCHS) in three strong sets: 6/4, 3/6, 6/2

Sina Abdollahian (MCHS) defeated Damon Chen (Kennedy) in two sets: 6/1, 6/4.

Team captain Vivek Gudipati (MCHS) defeated Daniel Kim (Kennedy) in two sets: 7/5, 6/2

VARSITY DOUBLES:

MCHS's Harish Venkat and Rohan Divate defeated Kennedy's Raymond Kao and Brian Tan in two strong sets: 6/4, 6/3

Kennedy's Israel Comofort and Eric Chaing defeated MCHS's Jeff Ugalde and Aniruddh Mandalapu in two sets: 7/5, 6/3

Kennedy's Sean Ha and Waylon Li defeated MCHS's Carl Basbas and Andrew Guterres in three close sets: 6/4, 5/7, 10-8

The Varsity Men's Tennis team defeated the Newark Memorial Cougars in a final match score of 7-0. Men's Tennis remains undefeated and tied for first place in league play. Special notices go to team captain junior Jason Ndegwa, senior Carl Basbas and sophomore Jeoffrey Ugalde.

VARSITY SINGLES:

Team captain Aditya Dharma (MCHS) defeated Oscar Arteaga (NMHS) in three sets: 4/6, 6/1, (10-4)

Team captain Jason Ndegwa (MCHS) defeated Vijay Senthil-Kumar (NMHS) in two strong sets: 6/1, 6/3

Sina Abdollahian (MCHS) defeated Rajan Gill (NMHS) in two sets: 6/0, 6/0

Team captain Vivek Gudipati (MCHS) defeated Eric Sheetz (NMHS) in two sets: 6/0, 6/2

VARSITY DOUBLES:

MCHS's Harish Venkat and Rohan Divate defeated NMHS's Mohammad Khalid and Josh Ylarde in two strong sets: 6/1, 6/2

MCHS's Aniruddh Mandalapu (9) and Andrew Guterres defeated NMHS's Ishmael Legaspi and Kyrie Sismaet in two sets: 6/0, 6/2

MCHS's Carl Basbas and Jeoffrey Ugalde defeated NMHS's Thanh Tran and Mark Siacotos in two sets: 6/0, 6/2

JUNIOR VARSITY

Moreau Catholic High School defeated Newark Memorial High School in a final match score of 6-1.

SINGLES:

Aarian Moogat (MCHS) defeated Kevin Willis: 9/8

Ian Santillano (MCHS) defeated David Reid: 8/3

Christian Vernikoff (MCHS) defeated Juan Carlos Leyva: 8/6

Byron Castaneda (MCHS) defeated Ashuin Prasad: 8/3

DOUBLES:

NMHS Luis Sandoval & Arjan Gill defeated MCHS Jonathan Tonel & Eyouab Tadesse: 9/7

MCHS Luis Guzman & Julius Chong won by forfeit

MCHS Yash Menta & William Medrano won by forfeit

Moreau Varsity:
2013 Overall Record:
3 Wins, 2 Losses
2013 MVAL Record:
2 Wins, 0 Losses

MCHS Men's Tennis Coaches:
Tony R. Rodriguez
Ron Santiago
Errol Tongco

Logan vs Kennedy

MEN'S TENNIS

SUBMITTED BY SHAWN DOLGIN

Logan Varsity defeats Kennedy 7-0; Logan JV defeats Kennedy 7-0
March 7, 2013

Singles

Kalvin Kwok (L) def Sai Sanigepalli: (K) 6-1 6-2
Anson Tjing (L) def Elijah Gonzalez: (K) 6-0 6-1

Alvin Gao (L) def Damon Chen (K): 6-4 6-1
Sahil Markanday (L) def Daniel Kim (K): 8-7 6-0

Doubles

Corey Sugino-Sue, Jason Sugino-Sue (L) def Raymond Kao, Brian Tan (K): 6-0 6-2
Derek Doe, Jefferson Jiang (L) def Israel Comonfort, Eric Haing (K): 6-0 6-1
Caleb Kang, JC Salamida (L) def Waylon Li, Welby Chen (K): 6-2 6-2

Niles run

SUBMITTED BY MIKE HEIGHTCHEW
PHOTO BY MIKE HEIGHTCHEW

On a cool, brisk Sunday morning (Feb 24), a large group of runners lined up in downtown Niles to participate in the Third Annual NorCal Half Marathon and 5k fun run. Families and friends were on hand to lend support to participants and enjoy the day in the scenic historic district of Fremont, once an important rail connection for the Transcontinental Railroad and home to silent film production company, Essanay, in the days of Charlie Chaplin and Broncho Billy. The picturesque course attracts runners from a wide area and has been growing in popularity every year.

Results are posted at: <http://usa-productions.racemine.com/USA-Productions/events/2013/NorCal-Half-Marathon—5k-Fun-Run/results>



The Travel Baseball phenomenon



SUBMITTED BY RAFAEL NUNEZ

Fremont Wicked, a local 13 and under high competition youth baseball team was formed by Fremont resident Rafael Nunez with his Centerville American All-Star team toward the end of the 2012 Little League season. At that time, the Wicked were preparing for District 14 All-Stars higher level of competition. Today the team is still comprised of mostly ex-District 14 players from Centerville American, Newark American, Niles-Centerville, and Warm Springs Little Leagues.

The goal of the Fremont Wicked program is simple: provide young men a better chance to win a position on their high school team, both through instruction and by facing the top 10% of competition in the country.

Fremont Wicked relies on generous local sponsors who have helped tremendously, but they are not enough. Please contact Rafael Nunez at (510) 517-7883 or nunezsales@gmail.com if your organization is interested in sponsoring Fremont Wicked. Also contact us about our upcoming pitching tryouts or if you are interested in one-on-one instruction.

Renegades end season in second round of postseason play

OHLONE BASKETBALL

SUBMITTED BY ATHLETIC DIRECTOR CHRIS WARDEN
PHOTOS BY DON JEDLOVEC

Men's

Following a great first round postseason win over Yuba College 49ers (62-54) on March 1, the Ohlone Renegades 2013 Season finally came to the end, losing a close game in the last few seconds to a strong Merritt College Thunderbird team (Oakland) 79-76 on Wednesday night, March 6th at Ohlone.

Women's

After an electrifying win over the Modesto Pirates 68-62 on Saturday, March 2, the Lady Renegades traveled to Sierra College (Rocklin) for the second round of postseason play on March 6th. This, however, marked the end of Renegade season as they were unable to overcome the third seeded Wolverines, losing 81-60.

This was a great season for both Renegade teams. Congratulations!



Coach John Peterson



Chris Read



Coach Julia Allender

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13669870
Superior Court of California, County of Alameda
Petition of: Shiva Swaminathan & Suganthini Shiva-Swaminathan parents, on behalf of Shaini and Abishayan minors for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Suganthini R. Shiva-Swaminathan filed a petition with this court for a decree changing names as follows:
Suganthini Rajeswaran Shiva-Swaminathan to Suganthini Sugi-Rajeswaran Shiva
Shaini Saras Shiva Swaminathan to Shaini Saras-Valli Shiva
Abishayan Rajes Shiva Swaminathan to Abishayan Abi-Thambaa Shiva
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: 05/24/13, Time: 8:45 am, 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: Whats Happenings Tri-City Voice
Date: Mar. 05, 2013
C. DON CLAY
Judge of the Superior Court
3/12, 3/19, 3/26, 4/2/13

CNS-2455300#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13665777
Superior Court of California, County of Alameda
Petition of: Chi Fong Yip for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Chi Fong Yip filed a petition with this court for a decree changing names as follows:
Chi Fong Yip to Francisco Yip
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: Fri 4/26/2013, 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: Whats Happenings Tri-City Voice
Date: Feb. 01, 2013
C. DON CLAY
Judge of the Superior Court
3/12, 3/19, 3/26, 4/2/13

CNS-2455295#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13669256
Superior Court of California, County of Alameda
Petition of: Jacob A Paine for Change of Name
TO ALL INTERESTED PERSONS:
The fictitious business name referred to above was filed on April 12, 2010 in the County of Alameda.
This business was conducted by:
S/ Sonia Vazquez
This statement was filed with the County Clerk of Alameda County on February 25, 2013.
3/5, 3/12, 3/19, 3/26/13

CNS-2454359#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 475437
The following person(s) is (are) doing business as:
The One Construction, 2755 Country Dr. #135, Fremont, CA 94536, County of Alameda.
Brandon Hyok Lee, 2755 Country Dr. #135, 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 02/26/2013.
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/ Brandon Hyok Lee
This statement was filed with the County Clerk of Alameda County on February 28, 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).
3/12, 3/19, 3/26, 4/2/13

CNS-2454358#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 475414
The following person(s) is (are) doing business as:
MZ Limousine, 4171 Greenland Terrace, Fremont, CA 94555, County of Alameda
Muhammad Z Rafique, 4171 Greenland Terrace, Fremont, CA 94555
This business is conducted by married couple
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 02/27/13
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Muhammad Rafique
This statement was filed with the County Clerk of Alameda County on February 27, 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).
3/5, 3/12, 3/19, 3/26/13

CNS-2452882#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 437115
The following person(s) has (have) abandoned the use of the fictitious business name: **Green Cleaning Solutions, 3963 Southampton Ter., Fremont, CA 94555**
The fictitious business name referred to above was filed on April 12, 2010 in the County of Alameda.
Sonia Vazquez, 33030 Lake Mead Dr., Fremont, CA 94555
This business was conducted by:
S/ Sonia Vazquez
This statement was filed with the County Clerk of Alameda County on February 25, 2013.
3/5, 3/12, 3/19, 3/26/13

CNS-2451664#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 475160
The following person(s) is (are) doing business as:
Kyrin International Trading Company, 46228 Warm Springs Blvd., #420, Fremont, CA 94539, County of Alameda
Shaolong Qu, 46228 Warm Springs Blvd., #420, 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/ Shaolong Qu
This statement was filed with the County Clerk of Alameda County on February 21, 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).
3/5, 3/12, 3/19, 3/26/13

CNS-2450425#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 475143
The following person(s) is (are) doing business as:
Realty One Group American, 42820 Albrae St., Fremont, CA 94538, County of Alameda
American Realty & Business Corp., 42820 Albrae St., Fremont, CA 94538, CA
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/ Mohinder Pal Singh, CEO
This statement was filed with the County Clerk of Alameda County on February 21, 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).
3/5, 3/12, 3/19, 3/26/13

CNS-2450423#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474873
The following person(s) is (are) doing business as:
Aone Beauty Saloon, 4927 Mansbury St., Fremont, CA 94538, County of Alameda
Ranjita Khadka, 4927 Mansbury St., Fremont, CA 94538
This business is conducted by an individual.
The registrant(s) commenced to transact business under the fictitious business name or names listed above on Feb. 15th, 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/ Ranjita Khadka
This statement was filed with the County Clerk of Alameda County on February 15, 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).
2/26, 3/5, 3/12, 3/19/13

CNS-2449125#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474697
The following person(s) is (are) doing business as:
K-Pop Cafe, 3504 Fremont Blvd., Fremont, CA 94536, County of Alameda
Edward Y. Choi, 3610 Andrews Dr. #312, Pleasanton, CA 94588
This business is conducted by an individual.
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 2/7/13.
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Edward Y. Choi, Owner
This statement was filed with the County Clerk of Alameda County on February 7, 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).
2/19, 2/26, 3/5, 3/12/13

CNS-2446512#

14411 et seq., Business and Professions Code).

2/26, 3/5, 3/12, 3/19/13

CNS-2448455#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 473980
The following person(s) is (are) doing business as:
Five Star Massage, 21915 Foothill Blvd., Hayward, CA 94541, County of Alameda
Xiuli Wu, 1639 9th Avenue, Oakland, CA 94606
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/ Xiuli Wu
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).
2/26, 3/5, 3/12, 3/19/13

CNS-2447866#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474496
The following person(s) is (are) doing business as:
Amana Enrichment, 4282 Bay St. #310, Fremont, CA 94538, County of Alameda
Gulled Mahmoud, 4287 Bay St., Apt. 310, Fremont, CA 94538
Surlere Molawa Sobayo, 4287 Bay St., Apt. 310, Fremont, CA 94538
Tokunbo Marie Sobayo, 1608 Hollenbeck Ave., Apt. #1, Sunnyvale, CA 94087
This business is conducted by a General partnership
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 2/1/13
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Gulled Mahmoud, Partner
This statement was filed with the County Clerk of Alameda County on February 1, 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).
2/19, 2/26, 3/5, 3/12/13

CNS-2446520#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474495
The following person(s) is (are) doing business as:
Champion Auto, 23970 Clawiter Rd., Hayward CA 94545, County of Alameda
Champion Auto Inc., CA, 23970 Clawiter Rd., Hayward, CA 94545
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 1/1/10
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/ Illegible
This statement was filed with the County Clerk of Alameda County on February 1, 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).
2/19, 2/26, 3/5, 3/12/13

CNS-2446512#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 474798
The following person(s) is (are) doing business as:

Mission BioMedical Consulting, 177 Mission Road, Fremont, CA 94539, County of Alameda
Qi Meng, 177 Mission Road, 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/ Qi Meng
This statement was filed with the County Clerk of Alameda County on February 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).
2/19, 2/26, 3/5, 3/12/13

CNS-2444870#

GOVERNMENT

Notice is hereby given that sealed competitive bids will be accepted in the office of the GSA-Purchasing Department, County of Alameda, 1401 Lakeside Drive, Suite 907, Oakland, CA 94612
NETWORKING BIDDERS CONFERENCES for RFP #901112 New Beginnings Fellowship Program South County – Thursday, March 28, 2013 at 2:00 PM at Fremont Public Library, Fukaya Room A, 2400 Stevenson Blvd., Fremont, CA and North County – Friday, March 29, 2013 at 10:00 AM at General Services Agency, Room 1107, 11th Floor, 1401 Lakeside Dr., Oakland, CA
Responses Due by 2:00 pm on April 19, 2013
County Contact: Ryan DeCoud at (510) 208-9619 or via email: ryan.decoud@acgov.org
Attendance at Networking Conference is Non-mandatory. Specifications regarding the above may be obtained at the Alameda County GSA Current Contracting Opportunities Internet website at www.acgov.org.
3/12/13

CNS-2456346#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction: on the **27th Day of March 2013** at or after **12:00 p m** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Thornton, 4833 Thornton Ave, Fremont, CA 94536**. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:

Name Unit # Paid Through Date.
Melissa Gaither AA1609A 8/6/12
Timothy Ferman AA1930C 10/29/12
Matthew Gracia AA4687B 1/5/13
Venecio Torres B137 1/17/13
Esata Tuakihikolo B156 9/30/12
Rosa Arreola B242 1/10/13
Sergio Hernandez B296 1/2/13
Brianna Hill B316 10/10/12
Tiffany Brooks-Dumont C119 12/22/12
Vincent Wu C125 11/23/12
Michael Topper C127 12/31/12
Anita Acosta C179 11/7/12
Elizabeth Teo C291 11/5/12
Danielle McGraw C303 1/9/13
3/12, 3/19/13

CNS-2455444#

NOTICE OF LIEN SALE AT PUBLIC AUCTION
Notice is hereby given that personal property in the following units will be sold at public auction: on the **27th of March, 2013** at or after **11:15 am** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Fremont, 44511 Grimmer Blvd, Fremont, CA 94538**. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:

Name Unit # Paid Through Date.
Matthew Brady 191 9/29/12
Rufus Davis Jr. 279U 11/27/12
Cathryn Kittrell 301 12/29/12
Eswarudu Merugumala 302 1/4/13
Lorenzo Smyle 305 11/7/13
Jennifer Byrne 335 12/29/12
Sue Pokart 336 11/21/12
Emmanuel Coa 341 12/15/12
Rigoberto Valle 346 10/5/12
Serge Kalombo MM413 11/23/12
3/12, 3/19/13

CNS-2455436#

continued from page 12

Calif.
rejects
US Navy
offshore
explosive
training

state and Hawaii, among other areas.

