



Reconnecting with nature at the Butterfly and Bird Festival

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Alameda Creek Trail gets facelift

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Two Fremont students advance to National History Day Competition

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Fremont Skate Park Open for business

BY WILLIAM MARSHAK

Waiting for fences to come down surrounding the new Fremont Skate Park was agonizing for over 100 eager patrons on Friday, May 31st. Word had quickly spread

that an official "soft opening" of the park would occur at 5 p.m. However, as final touches were applied and the clock moved beyond 6 p.m., anticipation grew and grumbles became a bit more vocal. However, finally the fence was removed and the

scramble to be one of the first to try out the street skate steps, bowls and amenities of the park was on!

With mild weather and a backdrop of Lake Elizabeth and Fremont Aqua Adventure at Central Park, the setting seemed

perfect for the jubilant crowd as they skated over steps, rails, lifts and within bowls. The opinion of skateboarders was very positive as they found the park lived

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Four Seasons of Health Expo

SUBMITTED BY THE CITY OF FREMONT

Longevity has its perks and one of them is the myriad of services and opportunities available to seniors of the Tri-City area. To take advantage of the benefits, fellowship and activities open to people age 50 and above, the City of Fremont Human Services Department and Tri-City Elder Coalition are hosting the 4th annual "Four Seasons of Health Expo" at the Fremont Senior Center.

Four Seasons of Health is one of the largest health fairs in Alameda County, featuring health screenings, dental screenings, and private consultation sessions with pharmacists. Over 100 service and veteran vendors from public and nonprofit organizations and private businesses will be present to answer questions, provide services and offer volunteer opportunities. In response to upcoming changes in Medicare and MediCal, the Expo is offering individualized



Medicare/MediCal options counseling. Transportation agencies will be available to distribute Clipper Cards and help people access their services.

Healthy living presentations and activities will take place throughout the day, beginning with a discussion of how changes in health care policies will affect seniors. This will be followed by demonstrations and information about Yuan Ji Dance, Zumba Gold Dance, nutritious meal preparation, and Tai Chi for Arthritis. At 11 a.m., a Color Guard ceremony will pay tribute to veterans Missing-in-Action and Prisoners of War.

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Chili Cook Off



Who's this year's chili champ?

BY STEVE TAYLOR
PHOTOS BY MARY LYNN PELICAN

Are your relatives just being polite or is your chili really the best around? You can find out how your recipe stacks up against cops, Rotarians, firefighters and dozens of pros by entering a pot of your best at the 22nd annual "Great Rotary Fremont Chili Cook Off." Just come to the parking lot of The Saddle Rack in Fremont this Sunday, June 9 with a \$125 entry fee and your beans and meat stewed to spicy perfection; then let the peo-

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*Medical Group's
New Pediatric
Office Benefits
Children,
Families
and Doctors*

Pediatrician Amy Tun, M.D. (right) enjoys working with patients and their families at Washington Township Medical Foundation's convenient new pediatric group practice location at 39500 Fremont Blvd., near the Fremont Hub. Services offered at the new facility include routine infant, child and adolescent care; immunizations; hearing and vision screening; and sports physicals. Same-day appointments are available for children who are sick. To find out more about Washington Township Medical Group, visit www.mywtmf.org.



Recently, Washington Township Medical Foundation (WTMF), a multi-specialty group of more than 50 physicians serving the Tri-City area, opened a convenient new location for pediatric patients and their families at 39500 Fremont Blvd., near the Fremont Hub. With three board-certified pediatricians, three medical assistants and front-office staff, the spacious facility offers a child- and family-friendly environment where patients from birth to 18 can be cared for more quickly and efficiently.

“Since our pediatric practice first opened in September 2011, the number of children we serve has continued to grow,” said WTMF pediatrician Amy Tun, M.D. “We love our new location because there are twice as many exam rooms, along with

pecially-designed areas for consultations, procedures and breast feeding moms. Access is easy for children and their parents, as we are all on the ground floor and have plenty of parking.”

“We also have an expanded waiting area with separate sections for well and sick children, and this helps to avoid the spread of infection,” Tun continued.

Other pediatricians practicing at the new location are Swetha Kowsik, M.D., and Courtney LaCaze-Adams, M.D.

WTMF’s new pediatric location has also switched to a fully electronic medical record (EMR) system, which benefits families and physicians. Now, prescriptions and lab orders are electronically sent, speeding up the process, ensuring accuracy and saving parents from having to carry

around and keep track of paper orders. Each exam room has a large monitor, allowing doctors and parents to look together at the results of X-rays or other images. The monitors also make it easy for parents to view other records, such as their child's growth chart.

Washington Hospital will soon be making the full transition to the EMR system. This will enable the pediatricians to access important patient information more efficiently and improve coordination of the care they provide.

Services offered at the new facility include routine infant, child and adolescent care; immunizations; hearing and vision screening; and sports physicals. Same-day appointments are available for children who are sick.