The commission's staff had recommended that approval be contingent on a list of conditions. They included requiring that the Navy create safety zones that would guarantee no high-intensity sonar activity near marine sanctuaries and protected areas and in spots that experience a high concentration of blue, fin and gray whales seasonally.

The staff also said a kilometer from shore should also be off-limits to protect bottlenose dolphins.

The commission set out similar conditions to the Navy in 2007 and 2009, but the Navy refused to accept them both times.

The commission sued the Navy over the matter, leading to a preliminary injunction in 2008, though then-President George W. Bush gave an exemption for the training. The U.S. Supreme Court later overturned the lower court's decision.

SUBMITTED BY HEATHER BOURBEAU

The California Department of Public Health (CDPH) is advising consumers not to eat recreationally harvested mussels, clams or whole scallops from Marin County. Dangerous levels of paralytic shellfish poisoning (PSP) toxins have been detected in mussels from this region; clams and scallops may also pose a health risk. The naturally occurring PSP toxins can cause illness or death in humans.

This warning is in addition to the annual mussel quarantine that was extended on Oc-

tober 31, 2012, for Del Norte and Humboldt counties. That quarantine remains in effect.

This warning does not apply to commercially sold clams, mussels, scallops or oysters from approved sources. State law permits only state-certified commercial shellfish harvesters or dealers to sell these products. Shellfish sold by certified harvesters and dealers are subject to frequent mandatory testing.

PSP toxins affect the central nervous system, producing a tingling around the mouth and fingertips within a few minutes to a few hours after eating toxic shellfish. These symp-

oms are typically followed by loss of balance, lack of muscular coordination, slurred speech and difficulty swallowing. In severe poisonings, complete muscular paralysis and death from asphyxiation can occur. Cooking does not destroy the toxin.

To receive updated information about shellfish poisoning and quarantines, call CDPH's toll-free "Shellfish Information Line" at (800) 553-4133.

For additional information, please visit the CDPH Marine Biotoxins-Mussels Frequently Asked Questions (FAQ) Web page.

Fix a leak week

SUBMITTED BY FRANK JAHN

The Alameda County Water District invites you to celebrate Fix a Leak Week from March 18-24 by finding and fixing leaks in and around your home. Fixing leaks not only saves water, but could reduce your water bill by more than 10 percent.

Your water meter is a great place to start when checking for leaks.

- Turn off all faucets and water-using appliances.
- Locate your water meter and lift the lid so you can see the meter dial.
- If the needle is moving you have a leak.
- If the needle appears to be still, record the meter reading. Keep the water off for 15-30 minutes and then read the meter again. If the needle has moved, you have a leak somewhere in your system.
- Next, you'll have to determine if the leak is inside or outside your house.
- Turn off the main water valve to the inside of your house.
- Check your water meter. If the needle is moving, or moves over the course of 15-30 minutes, you have a leak somewhere outside your house.
- If the meter has not moved, you have a leak somewhere inside your house.

If you have a leak outside your house, check your irrigation system.

- Taller, greener vegetation or moss growing around the sprinkler heads are signs of damaged or dirty valves.
- Wet spots, mud, and eroding soil may indicate a broken pipe or riser.

OPINION



WILLIAM MARSHAK

Legislation at all levels of government can be confusing and open to a plethora of interpretations. Elected leaders and commentators are, at times, confronted with the task of trying to discuss and explain provisions of impending laws that are convoluted and even contradictory. In order to compensate for these flaws, many politicians have perfected the art of obfuscation; embellishing one or two relevant facts with excessive and redundant verbiage or hiding ignorance within a flurry of rhetoric. Interested citizens are then required to spend an inordinate amount of time wading through an avalanche of words to discover if there is any substance within.

Efficient meetings, especially those exploring controversial topics, should be organized to clearly define the subject and establish logical and persuasive arguments, paving the way toward an informed and rational decision. To do this in a coherent and competent manner, concise presentations are necessary. Prepared individuals and groups understand

that when substance prevails, there is no time for rhetoric and filibuster tactics. If many citizens understand that quantity is no equivalent to quality in their presentations to Councils, why is it so hard for some councilmembers to reciprocate?

The concept of “time out” is elementary among parents with unruly or disrespectful behavior of their children. A period of quiet reflection can release tension and rein in extraneous and distracting stimuli, allowing reasonable discussion. Sometimes, all that is needed to proceed with a decision is a bit of time for reflection and appreciation of all arguments presented. When decision-makers are forced to organize their thoughts without endless repetition and rhetoric, choices become clearer and positions are defined. Just as the public is limited to a fixed time for their presentations, it may also be instructive for councilmembers to be asked to use their time in the same manner.

An interesting concept for councilmembers inclined toward excessive oratory would be to limit their comments for a set time period, maybe 15 minutes. Instead of trading unnecessary, prepared commentary and/or asking irrelevant and duplicative questions of Staff, comment from councilmembers with something to add to the discussion would be welcome while grandstanding and flowery language designed to gain air time and not much else, would not. A timer would prevail unless the Mayor and council decided that more time was not only relevant, but necessary for complete disclosure. In this way, the public could easily understand the primary points of discussion without time-wasting antics.

Council meetings could include time elements for each issue. These would be flexible, allowing sufficient public comment and discussion but would create a structural guide for the meeting. Those attending, including councilmembers, would understand, in advance, what was expected to be accomplished and the time allotted. Although imposing such limits on councilmembers might be painful to initiate, relieving the discomfort suffered by the public asked to listen to seemingly endless and meaningless commentary, would be worth it.

An easy way to test the need for such limits is to time councilmember statements and list any new ideas and concepts presented. A 20-minute oration to simply agree with what has been previously said, make inane comments or put forward a single simple statement is unacceptable. Some councilmembers already understand this basic principle and should be applauded for their clarity and brevity; others need a time out.

William Marshak
PUBLISHER

New Haven Unified School Board update

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

The Board of Education held a public hearing on March 5 regarding the possible renaming of Alvarado Middle School. Several community members spoke in favor of renaming the school in honor of Filipino-American labor leaders Larry Itliong and Philip Veracruz, contemporaries of Cesar Chavez and fellow organizers of the 1965 Delano grape strike that led to the organization of the United Farm Workers movement.

Other community members questioned the need to rename the school, the cost associated with a name change and the process. The Board will consider the matter at its March 19 meeting.

Also, the Board authorized issuing precautionary layoff notices to the equivalent of 16.6 full-time teachers – all of whom work as support coaches at elementary, middle and high schools – and 3.4 full-time classified employees. It is anticipated that support coaches could be re-hired with funds from the District’s federal Race to the Top grant.

The Board also:

- Authorized the release of 39 temporary and probationary teachers, a standard procedure each year.
- Approved a contract with AT&T for a wide-area network to provide Internet and other network services to all schools and other District sites.



PUBLISHER
EDITOR IN CHIEF
William Marshak

DIRECTOR OF OPERATIONS
Sharon Marshak

PRODUCTION/GRAPHIC DESIGN
Ramya Raman

ARTS & ENTERTAINMENT
Sharon Marshak

EDUCATION
Miriam G. Mazliach

FEATURES
Julie Grabowski

GOVERNMENT
Simon Wong

TRAVEL & DINING
Sharon Marshak

PHOTOGRAPHERS
Cassandra Broadwin
Mike Heightchew
Don Jedlovce

DISTRIBUTION MANAGER
Gerry Johnston

OFFICE MANAGER
Karin Diamond

ADMINISTRATIVE ASSISTANT
Margaret Fuentes

BOOKKEEPING
Vandana Dua

REPORTERS
Jessica Noël Flohr
Janet Grant
Philip Holmes
Catherine Kirch
Susana Nunez
Suzanne Ortt
Praveena Raman
Mauricio Segura
Angie Wang

INTERN
Kenny Jacoby

WEB MASTER
RAMAN CONSULTING
Venkat Raman

LEGAL COUNSEL
Stephen F. Von Till, Esq.

ADJUDICATION:

What's Happening's Tri-City Voice is a “newspaper of general circulation” as set forth in sections 6000, et. seq., of the Government Code, for the County of Alameda, and the State of California.

What's Happening's TRI-CITY VOICE™

What's Happening's The Tri-City Voice is published weekly, issued, sold and circulated in and from Fremont, Newark, Union City, Hayward, Milpitas and Sunol and printed in Fremont, California. The principal office of Tri-City Voice is at 39737 Paseo Padre Pkwy., Fremont, CA 94538. William Marshak is the Publisher

Subscribe. Call 510-494-1999 or sign up on our web site www.tricityvoice.com

510-494-1999
fax 510-796-2462
tricityvoice@aol.com
www.tricityvoice.com

COPYRIGHT 2013®
Reproduction or use without written permission from What's Happening's Tri-City Voice™ is strictly prohibited

American Cancer Society
Discovery Shop

Super Savings
50% OFF

Now at the Discovery Shop

Look for special red tagged merchandise!

American Cancer Society

Shop ♦ Donate ♦ Volunteer

Discovery Shop
A Unique Quality Retail Experience™

510.252.1540
40733 Chapel Way,
Fremont

Mon-Thurs 10am to 7pm, Fri-Sun 10am to 5pm

You support cancer research, programs and services with your Discovery Shop purchases and donations.

SOLD

Home Short Sale Experts

We negotiate with lenders for you*

* Certain conditions apply. Call 697-7750 for details.

Rajeev Gupta
Home Sales Specialist
Remax Accord
DRE # 01232943
39644 Mission Blvd., Fremont
510-697-7750

Monica Gupta
Home Loan Specialist
Home Advantage
DRE # 01424265
702 Brown Road, Fremont
510-520-7770

FHA home loans with 3.5% down* Call to qualify.

www.realtytrain.com

Classifieds Deadline: Noon Wednesdays
(510) 494-1999 | www.tricityvoice.com

CLASSIFIEDS

What's It Worth?

**Jewelry
Fine Art
Collectibles
Certified
Museum
Specialist**

All Areas - 510-582-5954
 Send image of object to:
 happidog@earthlink.net

HANDYMAN

Craftsman Quality
30 Years Experience
I Guarantee My Work
Check my References!
FREE Estimates
510-673-1766
Senior Discounts

RAIN GUTTER CLEANING

TRI-CITY AREA
 FREE ESTIMATES
 INSURED

REDWOOD FENCE WORK
TREE SERVICE
 CONTACT
 JOHN
 510-284-7790

David Makki

**Professional
Tutoring**
**15 Years Teaching
Experience**
 Reading Writing Math
 History Science
510-396-7643
 makkiburger@gmail.com

Emmett Construction Co., Inc.
 Est. 1966 Lic #592871
510-797-3543
925-426-1881

Built on a foundation of QUALITY

Kitchen Remodels
 Bathroom Remodels
 Room Additions
 Interior & Exterior Trim
 Baseboard & Crown Molding
 Doors & Windows
 Fire & Water Damage Restoration

FREE ESTIMATE

www.emmettconstruction.com
7835 Enterprise Drive, Newark

Sunsational Sunroom
 Let Us Help You
 Expand Your Horizons
 Full-Service Design & Construction



www.sunsationalsunroom.com
FREE ESTIMATES
(408) 439-4514
 License #834696

MEMBER
 BBB

Great Rates!
 Great Results
Classified Ads
510-494-1999
www.tricityvoice.com

**Become a hospice patient
care volunteer!**

Patient care volunteers provide a variety of supportive services to terminally ill patients and their families such as respite care for caregiver, companionship to the patient, run errands, do light housework and so much more! Life Springs Hospice serves the Alameda, Contra Costa, Santa Clara and San Mateo county communities.

For more information about becoming a patient care volunteer, please contact
Dawn Torre, Volunteer Coordinator
 1-888-493-0734 or 510-933-2181
 volunteer@lifespringshospice.com

House Cleaning Grocery Shopping

**Excellent References
Dependable**

HAYWARD, SAN LEANDRO
 CASTRO VALLEY, SAN LORENZO

Great Prices
Call for information
510-706-4145

MITCHELL PLUMBING

LET'S SOLVE YOUR PLUMBING NEEDS

First time customers
\$60 1st hour
plus parts
additional time
\$80 hr plus parts

Lic #947626
510-396-1636

Ohlone College
 Flea Market needs a
Food Vendor
 Call 510.659.6285
 for more info

**KITCHENS
CABINET REFACING
BATHROOMS
ROOM ADDITIONS
ALL TYPES OF REMODELING**

**CALL FOR A FREE
IN-HOME ESTIMATE**
510-568-8128

SERVING YOUR COMMUNITY SINCE 1990

CORRAL CONSTRUCTION CO.
 14086 WASHINGTON AVENUE • SAN LEANDRO
 BONDED & INSURED • LICENSE # 586127
 www.corral-construction.com

AA Rehab Spa

FOR SENIORS
\$30
**1 Hour Full Body
Massage**
 Exp. 3/15/13

65 yrs old WITH PHOTO ID WITH COUPON ONLY

510-565-7900
 CAMTC CA Licensed Professional Massage Therapists
1328 Decoto Rd. # 124 Union City

Deep Tissue massage
 Hot Stone
 Swedish Massage
 Acupressure
 Therapeutic Massage
 Sea Salt Massage
 Pain Relief Therapy
 Prenatal Massage

HELP WANTED

Tri-City Voice Newspaper
Part time delivery people needed

510-494-1999
tricityvoice@aol.com

Mission San Jose

**For Rent: Professional
Office in Bldg with
other Professionals**

Ideal For
**Tax Service/Accounting/
Law/Real Estate/Insurance**

**1 large office,
secretarial area,
common use of
conference room**

510-490-1100

NEED A HEATING EXPERT?
Service Calls \$88

88hvac specializes in healthy energy efficient HVAC.
 Gas furnaces-boiler-heat pump- ac- geo- radaint
 . BBB A+ / EPA Lead Certified / Green Business

855 884 8228
www.88hvac.com

heating ventilation air condition
88HVAC

LOOKING TO BUY OR SELL A BUSINESS?
 We have been matching buyers and sellers for 12 plus years

For a FREE and NO OBLIGATION consultation
Call me TODAY!

B&R GROUP SALES & ACQUISITION
Tashie Zaheer
CELL: 510-750-3297
 DRE Lic. # 00999194

**Branded Gas Station with land-
Sacramento \$995,000**
**"Independent" Gas Station- Business Only-
Sacramento \$225,000**
**Branded Gas Station- "Business Only"
Sacramento \$550,000.**
and many more



PHAM'S

LANDSCAPING MASONRY CONTRACTOR
 Paver & Blocks • Concrete • Patio
 Retaining Walls • Driveway • Sidewalks
 Deck • Gazebos • Fence
 Concrete (Color/Stamp) • Flagstone
 Japanese Garden • Waterfall
 Sprinkler System • Planting • New Lawn

Quality Work at Affordable Prices
 Call PHAM
FREE Estimates
510-750-6530

**CONTINUING
EDUCATION**
 Nurse Assistants
 Home Health Aides
 15 minutes away
 from Fremont BART

8 CEU for \$49.99
 Attend a Saturday starting March 2013 for 8
 hours. We offer 2 Saturday classes per
 month. Call or email us today.
510-936-8113
 Email: info@aristarcontinuingeducation.com
 www.aristarcontinuingeducation.com



We want to buy empty
 Lot 25,000 sft to 100,000
 sft empty or commercial,
 retail or school building.
 Built area may be 4000 sft
 to 15000 sft.
 Please contact
 Gary Grewal at
 510-409-2049
 Email at gary
 grewal@hotmail.com.

HVAC Tech.
**Newark Unified School
District**
\$3725-\$4540
 monthly; 12 mo. position.
 3yrs. of experience
 in HVAC & R trade;
 HR, 5715 Musick Ave,
 (510) 818-4244

AFFORDABLE IN-HOME CARE

- Screened, Bonded and Insured Caregivers
- Hourly/Live-In Services
- Light Housekeeping
- Bathing/Toileting Assistance
- Transportation • Meal Preparation
- Alzheimer's Specialists & More!

510-429-6778
www.actikare.com

ACTI-KARE
 RESPONSIVE IN-HOME CARE

**First Week
FREE**



WANTED

**Accountant in Fremont,
CA, Prepare, analyze
financial statements &
reports, budgets, payroll
& tax returns, internal
auditing. Send resume
to HR, Interworld
Network International,
Inc. 41650 Christy St,
Fremont, CA 94538**

Computers:
 Senior Software Engineer (Fremont, CA).
 Act as sr. member of eCommerce team at
 The Men's Wearhouse, independently
 dsgn s/ware modules & lead small teams
 of engineers w/in the dept. Dvlp, create &
 modify web-based & client server comp.
 applies s/ware. Req'd: Bachelor's Deg in
 Comp Sci, Electrical Engg, or
 related/equiv. 5 yrs of exp w/ Websphere
 Commerce, J2EE, Java, HTML, Ajax, Struts,
 JSP, IBM RAD 6, SQL, JavaScript, CSS, DB2,
 servlets, & JDBC. Exp dvlpg customer facing
 web or mobile applics & exp in s/ware
 dvlpmt & s/ware engg dsgn. Knowl of
 d/base dsgn & web services. Send resume
 & cover ltr to Monya Kemp (Code:VB-
 SSE) at The Men's Wearhouse, Inc. 6100
 Stevenson Blvd, Fremont, CA 94538.

Fremont teachers declare bargaining impasse and set protest

Editor’s Note: The Fremont Unified District Teachers Association (FUDTA) released a statement regarding their concerns and absence of a contract with the District. In response, Fremont Unified School District (FUSD) issued a statement posted on the district website (www.fremont.k12.ca.us):

FUDTA Statement:

When Fremont Unified School District officials refused to provide adequate proposals to lower class sizes and fairly compensate educators earlier this week, the teachers’ union declared a bargaining impasse and is starting to mobilize for a March 13 protest at the school board meeting.

One year of negotiations have gone nowhere in this financially sound district that’s hoarding money at a level that is about five times the reserves required by the state.

“Our students are tired of trying to learn in overcrowded classrooms and teachers are fed up with making financial sacrifices with a district that does not respect our dedication,” said teacher Brannin Dorsey, president of the 1,600-member Fremont Unified District Teachers Association (FUDTA). “Enough is enough. Students and educators deserve better treatment than this – especially from a district with reserves like they have.”

Dorsey said frustrations are boiling over and that a protest will be held from 4 p.m. - 5:30 p.m., Wednesday, March 13, at the district’s offices, 4210 Technology Drive, Fre-

mont. Educators will then speak out at the school board meeting at the same location.

The FUDTA bargaining team is seeking class-size maximums of 24 students for K-3 and a staffing ratio of 27:1 for grades 7-12. The district is offering maximums of 29 in kindergarten classes, 30 for grades 1-3, and no relief for all other grades. In Fremont, class sizes are now capped at 30 for K-6 classrooms, but for middle and high schools the cap is actually only a “goal” of 30, on average. The goal is 12 for special education students, but the district wants to raise that. High school classes routinely reach 35 students or more. Teachers have filed scores of grievances to lower class sizes.

The 32,000-student Fremont Unified has about \$30 million in reserves. Educators have taken 12 unpaid furlough days since 2009 – a pay cut of about \$7.2 million. In contract talks, FUDTA is seeking a 2 percent raise on the salary schedule and a one-time 1 percent payment, and some relief for the cost of dental benefits. The district is offering a 1 percent salary increase and a one-time bonus payment of 1.75 percent, and no relief for the escalating cost of health care.

Teachers point out how hard they worked to pass the governor’s Proposition 30 tax revenue measure in November, which will benefit the district. They also are frustrated that the district refuses to invest adequately in its educators, but is hiring consultants and new attorneys, and is planning a school bond campaign. Educa-

tors were also the driving force in passing the district’s Measure K parcel tax in 2010, which generates about \$3 million a year.

The Fremont Unified District Teachers Association is affiliated with the 325,000-member California Teachers Association and the 3.2 million-member National Education Association.

For more information visit, www.fudta.org

Fremont Unified School District Response:

FUDTA is proposing contract language which would prohibit the District now and in the future to exceed “Hard” class size caps and maximums regardless of the District’s and State’s fluctuating economic situation. The District proposed to maintain current contract language that obligates the District to exercise reasonable efforts to not exceed maximum class size goals.

The District informed FUDTA that it plans to recommend to the Board a transition plan to reduce class size over the next seven years. The Governor’s Proposal (not yet approved by the Legislature and signed into law), will make additional monies available to Districts over the next seven years. Therefore, the District is basing all financial decisions based upon the current funding law. The District has proposed to re-open compensation negotiations in each of the next two years after additional funding information is known.

Over the course of negotiations, FUDTA and FUSD have tentatively

agreed on many articles (topics of negotiation) which include: Additional Required Times (40 Hours); Evaluation Procedures; Effects of Layoffs; School Calendar; Appendix E/Technology Assessment Coordinator; Peer Assistance and Review (PAR); and Selection of Department Chairperson.

At the end of the March 5 negotiation session, FUDTA and FUSD have not agreed upon the following articles (topics of negotiation): Transfers; Compensation Package which includes Salary; Counselors; Nurses; Class Size and Term of Agreement; and Children of Unit Members.

Impasse means negotiations have reached a point where FUDTA believes the differences in positions are so substantial that future meetings would be futile. FUDTA has declared its most recent proposals to be its official “Last Best Offer(s),” meaning they have no further movement to make. The Public Employment Relations Board (PERB) will evaluate and decide whether an impasse exists once a “Written Request” by FUDTA is submitted. The District believes continued negotiations would bring additional agreements. At the Wednesday March 13 Board Meeting, discussions will occur regarding class size and counseling support. The District must also negotiate with its other employee groups, which include its classified membership (CSEA and SEIU) and its management association (FSMA).

Additional information is available at FUSD website: www.fremont.k12.ca.us

Nights of Magic How you can help

BY SUZANNE ORTT
PHOTO BY GABRIELA ESQUIVEZ

Spring is near, signaling the approach of end-of-the-school year activities. Highlights are the formal and other fun dances and of course, graduation.



However, formal clothing, fancy venues, and graduation, make costs prohibitive for many seniors.

James Logan High School (JLHS) students began their own Princess Project, similar to a clothing drive for prom dresses by the Princess Club that began in San Francisco in 2005, and its popularity took off. Now Logan has a branch under the auspices of Ethnic Studies and Language Arts teachers, Tina Bobadilla-Mastel and Gabriela Esquivéz.

Logan’s “Princesses” now are ardent advocates of this cause and, to quote from the Princess Project website, give “time, talent and taffeta.” Kickoff of the annual Princess Club Drive at JLHS has now begun, collecting prom dresses and accessories in good condition for those who cannot afford the costs of purchasing these items. Time is of the essence since the James Logan High School Senior Ball is scheduled Saturday, May 4. Donations are accepted until April 25, at James Logan High School, 1800 H Street, Union City.

The Wedding and Dreams Shop - 40528 Albrae St., Fremont (510) 438-8877 - has joined as a collection site this year. Its deadline is the end of March. The bridal shop will give up to a \$25 coupon that can be used toward a prom gown purchase or tuxedo rental in exchange for acceptable contributions. Any students referred by the Princess Club will generate a \$10 donation to the Club for a prom sale or tuxedo rental when a gown is not donated. The drive covers James Logan and Conley-Caraballo High Schools.

For more information, contact Club Advisors Mrs. Bobadilla-Mastel and Ms. Esquivéz, at (510) 471-2520.

My Kindle experience

SUBMITTED BY JUNE GRIFFIN

You need help with someone very computer literate to put your story on Kindle. Fortunately, I have help from a son.

If you are an unknown novelist like me, you will not make money, but it is wonderful to get stories out of your file cabinet and out there! A Kindle site can tell on a daily basis if you have sold something, either in the US or other countries.

As I’m not on Facebook or the like, I am not surprised to see I have only sold 29 books in the U.S. since I first went on Kindle last December, but I am thrilled to find that I sold 14 books in England and I’m amazed to find that I sold one book each in Italy, Germany and Spain!

Kindle recommends pricing books at 99¢, and I have done so, receiving 35¢ per sale. Books in Spain and Germany are priced at 86¢, and I receive 30¢. In England, books are priced at 75¢, and I receive 26¢. This is no way to make money, but it is a fun experience.

Kindle advises paying an artist to create a good book cover. That wouldn’t be worth the high price for me. All my books have covers that came from free Clip Art.

My play, Santa’s Little Sugarpuff, had many productions in Fremont over the years. Its sequel had one production done by Logan High years ago. Then I wrote a third sequel, not produced. However, I turned those three plays into a series of five novels about a little girl being raised by Santa at the North Pole, who has a life-like robot as her teacher and companion. The stories, written for adults and youngsters alike, take the girl from infancy to the age of 21 and detail her many adventures. These happy stories are available at 99¢ each. Amazon will give free previews of e-books from one to six chapters according to length. All my books can be found under my name.

Young Artist Competition showcases local talent

BY JULIE GRABOWSKI

Many long for a chance at the spotlight, an opportunity to rise to a challenge and share their abilities with the world. Each year the San Jose Youth Symphony (SJYS) provides just that.

Founded in 1951 as part of the former San Jose Symphony, SJYS has been operating as a non-profit organization since 2002, dedicated to instilling a love of music in young people through quality education and performance opportunities. SJYS is comprised of the Prelude and Intermezzo String Ensembles, Percussion Ensemble, Concert Winds Ensemble, Avant Flute Choir, Concert Orchestra, Chamber Orchestra, and Philharmonic Orchestra. Participants range in age from eight to 21 and come from all over the Bay Area and beyond to sharpen their talents, from local areas such as Fremont and Milpitas, to Cupertino, Mountain View, and

Palo Alto, further north into Concord, Pleasanton, and Livermore, to the southern reaches of Gilroy, Santa Cruz, and Monterey.

Sponsored by the San Jose Symphony Foundation, the Young Artist Competition is held every year for members of the Philharmonic Orchestra with the chance to be a featured solo musician at an upcoming concert as well as win monetary prizes. Musicians must submit a recording of a concerto of their choice, memorized in its entirety, in order to qualify for the competition. Those who are accepted attend the competition in spring, where they perform before a panel of three judges with piano accompaniment. Winners are chosen and announced at the close of the competition.

The 2012 Young Artist Competition winners were: First Place, Alexander Ascencio, cello; Second Place, Cheryl Chang, flute; and Third Place, Anish Srinivasan, flute. They will perform with the Philhar-

monic Orchestra in a special concert on Saturday, March 16. With Music Director and Conductor Yair Samet at the helm, the program will include Nikolai Rimsky-Korsakov’s “Fantasie on Serbian Themes” and Gabriel Faure’s “Elegie for Cello and Orchestra” featuring Alexander Ascencio on the cello, Bernhard Romberg’s “Concerto for Flute and Orchestra in B Minor” featuring Cheryl Chang on flute, and Cecile Chaminade’s “Concertino for Flute and Orchestra” featuring Anish Srinivasan on flute. The afternoon will also include Bedrich Smetana’s “Dances from the Bartered Bride.”

The 2013 Young Artists Competition will be held Saturday, March 23 at 3 p.m. at the Los Gatos United Methodist Church. The public is welcome to attend. SJYS is also holding general auditions for the 2013-2014 Season. For those with musical children, this is a great opportunity to foster their talent and enrich their music

education with one of the oldest and well-regarded youth orchestras on the West Coast. For more information, visit www.sjys.org/audition.html.

Tickets for the Philharmonic Orchestra Concert are \$15 for adults, \$10 for seniors and students, and \$5 for kids 12 and under. They can be purchased by calling (408) 885-9220, online at www.sjys.org/buy_tickets.html, or at the box office one hour before the concert.

**SJYS’s Philharmonic Orchestra Concert
Featuring Young Artist Competition
Winners**

**Saturday, Mar 16
2:30 p.m.
California Theatre
345 S. First St., San Jose
(408) 885-9220
www.sjys.org
Tickets: \$5 - \$15**



Kid Scoop®

.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



"Like" Kid Scoop on Facebook!

© 2013 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 29, No. 13



Kid Scoop Together:

TRY THIS AT HOME

Green Groups

Look through the newspaper for words and pictures that fit each category in the spaces below. Paste the words and pictures onto each strip. Cut out both strips and paste the two strips on another sheet of paper side by side. Which strip was easier to fill? Why?

Things That Save Natural Resources

Things That Can Be Recycled

Standards Link: Earth Science: Know that all organisms (including humans) cause changes in their environment, and these changes can be beneficial or detrimental; Know ways in which humans can alter the equilibrium of ecosystems.

Kid Scoop-doku™

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

W	A	S	T	E
				W
			W	
		W		
W				

WATER WISDOM

Well, **this** looks like a good spot to do my **business** ...



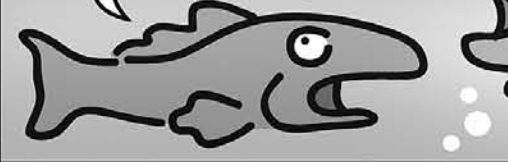
WHOAAA!!!



Don't you **DARE THINK** about doing that by **MY** creek!



This isn't a **restroom**, pal! My **whole family** lives in here!



Pet waste that gets into the waterways can **kill** fish like us!



You make a good point, Fish. From now on, I'll make sure my owner gets rid of my waste the **right** way. I'm taking my **business** elsewhere!





Keep Pet Waste Out of Our Waterways!

Pet waste is not only a quick way to ruin your favorite pair of shoes, but can also cause big problems when it gets into our storm drains, creeks, and other waterways.

Pet waste contains harmful bacteria that can make people and animals sick. When it decays, it uses up oxygen which kills aquatic animals.

Standards Link: Environmental Science: Know how people affect the environment in negative and positive ways.

- Always pick up your pet's waste on walks, at the park, and at home.
- Always bring pet waste bags with you on outings so you are not caught unprepared without a bag.
- Throw pet waste in the trash. **Do not put pet waste in the yard waste or recycling container.**
- Do not hose pet waste into the gutter.** By doing your part to make sure you pick up after your pet, you are helping the community and the environment.

Extra! Extra!

Pollution Solutions

Pollution happens when damaging things are placed in our environment.

Find an article in the news that reports on things being done to fight pollution. List the techniques being used to prevent pollution. Beside each technique list the organization or group of people using it.

Standards Link: Reading Comprehension: Determine main idea and details of text.

How much water does it take?

Draw a line from each of these household tasks to the amount of water you think it requires. Check the answers. Then, talk with your family members about all the ways you can think of to use less water for each of these activities.

Brush your teeth.

Wash a load of laundry.

Use the dishwasher.

Flush the toilet.

Wash the car.

Take a shower or bath.

8 to 15 gallons	50 gallons	2 to 5 gallons
1.5 to 4 gallons	17 to 24 gallons	35 to 50 gallons

ANSWERS: Brushing teeth: 2 to 5 gallons. Dishwasher: 8 to 15 gallons. Toilet flush: 1.5 to 4 gallons. Shower or bath: 17 to 24 gallons. Laundry: 35 to 50 gallons. Wash the car: 50 gallons.

Standards Link: Science: Understand relationships among organisms and their physical environment.

Kid Scoop Puzzler

How many gallons of water does the average family of four use every day in the United States? Color the even-numbered squares blue to reveal the answer.

39	15	29	33	7	3	17	37	15	21	53	7	9	71
3	16	5	6	69	9	4	34	66	93	2	46	50	95
9	20	81	24	13	23	40	65	80	43	8	11	2	15
11	12	53	32	9	61	76	23	2	9	20	35	8	3
91	4	22	8	12	77	38	5	52	1	36	81	72	9
75	67	1	48	43	49	2	1	6	5	10	99	90	17
37	3	63	50	31	5	10	90	16	25	4	88	56	49
49	9	15	33	5	7	9	13	27	45	21	73	13	3

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

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

COMMUNITY
WATERWAYS
POLLUTION
SOLUTION
GUTTER
ALWAYS
FISH
DARE
PICK
HOSE
RUIN
KILL
YARD
SPOT
PET

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

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

FROM THE Kid Scoop LESSON LIBRARY

www.kidscoop.com

Headline Humor

Look through the newspaper and cut out headlines to news stories. Rearrange and add words to make the headline say just the opposite of what the original headline said. Is it funnier that way?

Standards Link: Writing: Produce writing appropriate to task.



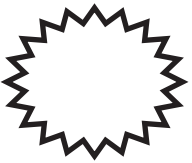
What sits at the bottom of the ocean and trembles?

ANSWER: A nervous wreck.

Write On!

I Care!

Write about the ways you care for the planet. For example, the things you do to use less water or how you remember to recycle.



Are you a writer?

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

If so, maybe writing for the Tri-City Voice is in your future. We are looking for disciplined writers and reporters who will accept an assignment and weave an interesting and accurate story that readers will enjoy. Applicants must be proficient in the English language (spelling and grammar) and possess the ability to work within deadlines.

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

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	The League of Women Voters invites you to visit our website at www.lwvfnuc.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	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. Are You Troubled By Someone's Drinking? Al-Anon and Alateen are here to help. Al-Anon has but one purpose: to help families of alcoholics. We share our experience, strength, and hope. www.ncwsa.org for a meeting near you, or call (510) 276-2270, or email Easydudz@gmail.com . Serious Mental Illness Free 12 week course for caregivers of someone with a serious mental illness starting Mar 7, 2013 from 6:30-8:30pm in Union City. Registration required. Contact: Barb St. Clair 415-879-0399 or Email Stclair.barb@gmail.com NAMIacs.org/F2F/mar2013
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	
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	
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	Mission Trails Mustangs Mustang & Ford Enthusiasts Meets 1st Fri of the Month 7pm at Suju's (Winter) 3602 Thornton, Fremont missiontrailsmustang.org or call 510-493-1559 We do Car Shows & other social activities monthly	
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/	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	Friendship Force of San Francisco Bay Area Monthly meetings; interesting cultural programs. Stay in members' homes abroad. We need home and day hosts for members from New Zealand visiting us May 17-24. www.ffsfb.org 510-794-6844
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	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 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	Drivers for Survivors Need Volunteer Drivers! Volunteers to be companion drivers for ambulatory cancer patients to transport & accompany our clients to their life saving medical appointments. We work with your schedule. Please email volunteer@driversforsurvivors.org or call 510.579.0535
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	Community Seder Welcomes All! March 26th join us to celebrate Passover! RSVP req for the seder by 3/15.Night of Illusion (for all ages) 3/16 Family Shabbat services 5:30pm & 7pm on 3/22 Inclusive Reform community. 510-656-7141 or visit www.bethtorah-fremont.org	Ford F-100 Elite of Northern CA East Bay Chapter All owners of 53-56 FORD 1/2 ton pick-up and panels are invited to join our club. Pick-ups up to 65 are welcome also. Newsletters, shows, fellowship Call Ken, 510-782-7312
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	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	Tri-Valley Arthritis Walk Saturday, May 4th at LifeStyle RX 1119 E. Stanley Blvd., Livermore Registration 8:00 a.m. Walk 10:00 a.m. 1 or 3 mile options, Tailgate Extravaganza, Raffle Prizes, Refreshments, Kids Activities, www.TVArthritisWalk.Kintera.org or Call (800) 464-6240
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	FREE Taxes Done & E-Filing WHY PAY Let VITA do your taxes! IRS-certified Tax Preparers \$51,000 or less income. Restrictions may apply Fremont Family Resource Ctr 39155 Liberty St., Fremont M-W 4p-8p F 10a-1p Open Jan 23-April 15 2013 More Info 510-574-2020	FREE Taxes Done & E-Filing WHY PAY Let VITA do your taxes! IRS-certified Tax Preparers \$51,000 or less income. Restrictions may apply Newark Library 6300 Civic Terrace Ave., Newark Saturdays Only 10a-2p Open Feb 2 - Mar 16, 2013 More Info 510-574-2020	Study Smart Tip #2: Stay Physically Active: Add exercise to your study routine - Numerous studies have demonstrated the positive correlation between exercise and improved brain function. Many of us, however, neglect our exercise routines during periods of intense studying and stress. That's a big mistake because exercise helps push more oxygen and glucose (sugar) to your brain which are basically the high-octane fuel your brain needs to perform its best. Just make sure you pick the right type of exercise - exercise that gets your heart pumping but doesn't overly tax your muscles (i.e., aerobic vs. anaerobic) is best because your brain doesn't have to share as much fuel with other muscles. So, getting out there walking or lightly jogging is better for your brain function than sprinting or lifting weights. Study Smart Tip #3: Use Mnemonic Devices: According to an associate psychology professor at Howard University, making personal connections to course material can help students retain and recall information. Also known as "mnemonic devices," students who develop acronyms, rhymes, visuals or other shortcuts while studying, are actually helping their brain better file and encode relevant information. Arguably, mnemonic devices may take a bit more time

Study Tips from McGraw-Hill Education

SUBMITTED BY SARA GRILL

Sharon Loeb, a study expert at McGraw-Hill Education, has just released her “top 5 study tips” to help students with their studies as well as to ace their exams.

Study Smart Tip #1: Eat Well:

It should come as no surprise that food is one of the most important elements in maintaining our overall physical well-being, including energy levels and brain function.

Though the stress of studying may prompt students to reach for unhealthy, sleep-inducing comfort foods like pizza and fried chicken, research shows that there are many delicious food and beverages that can actually improve the way we think and work. Dark chocolate, for example, is chock-full of antioxidant properties and contains natural stimulants that produce endorphins while enhancing focus and concentration. Berries of all kind – also rich in antioxidants – are known to improve memory and motor coordination,

as are the properties found in coffee. Students should consider the benefits of these “power foods” before settling for unhealthier indulgences to get them through finals.

Study Smart Tip #2: Stay Physically Active:

Add exercise to your study routine - Numerous studies have demonstrated the positive correlation between exercise and improved brain function. Many of us, however, neglect our exercise routines during periods of intense studying and stress. That's a big mistake because exercise helps push more oxygen and glucose (sugar) to your brain which are basically the high-octane fuel your brain needs to perform its best. Just make sure you pick the right type of exercise - exercise that gets your heart pumping but doesn't overly tax your muscles (i.e., aerobic vs. anaerobic) is best because your brain doesn't have to share as much fuel with other muscles. So, getting out there walking or lightly jogging is better for your brain function than sprinting or lifting weights.

Study Smart Tip #3: Use Mnemonic Devices:

According to an associate psychology professor at Howard University, making personal connections to course material can help students retain and recall information. Also known as “mnemonic devices,” students who develop acronyms, rhymes, visuals or other shortcuts while studying, are actually helping their brain better file and encode relevant information. Arguably, mnemonic devices may take a bit more time

and creativity; however, students who use more innovative study methods oftentimes outperform their peers who opt for more of a conventional study path.

Study Smart Tip #4: Grab Your Gum:

Several studies, including one by researchers at Cardiff University in Wales, find that chewing gum while studying actually increases alertness, improves productivity and actually lowers stress levels. In many instances, students who chew gum display reduced anxiety and quicker reaction times. This is because the act of chewing actually causes a temporary increase in arousal, which leads to increases in heart rate, blood pressure and blood flow. Whether it's Extra, Trident or Bubblicious you prefer, students should consider a trip to their local grocery store before hunkering down to study.

Study Smart Tip #5: Seek out Effective Study Tools and Leverage the Right Technologies:

Technology can be your greatest ally or your biggest enemy when it comes to studying for finals. Students should consider curbing their use of mobile devices, tablets and computers to access social media platforms (Facebook, Twitter) that may be disruptive to the studying process, but should leverage these same technologies to access study tools that make the process much easier, more engaging and more effective.

Visit www.mheducation.com for information on McGraw-Hill Education or its teaching and learning resources.

HOME SALES REPORT

CASTRO VALLEY		TOTAL SALES: 09					
Highest \$:	740,000	Median \$:	446,000				
Lowest \$:	359,000	Average \$:	495,222				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
20182 Butterfield Drive	94546	415,000	3	1400	1957	01-25-13	
18932 Madison Avenue	94546	468,000	3	982	1949	01-25-13	
4092 Nichandros Street	94546	446,000	2	1844	1956	01-28-13	
20068 San Miguel Avenue	94546	699,000	5	3124	1968	01-25-13	
20458 Stanton Avenue	94546	359,000	3	1236	1917	01-29-13	
18659 Summit Court	94546	405,000	3	1531	1952	01-30-13	
18983 Vaughn Avenue	94546	555,000	2	1706	1957	01-29-13	
5383 San Simeon Place	94552	370,000	2	1334	1981	01-29-13	
6457 Sunnyslope Avenue	94552	740,000	3	2196	1937	01-29-13	

FREMONT		TOTAL SALES: 28					
Highest \$:	1,132,000	Median \$:	445,000				
Lowest \$:	169,000	Average \$:	499,500				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
4270 Argonaut Court	94536	476,000	3	1152	1961	01-29-13	
344 Goleta Terrace	94536	337,000	2	1140	1973	01-29-13	
38403 Kimbro Street	94536	600,000	3	1448	1958	01-25-13	
36659 Montecito Drive	94536	710,000	3	1866	1966	01-25-13	
4433 Rosoli Terrace	94536	210,000	2	988	1971	01-30-13	
37363 Sequoia Road	94536	171,000	2	840	1986	01-25-13	
1381 Stripper Common	94536	612,000	3	1610	1996	01-25-13	
37156 Towers Way	94536	320,000	2	747	1952	01-29-13	
3868 Adams Avenue	94538	420,000	2	796	1957	01-28-13	
5528 Beau Court	94538	420,000	3	1204	1962	01-29-13	
5741 Birch Terrace	94538	210,000	2	945	1970	01-29-13	
40354 Davis Street	94538	445,000	4	1446	1955	01-28-13	
3105 Hancock Place	94538	830,000	4	2488	1980	01-30-13	
3715 Howe Court	94538	538,000	3	1056	1958	01-28-13	
39506 Sundale Court	94538	500,000	3	1204	1964	01-29-13	
4885 Valpey Park Avenue	94538	440,000	4	1551	1962	01-29-13	
587 Chardonnay Drive	94539	350,000	4	2210	1987	01-30-13	
295 East Warren Avenue	94539	325,000	2	878	1982	01-25-13	
284 Fountain Grass Terrace	94539	530,000	2	1303	2008	01-28-13	
40201 Hacienda Court	94539	850,000	2	1828	1967	01-29-13	
40797 Palatino Street	94539	1,132,000	3	2268	1974	01-28-13	
48695 Sedum Road	94539	938,000	4	1639	1977	01-25-13	
34112 Aberdeen Terrace	94555	335,000	3	1166	1970	01-25-13	
34492 Alberta Terrace	94555	688,000	3	1769	1990	01-25-13	
34571 Calcutta Drive	94555	488,000	0	1376	1977	01-29-13	
33951 Juliet Circle	94555	562,000	2	1241	1985	01-29-13	
3889 Milton Terrace #6	94555	169,000	1	796	1986	01-29-13	
4235 Tanager Common	94555	380,000	3	1240	1984	01-30-13	

HAYWARD		TOTAL SALES: 24					
Highest \$:	1,539,000	Median \$:	300,000				
Lowest \$:	110,000	Average \$:	341,854				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
815 Barker Avenue	94541	280,000	3	1200	1955	01-30-13	
749 Cherry Way	94541	455,000	5	2420	2004	01-29-13	
1524 D Street	94541	325,000	2	1476	1911	01-29-13	
459 Laurel Avenue	94541	220,000	3	1630	2004	01-28-13	
3221 Monika Lane	94541	263,000	3	1900	1980	01-30-13	
3450 Saddle Drive	94541	384,000	3	1318	1962	01-29-13	
3006 Woodroe Court	94541	455,000	3	1885	1985	01-29-13	
11 Arundel Drive	94542	1,539,000	5	4956	2006	01-29-13	
2485 Creekside Court	94542	195,000	2	936	1991	01-30-13	
25716 Spring Drive	94542	123,000	2	1061	1967	01-29-13	
680 Dartmore Lane #261	94544	117,000	2	906	1988	01-25-13	
273 Esther Court	94544	225,000	3	1050	1952	01-30-13	
379 Frederic Avenue	94544	340,000	3	1472	1952	01-25-13	
29438 Holyoke Avenue	94544	590,000	4	2198	2000	01-29-13	
232 Langley Way	94544	330,000	5	2123	1952	01-25-13	
24563 Santa Clara Street	94544	330,000	4	1375	1958	01-29-13	
320 Shepherd Avenue	94544	340,000	2	858	1961	01-30-13	
354 Tippecanoe Avenue	94544	230,000	3	927	1951	01-29-13	
26323 Dodge Avenue	94545	359,000	3	1148	1957	01-30-13	
25850 Kay Avenue #132	94545	110,000	2	1007	1989	01-30-13	
2699 Northern Cross Road #4994545	94545	324,500	3	1867	2009	01-25-13	
25897 Peterman Avenue	94545	240,000	3	1056	1956	01-28-13	
1390 Sangamore Street	94545	300,000	3	1227	1955	01-28-13	
27522 Stromberg Court	94545	130,000	2	884	1970	01-28-13	

MILPITAS		TOTAL SALES: 05					
Highest \$:	868,000	Median \$:	585,000				
Lowest \$:	220,000	Average \$:	556,600				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
1139 Park Willow Court	95035	585,000	3	1182	1962	02-12-13	
831 Rivera Street	95035	670,000	5	1921	1971	02-08-13	
1101 South Main Street #103	95035	220,000	1	713	2007	02-12-13	
1779 Starlite Drive	95035	440,000	3	1240	1969	02-07-13	
821 Strickroth Drive	95035	868,000	4	2390	1986	02-12-13	

NEWARK		TOTAL SALES: 06					
Highest \$:	427,000	Median \$:	322,000				
Lowest \$:	232,000	Average \$:	336,833				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
38246 Aralia Drive	94560	380,000	4	1630	1978	01-25-13	
6398 Buena Vista Drive #A	94560	322,000	3	1763	1984	01-29-13	
6290 Joaquin Murieta Avenue	94560	232,000	2	905	1982	01-25-13	
36277 La Salle Drive	94560	300,000	3	1100	1960	01-29-13	
7177 Marne Place	94560	360,000	3	1106	1961	01-28-13	
8050 Thornton Avenue	94560	427,000	4	1620	1964	01-29-13	

SAN LEANDRO		TOTAL SALES: 14					
Highest \$:	375,000	Median \$:	292,000				
Lowest \$:	205,000	Average \$:	301,571				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
204 Accolade Drive	94577	348,000	4	1627	2000	01-25-13	
2353 Cheshire Place	94577	306,000	3	1659	1977	01-28-13	
31 East 14th Street	94577	285,000	2	1377	1942	01-30-13	
446 East Merle Court	94577	272,000	2	1189	1932	01-25-13	
2433 Fairway Drive	94577	375,000	5	2219	1942	01-25-13	
1680 Grand Avenue	94577	288,500	3	966	1930	01-28-13	
3854 Anza Way	94578	311,000	4	1512	1954	01-25-13	
14411 Kings Court	94578	205,000	3	1195	1974	01-30-13	
3754 Lamoureux Street	94578	296,000	0	1356	1979	01-25-13	
1415 Abbey Avenue	94579	292,000	3	1241	1952	01-30-13	
730 Fargo Avenue #7	94579	277,500	3	1136	1965	01-30-13	
15658 Hebron Court	94579	335,000	3	1126	1959	01-25-13	
1511 Redwood Avenue	94579	355,000	3	1197	1953	01-29-13	
1998 Vining Drive	94579	276,000	3	1580	1958	01-25-13	

SAN LORENZO		TOTAL SALES: 03					
Highest \$:	425,000	Median \$:	348,000				
Lowest \$:	230,000	Average \$:	334,333				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
570 Cornell Street	94580	230,000	3	1462	1950	01-29-13	
17369 Via Chiquita	94580	348,000	3	1031	1951	01-28-13	
18192 Via Valencia	94580	425,000	5	1519	1951	01-30-13	

UNION CITY		TOTAL SALES: 12					
Highest \$:	610,000	Median \$:	350,000				
Lowest \$:	190,000	Average \$:	393,792				
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
4145 Asimuth Circle	94587	310,000	4	1584	1974	01-25-13	
100 Camino Plaza	94587	218,000	3	1135	1985	01-29-13	
34878 Herringbone Way	94587	547,500	3	1551	1997	01-25-13	

32379 Regents Boulevard	94587	510,000	3	1274	1974	01-25-13
33786 Remington Drive	94587	485,000	3	1349	1967	01-29-13
3167 San Bernardino Way	94587	350,000	3	1762	1971	01-29-13
3318 San Pablo Court	94587	320,000	0	1349	1977	01-29-13
31319 Santa Elena Way	94587	440,000	3	1396	1969	01-30-13
2233 Sherman Drive	94587	425,000	5	1930	1968	01-30-13
34187 Soto Drive	94587	610,000	3	2000	2005	01-30-13
34818 Starling Drive	94587	190,000	2	798	1972	01-25-13
1066 Tourmaline Terrace	94587	320,000	2	1203	2007	01-25-13

Contractors' workshop

SUBMITTED BY HAYWARD CHAMBER OF COMMERCE

Alameda County, the City of Hayward, and BART wish to certify local businesses for a variety of contracting opportunities. Attend a free workshop by the Hayward Chamber of Commerce in co-operation with the Alameda County Auditor-Controller's Office, the City of Hayward Division of Finance and BART on March 27, 2013 at the corporate headquarters of Marelich Mechanical. A limited number of seats are available.

The Small, Local and Emerging Business (SLEB) program is designed to ensure all Alameda County businesses have opportunities for contracting and procurement activities. It is administered by the Auditor-Controller Agency Office of Contract Compliance and applies to all County procurement of goods and services. Representatives will be available at the workshop. For information, visit www.acgov.org/auditor/sleb.

Many contracting opportunities are available through the City of Hayward, promoted by its Office of Economic Development and the Division of Finance. On

March 27, City representatives will describe how to qualify for opportunities in procurement and contract bidding. For more information, visit <http://bit.ly/Xu6jf3>.

Major BART contracting projects range from temperature control units to various station improvement projects. BART has also embarked upon a Small Business Opportunity Program for services, construction, supplies and materials. In

LIFE CORNERSTONES

Birth

Marriage

Special Life Events

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



Lydia R. Marquez
RESIDENT OF UNION CITY
March 27, 1926 – February 18, 2013

Natalie Lepore
RESIDENT OF FREMONT
December 17, 1921 – February 23, 2013

Dolores E. Lozano
RESIDENT OF STOCKTON
June 6, 1959 – February 25, 2013

Igmedio Corpuz
RESIDENT OF FREMONT
August 5, 1938 – March 3, 2013

Devidas V. Nayak
RESIDENT OF SAN JOSE
September 20, 1922 – March 3, 2013

Donna M. Swift
RESIDENT OF PLEASANTON
May 7, 1937 – March 5, 2013

Dorothy E. Vargas
RESIDENT OF FREMONT
June 26, 1928 – March 5, 2013

Carmelina L. Alino
RESIDENT OF HAYWARD
July 15, 1933 – March 8, 2013

Lincoln S. Eich
RESIDENT OF FREMONT
January 10, 1927 – March 8, 2013

John T. Willingham
RESIDENT OF SUN CITY, AZ
June 25, 1937 – March 8, 2013

Eleanor G. Jardin
RESIDENT OF FREMONT
March 7, 1925 – March 10, 2013

Rachael C. Ruth
RESIDENT OF FREMONT
September 16, 1931 – March 10, 2013

Chapel of the Roses
(510) 797-1900 FD1007
1940 Peralta Blvd., Fremont

Fremont Memorial Chapel
(510) 793-8900 FD1115
3723 Peralta Blvd. Fremont



BERGE • PAPPAS • SMITH
CHAPEL of the ANGELS
Your family funeral home

Placida L. Cabusas
RESIDENT OF FREMONT
October 10, 1921 – February 26, 2013

Roy J. Tarver
RESIDENT OF FREMONT
January 25, 1931 – March 4, 2013

Lahela J. Bosco (Harrison)
RESIDENT OF PORTOLA
March 7, 1981 – February 27, 2013

Rex W. Schmitz
RESIDENT OF MILPITAS
April 10, 1954 – March 3, 2013

Lena M. Caruso
RESIDENT OF FREMONT
September 21, 1913 – March 3, 2013

Howard S. Nelson
RESIDENT OF FREMONT
July 15, 1930 – March 4, 2013

Celia Mitlo
RESIDENT OF UNION CITY
March 1, 1943 – March 4, 2013

Petronila Leyva
RESIDENT OF FREMONT
December 28, 1932 – March 5, 2013

Monie J. McGaffey
RESIDENT OF FREMONT
June 14, 1922 – March 5, 2013

Barbara A. Carlson
RESIDENT OF FREMONT
June 18, 1949 – March 5, 2013

David M. Reis
RESIDENT OF FREMONT
November 10, 1960 – March 4, 2013

Berge • Pappas • Smith
Chapel of the Angels
(510) 656-1226
40842 Fremont Blvd, Fremont

LANA'S
Estate Sales-Clean Outs-Appraisals

Whether you're closing a loved ones Estate, downsizing or need an appraisal for current market value; it's an overwhelming task. Lana's provides efficient solutions for quick completion, allowing you to move through the process with ease.

Take a Deep Breath, Don't Throw anything away,
call for a FREE preview.

Lana August Puchta
Licensed Estate Specialist In Resale Over 30 Years

510-657-1908
www.lanasestatesales.com

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.

Affordable Options to
High Priced Funerals

www.tri-citycremationfuneralservice.com

*Tri-City Cremation
& Funeral Service*

Cremation Starting at \$895

Burial Starting at \$895 (Casket Not Included)

Traditional Funerals Available **COMPARE OUR PRICES**
510-494-1984

5800 Thornton Ave., Newark, CA 94560 CA. FD #2085

Obituary

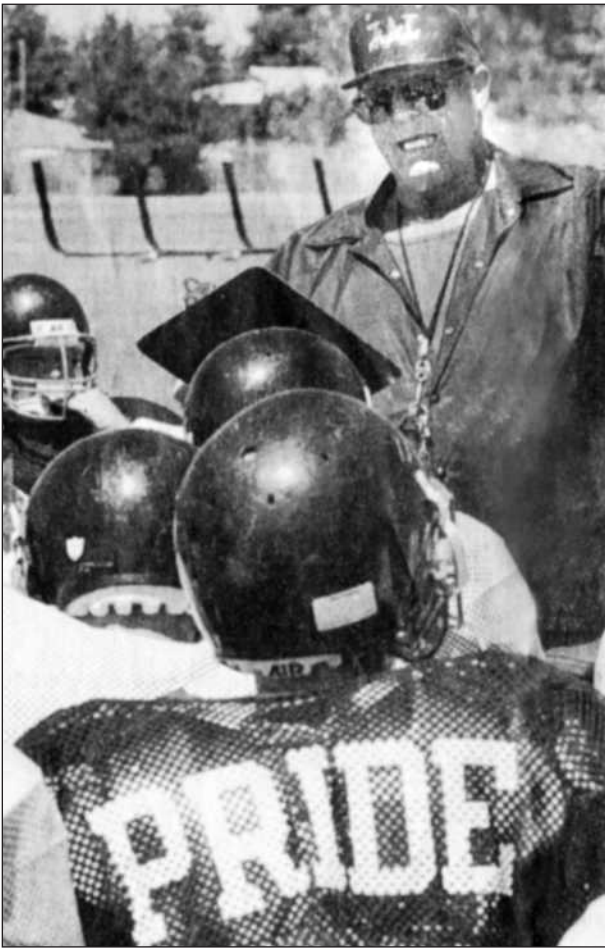
Legendary Husky coach mourned

An icon of high school sports in Fremont died March 5, 2013 at age 80. Jim Ingram, head football coach of the Washington High School football program followed another legend, Bill Walsh, leading the Huskies from 1960-1975 and again from 1979-2002. He leaves an impressive record of 12 Mission Valley Athletic League titles, 230 wins and was instrumental in shaping high school football in Fremont and, on a deeper level, profoundly influenced the lives of thousands of players and students in his four decades of coaching and education.



Following a college career as a two-way lineman with Humboldt State, Jim Ingram began coaching Washington High School's football team in 1960 and, after a hiatus in the mid-'70s, returned to the position he loved in 1979. Ingram remained as the Huskies coach until his retirement after the 2002 season.

Ingram was honored Oct. 18, 2009 at Tak Fudenna Stadium where he had reigned since its construction in the early 1970s; a bronze bust of him was recently installed in front of the fieldhouse that bears his name. The idea of honoring the Fremont icon originated with one of In-



gram's greatest rivals and friends, John F. Kennedy High School icon, retired Coach Pete Michaleto.

Coach Ingram - known as "Coach I" to all who played for him or otherwise knew him will be remembered fondly. At the ceremony in 2009, Retired Army Colonel Chuck Wittebort (class of '61) who played on Ingram's first team, admitted that the team wasn't sure what to make of their new coach at the time. After all, the team had been successful under Coach I's predecessor, a guy named Bill Walsh. Yes, that Bill Walsh.

"We thought he might be just another guy who thought he could coach," remembered Wittebort. "But Coach Ingram was just as serious about winning as Coach Walsh."

Wittebort summed up Ingram's coaching philosophy, which was echoed numerous times during the day: "Success was built around the team, not the individual; there were no prima donnas."

Leonard Fudenna, a member of the 1967 and '68 undefeated Husky teams, recalled the combative spirit Coach I instilled in his team. "He loved a good fight," said Fudenna, "even if we lost the fight."

1980 alum Arnie Mozzetti was on the '79 team summed up his comments, "To be a Husky was to be part of a special breed."

Aaron Ingram ('91), the coach's grandson, played for Coach I and became a coach himself. He called his grandfather "a great communicator, a teacher who is always teaching," and thanked the coach for preparing him for life.

Lyle West ('95), who played college ball at Chabot and San Jose State and was drafted by the New York Giants, primarily a special teams player on the 2000 Giants team that went to the Super Bowl. "There's an energy that Coach had that made people who'd never played football want to play for Coach I," said West.

Coach I summarized his feelings on that day, saying, "I think I found a fit in Washington." Scrutinizing the first draft of the bust which would finally be installed just weeks before his death, Coach Ingram commented, "He needs a haircut."

Editor's Note:
Excerpts from Tri-City Voice archives, October 28, 2009 (www.tricityvoice.com) or http://www.tricityvoice.com/articlefiledisplay.php?issue=2009-10-28&file=story1.txt

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).

Fremont City Council March 5, 2013

Work Session:

Staff presentation, followed by public comment and Council discussion, of Warm Springs/South Fremont community plan including land use alternatives, infrastructure and financial assessments.

STAFF - Dubbed an “Innovation District,” land is envisioned as a employment hub with a mixed environment: residential, commercial and industrial uses anchored by BART, iconic structures and innovation hubs. A community plan will be developed based on previous studies (Economic Development and Urban Land Institute) and the desire to create a visionary 21st Century workplace. Integration of residential development presents a significant challenge but is a starting point for the plan.

A Draft Community Plan will consider the needs of the study area as a whole, focusing on near term opportunities including a critical mass of 2,500 – 4,000 units of 30-70 dwelling units/acre probably phased over time. Planning components – Community Plan, Zoning, Environmental Impact Report (EIR) - will be considered concurrently.

Reviews will be presented through 2013 with target of Final EIR, December 2013.

PUBLIC COMMENT

Consider areas near the BART station for residential development to create a “there, there.”
Housing should include affordable housing

COUNCIL

Natarajan
Define 21st Century workplace; what is it?
First projects will set the tone for the area
Stress bold vision and identity
Recognize the challenge of inward and outward focus of tenants
Planning should be suggestive, not prescriptive
Focus on “livable density”

Bacon
Will market dictate staging of development?
Possibility of including an educational facility, meeting center, conference center
Set specific zoning guidelines

Chan
Remember to focus on area as an employment center

Harrison
Challenges of converting area from industrial to Transit Oriented Development

Mayor Bill Harrison	Aye
Vice Mayor Anu Natarajan	Aye
Suzanne Lee Chan	Aye
Vinnie Bacon	Aye
Raj Salwan	Absent

Council Meeting

Consent:

Approve on-Call professional services geotechnical consultant contract with Ninyo and Moore Geotechnical and Environmental Science Consultants in an annual amount not-to-exceed \$150,000 per year for three years and two additional one-year terms.

Appoint PFM asset Management LLC to provide investment advisory services for a three year contract with the option for three one-year extensions.

Approve Planning Commission text amendment to clarify Private Open Space General Plan land use description and minor edits/corrections.

Ceremonial:

Proclaim March as American Red Cross month

Council Referrals:

Recognize Earth Hour Challenge: Turn off unnecessary lights on Saturday, March 23 from 8:30 p.m. – 9:30 p.m. Consider other City actions with the Earth Hour City Challenge by “taking innovation actions towards creating a greener, cleaner and more sustainable city.”
More information about Earth Hour at www.earthhour.org

Adjournment in memory of Coach Jim Ingram and two Santa Cruz police officers who died in line of duty.

Milpitas approves resolution to give public notice of Vietnam visits



By FRANKIE ADDIEGO

The City Council of Milpitas was greeted with enthusiasm as it signed a resolution directing the police department to create a policy requesting advance notice of visits from representatives of the Socialist Republic of Vietnam.

“This council stands in a unanimous position,” said Council Member Debbie Indihar-Giordano, despite the absence of Councilmember Armando Gomez, who arrived after the resolution was signed.

The resolution established that the Chief of Police must “implement a detailed ‘PRIOR NOTICE’ policy of requesting outside organizers, agencies and jurisdictions to inform on the nature, purpose and duration of visits, drive-bys, or stopovers of government delegations and affiliated groups from the Socialist Republic of Vietnam, at least fourteen (14) calendar days before such occurrence,” and to “report to the Mayor and all Council Members of such visits, drive-bys, or stopovers once the notification is made from the requesting organizer, agency or jurisdiction.”

The resolution also stated its opposition to vis-

its from representatives of the Vietnamese government, and condemned the expenditure of city resources to support such visits. “One of our obligations,” said Mayor José Estevez, “is to be a good steward of our taxpayers’ money.”

Several members of the Vietnamese community addressed the meeting to offer praise for the resolution. “The city of Milpitas always makes history, it’s always the pathfinder,” said Barry Do, President of Little Saigon San José Foundation, “many years ago, within Santa Clara County, no other city would dare even give out our beloved yellow heritage flag.”

The impetus of the resolution was a petition drafted by the Vietnamese American Community of Northern California, based in San José, which expressed opposition to the Vietnamese Communist Party, sending delegates to the South Bay. The petition cited the “risks to public safety,” during demonstrations when representatives from Vietnam have visited, as well as a 1999 incident in which sympathizers of the current regime displayed a photograph of Ho Chi Minh, whom the petition describes as a “deceased tyrant.”

Temple Beth Torah's Brotherhood Breakfast



(L to R): Congressmen Mike Honda (D-17th District) and Eric Swalwell (D-15th District) spoke at Temple Beth Torah's Brotherhood Breakfast on March 10. During Q & A, both discussed topics such as: economic development, clean energy, immigration reform, equity for education, the Middle East, and the Postal Service.

Narcotic sales arrest

SUBMITTED BY SGT. FRANK MORALES, MILPITAS PD

On 02-26-13, at about 10:18 a.m., a plainclothes Milpitas Police detective saw a female running from the parking lot of the Executive Inn, located at 95 Dempsey Rd. The detective observed a male subject in the parking lot acting suspiciously and appeared to be looking for the female. The detective contacted the female and learned she was a parolee at large. As officers approached the male, he fled on foot and was apprehended after a short foot pursuit that led into a neighboring business.

During the course of the investigation, detectives located over an ounce of heroin, over an ounce of methamphetamine, marijuana cigarettes dipped in PCP and several syringes belonging to the male suspect, who was identified as San Jose resident Richard Gomez. The female suspect was identified as San Jose resident Lena Rocha.

Gomez was arrested for possessing heroin, methamphetamine, and PCP for sale, providing false identification and resisting arrest. Rocha was arrested and booked at the Santa Clara County Main Jail for being a parolee at large and under the influence of narcotics.

Anyone with any information regarding this investigation or other similar incidents occurring in our city is encouraged to call the Milpitas Police Department at (408) 586-2400. The Milpitas Police Department encourages you to immediately call the police department to report suspicious activity in your neighborhood. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at: http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp

Chinese American History exhibit

Pent-up demand for relevant and inclusive approaches to American history

SUBMITTED BY JORDAN YEE

Ms. Gerry-Low Sabado, a community-history activist, who has been instrumental in raising awareness of the history of the early Chinese immigrant fishing communities in Pacific Grove California, presented a well-attended talk, on Saturday, January 26, 2013, regarding the pioneering 19th century Chinese immigrant squid fishing community that settled on the shores of the Monterey Bay. Her talk, accompanied by a screening of the CSU Monterey Bay film “By Light of Lanterns: the Untold Story of Monterey Chinese Fishermen” concluded the successful “Remembering 1882 - Exhibit and Lecture Series” presented during January 2013 at Fremont Public Library.

Noted historians, authors, and pioneering Asian American studies professors Mr. Philip P. Choy (January 5) and Ms. Judy Yung (January 12) delivered the program’s first two talks to a full house in the library’s Fukaya Room. At opening session, Chinese American Citizens’ Alliance (CACA) and Asian Pacific Islander American Public Affairs Association (APAPA) representatives recounted the background to their and other stakeholders’ recent efforts to secure the passage of resolutions in the U.S. House and U.S. Senate containing statements of regret for the unconstitutional Chinese Exclusion laws. Many attendees participated in the book-signings by authors Phil Choy and Judy Yung.

Library staff was delighted with the excellent attendance at the lectures and li-



Jordan Yee (l) and Gerry Low- Sabado (r) in front of the traveling “Remembering 1882” exhibit, Fremont Public Library, January 2013.

brary users’ interest in the “Remembering 1882” traveling exhibit in the library’s local history collection. The program’s third session consisted of a presentation and Chinese American case study by genealogist Christine DeVillier and included a lively question-and-answer session.

The success of the program reflects a pent-up demand by the Chinese American and wider community for cultural and educational programming that addresses the pioneering historical contributions and tribulations of the 19th century and early 20th century Chinese American community. It is also indicative of growing hunger by a politically maturing Asian American community to see the sweeping historical

narratives of early Chinese American contributions to the development of the American west presented and recounted in public history gatherings.

During the planning of this exhibit and lecture series, event organizers Jordan Yee and Gerry Low-Sabado, both founding members of the Chinese American History Network, received numerous requests from organizations and from Chinese American elected officials in California for the program to travel to their venue.

“The turnout for this event shows a real demand for an inclusive approach to presenting the history of the American west. It’s a challenge that all public history stakeholders need to strive to meet,” said Yee.

This combination library exhibit and speaker program was organized by the Chinese American History Network in partnership with the Fremont main branch of the Alameda County Public Library. The program featured lectures and public talks, author book signings, a film screening, and an eight-week presentation of the traveling Chinese Exclusion laws history exhibit developed by the Chinese Historical Society of America. Additional support came from the Chinese American Citizens’ Alliance (CACA), Asian Pacific Islander American Public Affairs Association (APAPA), Chinese Historical Society of America, Citizens for Better Community, and South Bay Chinese Club.

Great Scott

BY PAMELA ROSEN

Only the bravest soul would accept the insurmountable task of taking over a high school drama department from a 36-year veteran teacher, discover it was deep in debt, and claim, “Wow, I’ve made it.”

Scott Di Lorenzo’s eyes dart around Irvington High School’s Valhalla Theatre with a practiced rhythm. There are doors to be constantly monitored, students who are quietly curled up in seats doing homework, and he has to pick up the unending parade of snack foods and forgotten backpacks and jackets that fill the seats when the audiences aren’t there. Valhalla is an oddly-built, somewhat ungainly space for a high school theatre, but Valhalla represents everything that Di Lorenzo, now in his second year as Artistic Director for Irvington’s Arts Magnet program, is responsible for - it’s big, it’s a bit awkward, there are unexpected surprises and messes to be cleaned up around every corner, and, like Di Lorenzo himself, it’s only there out of sheer love for arts education.

Di Lorenzo, 28, inherited Valhalla and its renowned arts magnet program a year ago. He was selected after of a year-long nationwide search to replace retiring Linda Jackson-Whitmore, who had run the program since 1978. Replacing the indomitable “Ms. J” was a tall order. Whoever would step into Jackson-Whitmore’s shoes had to be tireless, tenacious, singularly dedicated, a fountain of creativity, thrifty, diplomatic, have exquisite taste, be inspirational to hundreds of students—and courageous almost to the point of insanity. After interviewing countless applicants, the selection committee chose

Scott Di Lorenzo after only one interview and twenty minutes. The committee knew immediately that they had their man.

Once Di Lorenzo got to Irvington, his students and colleagues quickly learned they were not to be fooled by his boyish



looks, tender age, and willingness to be clownish. Di Lorenzo is a man with a plan. “My vision is for the people of Fremont to look at Irvington High School Theatre as just ‘Irvington Theatre,’ a theatre company that just happens to be located in a high school. There’s this thought that high school theatre isn’t ‘real,’ isn’t worth being taken seriously. That isn’t fair. So I pick shows that will engage audiences, and stretch the kids, and I back that up with a hearty curriculum that trains them to be up to the challenge.”

Irvington’s drama calendar includes two major productions a year, plus a children’s show for local field trips, a public mime show, a spring production for beginning students, traveling to multiple competitions throughout the year, with potential trips to study in London in the future, or perform in Edinburgh, Scotland, at the

world famous Fring Festival. And then, of course, there’s fundraising.

Arriving at Irvington, Di Lorenzo discovered two life-changing facts about his new job: first, there was no funding to support all of these activities, even though Irvington is a magnet school. Then came the real jaw-dropper: his new department was thousands of dollars in debt. At 27 years of age, knowing no one in Fremont, with just four years of teaching experience, he was responsible for paying that bill.

“I sat in my office and just stared at this pile of bills for what must have been half an hour,” Di Lorenzo relates. “Then I decided to just take it on. That kind of debt was unacceptable.” He had done his homework before starting at Irvington. “I knew what the history of this department was. There were dedicated, hard working volunteer parents and students who gave every moment they could to the department. But they didn’t seem to be aware of the problem. I had to start right there. I had to rally them toward that cause - raise the money to pay it off, get some seed money to start over, and take some real pride in the program.”

Parents and students worked side by side, raising money while putting on productions, attending competitions, and taking classes. Meanwhile, Di Lorenzo reached out to other local theatre organizations, including Ohlone College and StarStrick Theatre, and the other schools in the area. By the end of the year, the debt was erased, and the department had some money in the bank. With Scott DiLorenzo at the helm, Irvington’s theatre department was not only solvent, but unified, and he was no longer quite so alone.

“When I was teaching at Palm Springs High,” he remembers, “my colleagues had been my former teachers. It was my own school. It was hard for them to take me seriously. I’m very aware that I’m only ten years older than my oldest student. My students see me as an older brother. They let me into their life, and I let them into mine, and I like to think that even though they loved Linda, they love me, too. But I’m asking for respect. That’s the only way this is going to work. We still need to raise the money. We still need to compete on a national level, even against well-funded private schools. We did it at Palm Springs, and we went to the nationals in the English Speaking Union Shakespeare Competition. There’s no reason we can’t do that here. But it’s got to start with respect.”

Di Lorenzo learned that lesson from his own high school drama teacher and mentor at Palm Springs High, Rosemary Mallett. He knew he wanted to be a teacher from the time he was in third grade, but didn’t focus in on drama until high school. Mallett encouraged him, was always there to help him make tough decisions, and eventually, she asked him to replace her. So Di Lorenzo had already taken over for one long-term beloved drama teacher when he came to Irvington. Mallett had preached quality, balance, controlled risk-taking, and discipline, all qualities Di Lorenzo has brought with him.

“I couldn’t be more proud of my students, too. I give them a lot of room to grow. What really makes me happy is when a student ‘gets it,’ when someone overcomes a mannerism problem, or something just clicks. I look for small victories. In education, you don’t get a lot of big victories. My students’ success is my success. Being here, I really do feel like I ‘made it.’ I’m an educator first, a director second. I can only go so far, and then the students have to do the rest. And they always do.”

Emergency Shelter Program receives new Toyota Sienna

SUBMITTED BY EMERGENCY SHELTER PROGRAM

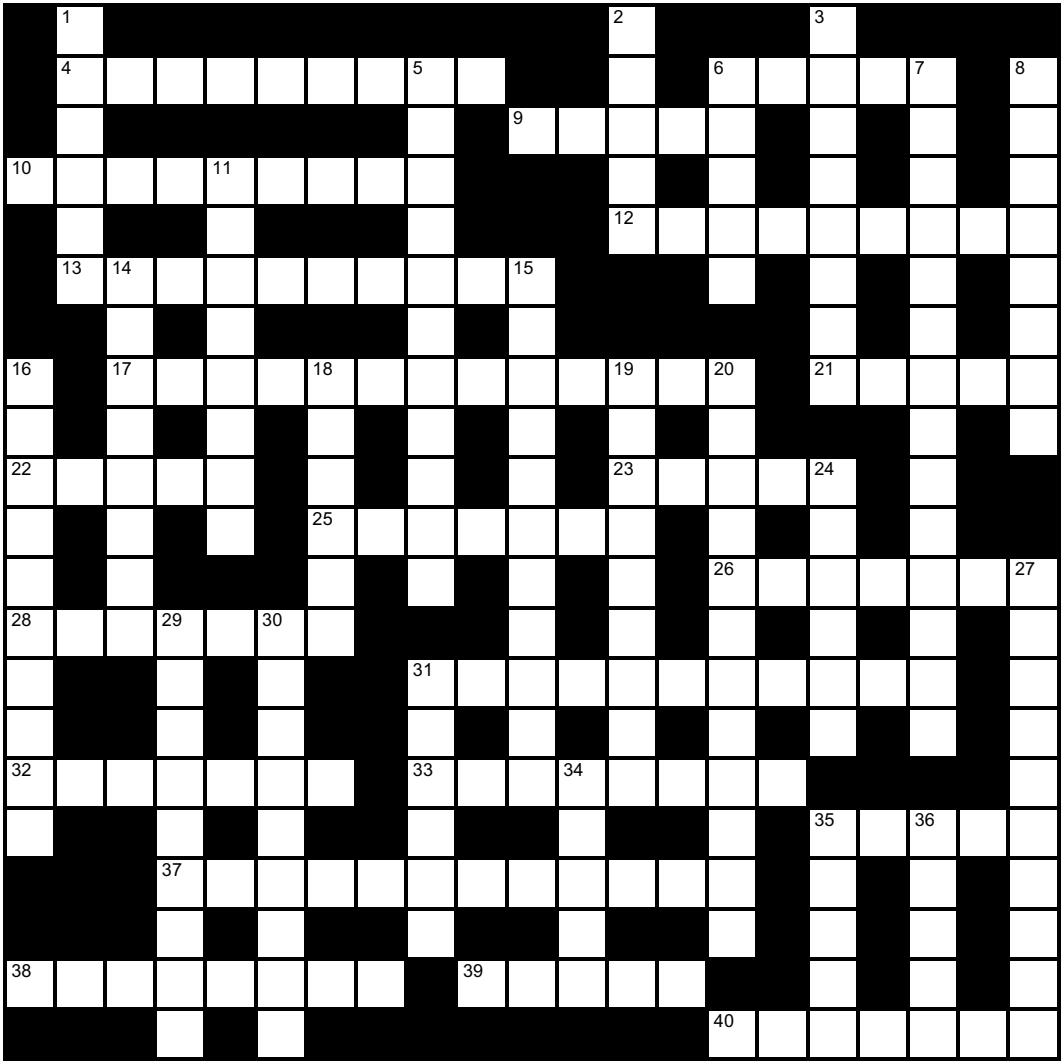
The Hayward-based Emergency Shelter Program, which provides shelter and supportive services to women and children who are survivors of domestic violence, human trafficking, and homelessness, received a brand new Toyota Sienna from AutoWest Toyota in Hayward through Toyota’s Cars for Good program. “100 Cars for Good” is a major philanthropic initiative in which the automaker is giving 100 cars to 100 non-profits over the course of 100 days. Emergency Shelter Program was selected as a winner based on votes from the public on the “100 Cars for Good” Facebook page.

This vehicle will be used to transport women and children in need of emergency housing, to and from medical and social service appointments, and transportations to legal proceedings among numerous other purposes.

“Everyone at ESP is thrilled to have been selected as a winner for the 2012 ‘100 Cars for Good’ program,” said Vera R. Ciammetti, Executive Director. “We’re grateful for this incredible opportunity to better serve the clients who come to us for shelter and support.” Attending the ceremony was Joey Kohistani, general Manager of Haywards dealership and Tracy Kaiser, District Manager of Toyota.

Mind Twisters

Crossword Puzzle B 204



- Across

4

Generate knowledge about something (9)

6

Pre-exam feeling, maybe (5)

9

Body build (5)

10

As a rule (9)

12

Traded goods and services (9)

13

Emergency hospital vehicles (10)

17

Giving praise, support and inspiration (13)

21

Consumed (5)

22

It may be organized (5)

23

Starts (5)

25

Transport to Oz (7)

26

Ditto (7)

28

In demand (7)

31

Wanted much (11)

32

Restricted (7)

33

Cook outside (8)

35

Catnip and lovage, e.g. (5)

37

Freedom (12)

38

The fifth wall (8)
- 39

The Dow, e.g. (5)
- 40

Good spellers? (7)

Down

1

Take pictures with __ (6)

2

747, e.g. (5)

3

Case (8)

5

Tall buildings in metro cities (11)

6

Plural of penny (5)

7

Express pleasure to someone on their achievement (14)

8

Lying curled, close and snug (8)

11

_____ by submarine (8)

14

Gatherings of a group of people to discuss (8)

15

Fantastic (11)

16

So good that it is hard to believe (10)

18

Married (6)

19

Capable of giving pleasure (9)

20

Warmth or coldness measures (12)

24

Interference (6)

27

Young people (10)

29

Not perceptible by the eye (9)

30

Lengthen and stretch out (9)

31

Bridge supports (6)

34

Moola (5)

35

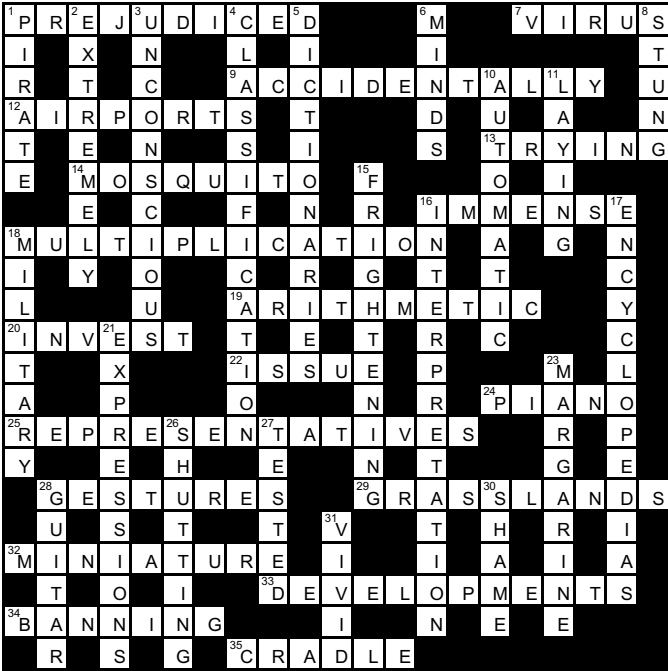
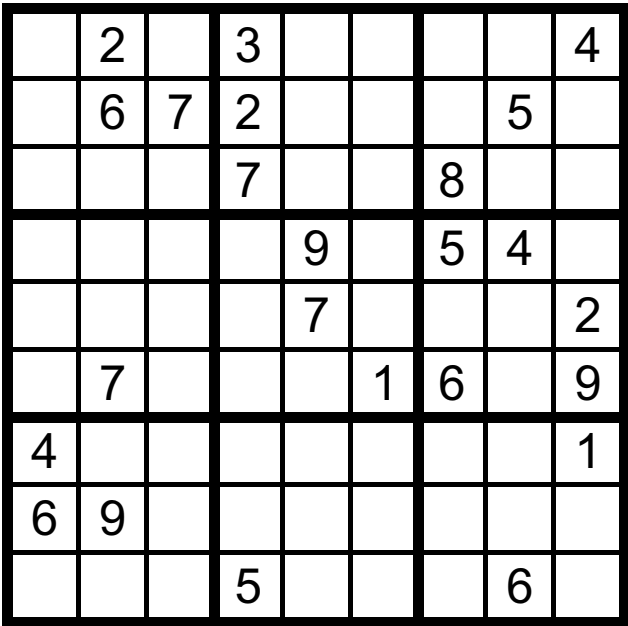
Addition (5)

36

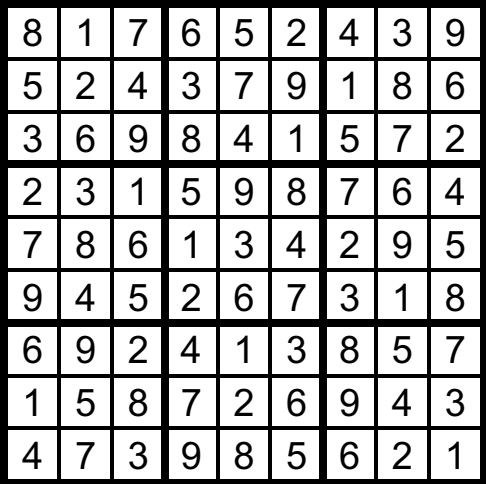
Not smooth (5)

Sudoku:

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



B 203



Tri-City Stargazer MARCH 13 – MARCH 19, 2013 BY VIVIAN CAROL

For All Signs: Mercury turns direct this week, on the afternoon of Mar. 17th. Mercury's retrograde phenomenon occurs three times per year so we've all experienced many of them. This particular one has been more problematic than most because of its position in the zodiac at this time. Normally it represents communication and paperwork snarls, shifts in schedules and confusing messages. However this episode of the retrograde has also suggested emotional difficulties as well. For many, old and painful history has surfaced to be grieved over once again, challenges to self esteem have forced a reexamination of issues we thought had been laid to rest. Though not pleasant to experience, the result of reworking these things will deepen your definition of self and is ultimately healing.

Other than Mercury changing directions, there are few aspects to discuss. So I am going to rerun a column on Jupiter, our largest planet. It has been traveling through Gemini since June of 2012 will continue to travel through that sign until latter June of 2013. Read below for both your Sun and Ascending signs.

Aries the Ram (March 21-April 20): During the few months, opportunities for travel will continue. Relationships with siblings, roommates and/or neighbors are more rewarding and your overall daily attitude becomes more optimistic. Focus of attention on communication (written or oral) is highlighted. Educational opportunities are attractive and expanded. You may become a teacher in your field.

Taurus the Bull (April 21-May 20): You likely have improvements in financial income or other personal resources. This may develop either as the result of general good luck or increased effort. Optimistic attitudes concerning money could lead you to overextend resources. Your sense of self-esteem is increased by several notches as you demonstrate what you have learned in recent years.

Gemini the Twins (May 21-June 20): Jupiter in your sign will lighten any load, renew your sense of optimism and reinforce your self-esteem. Help and cooperation of others will be more available to you, especially if you make your requests in person. The spiritual dimension of your life will improve and travel or education becomes more prominent. The only difficulty with this transit is the ten-

dency for weight gain.

Cancer the Crab (June 21-July 21): Any effort toward becoming more acquainted with the deeper parts of yourself will be well rewarded. Positive results can be achieved through psychotherapy, dream work, meditation, hypnosis and/or prayer. Assistance will come to you through unexpected (and possibly mysterious) sources. Your desire to contribute to greater social good will increase and yield good "karma."

Leo the Lion (July 22-Aug 22): Effort invested in organizational or group social causes will be returned in bounty. Networking with friends and acquaintances may play an active role toward helping you attain personal goals in life. Relationships with stepchildren (and more generally to other people's children) have improved. Corporate financial resources may increase.

Virgo the Virgin (August 23-September 22): Any reasonable effort in the area of profession, career or social status should meet with favorable results during the next few months. There may be additional travel, or educational/teaching opportunities associated with career endeavors. Relationships to superiors will be more supportive. Oppor-

tunities develop to improve relationships with the family of origin.

Libra the Scales (September 23-October 22): Jupiter augurs improvements and good fortune through any or all of the following: legal or ethical issues, contacts with foreign lands or people who live at a distance, the internet, higher education, teaching, publishing and long distance travel. Events of the next year will broaden your perspective on all of life and expand your sense of connection to a larger circle.

Scorpio the Scorpion (October 23-November 21): Gain comes to you through areas of shared financial resources. These may include: compensation from insurance or other group holdings, increases in partner's income, sale of property, gains through inheritance or gifts, increase in the value of stocks, bonds or other mutually held property, or tax benefits. Debts owed to you will be paid, whether financial or favors. Intimate life is on the upswing.

Sagittarius the Archer (November 22-December 21): The next few months bring improvements in all your most intimate relationships. This may be the year to get married or develop a beneficial

business partnership. Those with client bases will note considerable expansion. The period is favorable for attracting positive assistance through professional consultants, e.g., doctors, counselors, etc. Travel and/or education are on the increase.

Capricorn the Goat (December 22-January 19): Jupiter will increase the physical vitality, heal anomalies, and offer improvements in work conditions. Relationships to coworkers will be enhanced and equipment may be updated. This is the time to look for a better job (or it may find you). Any type of self-improvement program, but especially those relating to the physical body, will have highly beneficial results. Many will adopt pets.

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

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

Pisces the Fish (February 19-March 20): Jupiter will bring improvements to your domestic life. This may manifest in a new home or other property, such as a car. It especially favors home decorating or expansion projects. Domestic problems of the past may be improved or resolved during this period. Opportunities to improve and augment relationships to the family of origin will be presented.

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



Education in Fashion – a dream came true!

SUBMITTED BY IVY WU
PHOTOS BY STEVEN MAZLIACH

It was truly amazing to see how our community came together to make the March 2 'Education in Fashion' show such a wonder-



ful and memorable experience for everyone!

Arnold and Pricelle Valdecanas, with 'Weddings and Dreams' (a special occasions clothing store), had first proposed that Fremont Unified Student Store (FUSS) host a fashion show for high school students in Fremont Unified School District (FUSD). FUSS fully supported the idea, because it was completely in line with our goals - to provide a platform for our students to develop their potential and talents while bringing the community together to raise money to support FUSD schools and programs.

We named the show 'Education in Fashion,' because we wanted education to be a fashionable and exciting experience for our students and educators. Auditions were held, with students from all six high schools, and we were so moved to see many stepping outside their comfort zone to take on this new challenge.

Under the professional, attentive and caring guidance of our choreographer, Eddie Cotillon, a reputable fashion creative director and producer in the industry, students were inspired to practice their moves with discipline and conviction. Not only did the students learn to walk with poise and confidence, but they also developed friendships between schools and team spirit.

Mission San Jose High School not only allowed us to use its theater, but the school's Vice Principal Zack Larsen and Assistant Principal Carli Kim also participated as guest models along with American High School Principal Greg Bailey. In addition to playing guitar as accompaniment for a student singer, Warm Springs Elementary School Principal,

Scott Iwata further impressed us by playing solo guitar while singing!

A Mission San Jose High School student designed artwork for our program book, and a local printer, Vision Graphics and Printing, gave us a big discount for printing. DeVry University, Fremont Flowers, SAVE (Safe Environment to Violent Environments), CBC (Citizens for Better Community), Weddings and Dreams plus many more purchased ads and donated door prizes. Dawn Breakers Lions Club members and many volunteers signed up to set up the stage walkway and decorate the theater.

Walter Garcia, our school district's TV Production Manager, volunteered his time and services to videotape both of the matinee and evening shows with the assistance of MSJ Cinema Production Club student members. Professional photographer Suvrangshu Ghosh donated his time to take photos. MSJ-TV and FUSS's interns with DDTV did their media coverage.

To make this show a full event for our students, Eddie Cotillon invited eight make-up artists to do make-up and hair for models at no cost to FUSS. Some of these make-up artists



came from as far away as Mendocino County.

FUSS raised about \$1,500 from this event. The money will be donated to all six FUSD high schools to support their Arts/Drama programs.

Even though it was a lot of hard work and tough coordination, we are very thankful to be able to provide such a fun learning experience for everyone. Here are some comments made



by a few of the participants, which truly warm our hearts and encourage FUSS to move on to provide more fun events that support the needs of our students and schools:

MSJHS Vice-Principal Zack Larsen: "The event was so much fun. I was really happy to be a part of it. The kids had a great time and the cause is wonderful. By establishing FUSS you continue to give back to our community and it is so appreciated. I know this event will grow and grow!"

Warm Springs Elementary School Principal Scott Iwata: I am so glad I was able to contribute to another FUSS event that not only gives students an opportunity to express themselves in new ways, but also allows them to make a difference in their community. Thank you for leading FUSS events and giving everyone an opportunity to make a difference and participate."

Mission San Jose High School Model Akansha Prasad: "It was one of the best experiences I've ever had and am grateful to have had the opportunity to do it. I made tons of new friends, learned how to work a runway, and got over any stage fright. It was super fun and I'm definitely doing it again next year if I can."

Irvington High School Model Sami Khan: "I had a wonderful time participating in last year's fashion expo at



IHS... and the thought of a larger audience with a wider range (this year) seemed intimidating at first but the fantastic choreographer, Eddie, and the supportive adults involved, reassured everyone that we would do great. By the end of the show, I had a ton of fun, made a bunch of new friends and had an amazing experience that I'll remember for a long time. Thanks FUSS and Weddings & Dreams!"




Rejuvenate

Relax **\$ave**

Gas - Pellet & Wood Fireplaces • Inserts & Stoves Designer Glass Fireplace •

We have a fireplace design for every room in your home!

Intimacy by Design

THE INTIMATE FLAME

510-797-9768

www.TheIntimateFlame.com

37307 Blacow, Fremont
(Between Central & Thornton)

STAGE 1 THEATRE presents **CELEBRATING 24 YEARS OF LIVE THEATRE**

MARCH 15 - 30

PRODUCED BY JUDY MELLBERG & SANDI GONZALEZ
DIRECTED BY BARBARA WILLIAMS

MUSIC BY MARY RODGERS
LYRICS BY MARSHALL BARER
BOOK BY JAY THOMPSON, DEAN FULLER & MARSHALL BARER

Once Upon A Mattress

ASST. DIRECTION BY CHRISTOPHER DEMELO, CHOREOGRAPHY BY TODD ARAGON,
MUSICAL DIRECTION BY KEN NADLER, VOCAL DIRECTION BY GREG ZEMA

showtimes
MARCH 15, 16, 22, 23,
29 & 30 at 8:00 PM
MARCH 17 & 24
at 2:30 PM

ticket prices
\$10.00 - \$22.00 advance + group rates available
go to www.stage1theatre.org for further information

to purchase
CLICK WWW.STAGE1THEATRE.ORG, CALL BROWN PAPER
TICKETS at (800) 838-3006, CALL (510) 791-0287, or VISIT THE
BOOK END at 5678 THORNTON AVE. IN NEWARK

PRESENTED WITH THE GENEROUS ASSISTANCE OF
TRI-CITY VOICE

Mentor Graphics

American Century Investments

San Francisco Symphony

All performances are held at Newark Memorial High School 39375 Cedar Boulevard, Newark, CA



SUBMITTED BY MICHAEL MCNEVIN

Jim Page is a world traveler, and he's rolling into Niles on Thursday, March 14 to play The Mudpuddle Shop. He is a sharp, creative force in the folk world, writing songs of the times in the way that Dylan and Guthrie did. His fans include Bonnie Raitt, Christy Moore, and U. Utah Phillips, which says something about his talent and longevity. Page's songs have been covered by The Doobie Brothers, Christy Moore, The Moving Hearts, Dick Gaughan, Roy Bailey, David Soul, and Michael Hedges, and included on many compilations, including the Grammy-

Nominated "Best of Broadside." While Page can spontaneously front a band like Leftover Salmon, he's an awesome experience heard a la carte, just him with his guitar singing his tunes, telling his stories, and often making up songs on the spot. Page was born in California and got his start in the bars and coffee houses of the lower Bay Area in 1966. After a year-long stint in New York City he headed to Seattle, taking the whole town to be his stage: the streets, college campus, bus station, bars, and city council meetings. In 1974, after being threatened with arrest, Page took on the Seattle city government and legalized street performing. It was a landmark case and Seattle is now a famous city

Seattle Songwriter and Troubadour comes to Niles

for buskers of all styles. Page was one of the founders of the Pike Market Performers Guild, Seattle's first street performers union. They organized and ran the first and only Busker Festival to be operated entirely by buskers, and he again petitioned the City Council, this time to created Buskers Week, another Seattle first! In 1975, Page recorded his first album of original music, a vinyl LP called "A Shot Of The Usual," released on his own label. Two other albums followed in rapid succession. In 1977, he journeyed to the UK and performed at the Cambridge Folk Festival, then spent the next 6 years almost constantly on the road. He recorded two albums for a Swedish label called Nacksving and one for WEA Ireland, and followed with another album in '85 in Portland. Page was a member of the legendary band Zero Tolerance, worked with the internationally famous spoon player Artis the Spoonman, and in 2007 was included in an all-star cast of the "50 Most Influential Musicians In Seattle History," a position shared with Jimi Hendrix and Nirvana.

He continues to write and perform and experiment with form and ensemble, and his songs continue to be pertinent and expressive of our times. To quote the late Utah Phillips: "If you're ever going to get the message, this is the messenger to get it from." Doors open at 7:30 p.m. and the show starts at 8 p.m. Michael McNevin will also do a short set. The Mudpuddle Shop seats 30 max, so it may sell out. RSVPs are highly recommended, but walk ups are welcome to any open seats. For more information or reserve a seat, call (510) 794 9935 or e-mail info@michaelsmcnevin.com.

Jim Page in Concert
Thursday, Mar 14
8 p.m.
The Mudpuddle Shop
37433 Niles Blvd., Fremont
(510) 794 9935
www.michaelsmcnevin.com
Tickets: \$15-20 sliding donation

Station Center Mural completed

SUBMITTED BY CITY OF UNION CITY

Artist Mona Caron has completed her work on the mural at MidPen's Station Center housing development (<http://tinyurl.com/cqrbowv>). The finishing touches to the fiddleneck flower are the community-inspired vignettes and messages of welcome that "root" the flower at its base. The vignettes and words of welcome are the result of a public workshop that was held in November 2012. The roots of the flower display "welcome" in several different languages, and the two vignettes depict Union City's agrarian and industrial past and a vision for the neighborhood's future. These words of welcome and the detailed depictions were brought to life by the artist's close work with the residents in the community workshop and during its final production. Children suggested including greetings or welcoming words in every language spoken at Station Center. In the words of Elias, a well-spoken 9-year-old son of a Moroccan couple, "everyone here has roots in different parts of the world, and together we grow and blossom as a community." The images in the vignettes came from discussions with the residents, especially the vision of what could be in the future.



The initial brainstorm for the future fantasy came from the residents wishing for sensible practicalities, such as a grocery store in close proximity. When several recent immigrants expanded on this desire and described an open farmers' market, the artist interpreted these ideas to reflect the real memory and longing for a vibrant, interactive

public space for adults. Alternatively, the kids wanted a lake, a soccer field, and other fun details. But every age group agreed on one thing: a pedestrian bridge leading directly to BART from the east side. These detailed depictions can be seen at the base of the flower located at Station Center, 34888 11th Street.

We help you focus on the important things in life.



Eric Olsen
Physician (In Training)



Alan Olsen, CPA
Father and GROCO
Managing Partner



Charlotte Olsen
Teacher (in training)



Jeevan Zutshi receives Intercultural Service Award

SUBMITTED BY
HUMAN RELATIONS COMMISSION

This year the Fremont Human Relations Commission has selected Mr. Jeevan Zutshi to be the recipient of the commission's Intercultural Service



Award. Zutshi, born and raised in Kashmir, India, is no stranger to political and social unrest. Growing up as a Hindu in an area of India which was predominantly Muslim at a time when there was much conflict between India and Pakistan, may have contributed to Zutshi developing a deep understanding and respect for people from all cultures and religious backgrounds.

Clearly, this early experience increased his desire to advocate for social justice and human rights, at

an international level as well as here locally in the Fremont community. In 2000, Zutshi was one of 33 Indo-Americans invited to visit the White House and voice their views on an upcoming visit that President Clinton was making to South Asia. Zutshi focused his views on human rights issues in Kashmir. Now, he is the Director of National Federation of Indian Associations (NFIA) and has initiated the Global Organization of People of Indian Origin (Silicon Valley Chapter) in 2006, which promotes human rights around the globe.

More locally, in 2004 Zutshi received an award from California legislature for being a pioneer in promoting assimilation of Indo-Americans in mainstream America and in 2011 he received the "Unity Award" from the California Legislature for fostering understanding and promoting human rights for all citizens. He was appointed by California's Attorney General to serve on his Civil Rights Commission on Hate Crimes to improve the reporting of hate crimes and hate incidents occurring throughout California.

Zutshi is perhaps most recognized locally for the creation of the Indo-American Community Federation, which annually celebrates its signature event, the "Unity Dinner," to promote understanding and human rights in the aftermath of 9/11. The dinner brings together the diverse groups, which add to the richness of our community, to promote communication, interaction, and understanding.

Zutshi is supported in all his work by his lovely wife Usha, has also served on numerous non-profit boards and currently is a member of the Ohlone Community College Foundation.

Pregnancy Petite Retreat

A Childbirth Preparation Event

Saturday March 23rd, 2013

9am - 1pm at the Fremont Marriott

This event will offer tools and knowledge for a healthier pregnancy and labor while providing a space for you to take a breather and enjoy some pampering during this hugely transformational time in your life. You will receive:

Body-Centered Birth Hypnosis Session

Pregnancy Workshop that will cover topics such as: Self-care in pregnancy and postpartum, Dealing with anxiety that comes up during pregnancy and around labor, Finding your path as a mother, How to stay connect to your partner after the baby arrives, Resources and birth options!

Breakfast Buffet, Mini Massage, Special Giveaways and Spa-like Touches

Amber Hawley is a licensed Marriage and Family Therapist working with families providing prenatal and postpartum care.



For more information call (510)342-3263 or visit www.amberhawley.com

BOOK SALE

Fremont Friends of the Library

Old Library/Teen Center

39770 Paseo Padre Parkway, Fremont

Enter Park at Sailway Drive

Saturday, April 6 - 10am - 3pm

Sunday October 21 - 12 Noon - 3pm

Clearance Sunday - \$3 per bag
Bring your own grocery bags

\$1.00 per inch Stacked

For Information
510-494-1103

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

Encaustic Painting

Join professional artist Jose Luis Andrade to experience one of the most ancient and diverse art forms, encaustic wax painting. Learn fundamental techniques and how to apply them to your own collages or abstract artworks. Jose is an instructor at Young at Art in Cupertino and Newark.

Encaustic Painting

Saturday Mar 16

1:00 p.m. - 4:30 p.m.

Newark Library

6300 Civic Terrace Ave. Newark

(510) 795-2627; TTY 888-663-0660

<http://guides.aclibrary.org/Newark>

March For Meals

SUBMITTED BY PATRICIA OSAGE

LIFE ElderCare will be participating in the national 2013 March For Meals campaign by hosting distinguished mayors delivering Meals on Wheels on Wednesday, March 20.

"In this tough economy, the food and human contact we provide to seniors in this community is needed more than ever," said Patricia Osage, Executive Director of LIFE. "We would love to have the community to come out and see how the work happens on a daily basis. Or you could just come to cheer on these wonderful Mayors for taking time out to see how it's done firsthand! Our clients are count on us for the basics and Mayor Harrison, Mayor Dutra-Vernacci, and Mayor Nagy know we can't let them down."

"Our Meals On Wheels programs are on the front lines every day in the battle against senior hunger," said MOWAA President Ellie Hollander. "March for Meals is a time when communities can come together to stand with their local Meals On Wheels program and support our mission to end senior hunger in America by the year 2020."

LIFE ElderCare serves 378 frail or disabled people every day throughout the Tri-City in need of a warm meal. If you or a loved one needs this, too, call (510) 574-2092.

To make a donation to help end senior hunger in your own neighborhood, go to www.lifeeldercare.org

BAY STAR AUTO CARE

Complete Auto Repair
www.baystarauto.com

MEMBER AAA ASE STAR Certified
FREE Diagnostic!!
(if work done here) Star

FREE Brake Inspection

FREE Towing 5 Mile Radius
(call for details)

Shuttle Service Available

www.baystarauto.com

(510) 489-3331

**1275 Atlantic St.
UNION CITY
(Near Western Ave.)**

Hours: Mon - Fri 8am - 6pm
Sat 8am - 5pm

ALL WORK GUARANTEED

Lifetime Guarantee **COMPLETE BRAKE SERVICE**
\$39.95 + PARTS FRONT OR REAR
Includes: Install Pads & Shoes, Resurface Rotors/Drums, Inspect Hydraulic System and ABS System. Press on rotors, rear disc, and 4 wheel drive extra.

Most Cars. With this coupon only
Exp. 3/30/13

COMPLETE TUNE-UP

4 CYL. \$125.95 FREE TIRE ROTATION
6 CYL. \$135.95
8 CYL. \$154.95
12 Month or 12,000 Mile Warranty
Includes: Spark Plugs, Rotor, Distributor Cap, Air Filter, Check Timing, Check All Sensors, Computer Analysis, Check All Fluids, Platinum Plugs Extra
Most Cars & Trucks. Exp. 3/30/13

*We will review your car's scheduled maintenance report and perform all necessary services on the scheduled maintenance (to the right)

Most Cars and Trucks

Complete Clutch Service
\$289.95 Call for Quote

Pressure Plate, Clutch Disc, Throw Out Bearing, Pilot Bearing, Deglaze Flywheel, Lubricate Transmission Spline, Adjust Linkage or Cable, Road Test, Safety Check Free Check and Adjustment. Most Cars. With this coupon only
Exp. 3/30/13

SCHEDULED MAINTENANCE

30K/60K/90K/120K

Mile Service

Why pay more at a dealer?
We offer the same service at the guaranteed lowest prices!

\$139.95 4 Cyl.

6&8 Cylinder Call For Price Quote
Includes: Oil and Filter Change, Tune-Up, Fuel Filter, Air Filter, Crankcase Filter If Applicable, Differential Oil Change If Applicable, Radiator Drain and Refill, Brake Inspection, Tire Rotation, Inspect Belts and Hoses.

Most Cars and Trucks. Platinum Plugs Extra.
Exp. 3/30/13

We will review the actual maintenance report & perform all necessary service above.

SMOG INSPECTION

\$25.95

\$8.25 + Certificate E.T.F.
Most cars, van's & truck's extra
With this coupon only.
Exp. 3/30/13

AIR CONDITIONING SERVICE

\$24.95 + FREON

Easy Service we will check for leaks Most cars and Light Duty Trucks.
With this coupon only.
Exp. 3/30/13

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. 3/30/13

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. 3/30/13

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

Exp. 3/30/13



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
Exp. 3/30/13

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. 3/30/13

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.
Exp. Exp. 3/30/13