“Some of the usual reasons we see kids are fine-child checks, annual physicals, cold symptoms and rashes,” reported Dr. Tun. “Other common ailments include asthma, allergies and constipation.”

The WTMF pediatricians understand the anxiety new parents may face and that caring for children requires sensitivity and effective communication.

“I try to create a friendly environment during the appointment to foster open communication,” Dr. Tun explained. “To help the child feel more comfortable and alleviate their fears about seeing the doctor. I try to make the exam fun and playful. I include the child during my conversation with the parents to let them know their opinion matters.”

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

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



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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	6/04/13	6/05/13	6/06/13	6/07/13	6/08/13	6/09/13	6/10/13
12:00 PM 12:00 AM 12:30 PM 12:30 AM	Important Immuniza- tions for Healthy Adults	Heel Problems and Treatment Options	Hip Pain in the Young and Middle-Aged Adult	Your Concerns InHealth: Sun Protection	Strengthen Your Back! Learn to Improve Your Back Fitness	Community Based Senior Supportive Services	Diabetes Matters:Vacation or Travel Plans??
1:00 PM 1:00 AM	Minimally Invasive Treatment for Common Gynecologic Conditions	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?	Washington Women's Center: Circulation 101 for Women - Part 1: Varicose Veins	Voices InHealth: Healthy Pregnancy	Minimally Invasive Surgery for Lower Back Disorders		Living Well with Diabetes: Overcoming Challenges
1:30 PM 1:30 AM	Voices InHealth: New Surgical Options for Breast Cancer Treatment		Strengthen Your Back! Learn to Improve Your Back Fitness	Washington Township Health Care District Board Meeting May 8th, 2013	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma	Washington Township Health Care District Board Meeting May 8th, 2013	
2:00 PM 2:00 AM	Minimally Invasive Surgery for Lower Back Disorders	Learn More About Kidney Disease	Raising Awareness About Stroke	Your Concerns InHealth: Pediatric Care – The Pre- School Years	Alzheimer's Disease	Varicose Veins and Chronic Venous Disease	Your Concerns InHealth: Pediatric Care – The Pre- School Years
3:00 PM 3:00 AM		Diabetes Matters: Diabetes Meal Planning		Financial Scams: How to Protect Yourself			Keeping Your Heart on the Right Beat
3:30 PM 3:30 AM	Keys to Healthy Eyes	Treatment Options for Knee Problems	Diabetes Matters: Diabetes Meal Planning		Diabetes Matters: Diabetes Update: What's New? 2013	Kidney Transplants	
4:00 PM 4:00 AM	Wound Care Update			What You Should Know About Carbs and Food Labels			Skin Cancer
4:30 PM 4:30 AM	Turning 65? Get To Know Medicare	Superbugs:Are We Winning the Germ War?	Diabetes Matters: Protecting Your Heart		Healthy Nutrition for Your Heart	Shingles	
5:00 PM 5:00 AM	Shingles			Vitamins and Supplements - How Useful Are They?			Heart Healthy Eating After Surgery and Beyond
5:30 PM 5:30 AM	Washington Township Health Care District Board Meeting May 8th, 2013	Your Concerns InHealth: Senior Scam Prevention	Personal Emergency Preparedness Training		Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment & Percutaneous (Under the Skin) Treatment	Treatment Options for Knee Problems	
6:00 PM 6:00 AM	Do You Suffer From Anxiety or Depression?			Arthritis: Do I Have One of 100 Types?			Varicose Veins and Chronic Venous Disease
6:30 PM 6:30 AM	Cataracts and Diabetic Eye Conditions	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	
7:00 PM 7:00 AM	Your Concerns InHealth: Senior Scam Prevention			Diabetes Matters: Research:Advancing Dia- betes Management			Fitting Physical Activity Into Your Day
7:30 PM 7:30 AM	Do You Suffer From Anxiety or Depression?	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	
8:00 PM 8:00 AM	Cataracts and Diabetic Eye Conditions			Fitting Physical Activity Into Your Day			Inside Washington Hospital: Patient Safety
8:30 PM 8:30 AM	Your Concerns InHealth: Senior Scam Prevention	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	
9:00 PM 9:00 AM	Cataracts and Diabetic Eye Conditions			Fitting Physical Activity Into Your Day			Inside Washington Hospital: Patient Safety
9:30 PM 9:30 AM	Your Concerns InHealth: Senior Scam Prevention	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	
10:00 PM 10:00 AM	Cataracts and Diabetic Eye Conditions			Fitting Physical Activity Into Your Day			Inside Washington Hospital: Patient Safety
10:30 PM 10:30 AM	Your Concerns InHealth: Senior Scam Prevention	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	
11:00 PM 11:00 AM	Cataracts and Diabetic Eye Conditions			Fitting Physical Activity Into Your Day			Inside Washington Hospital: Patient Safety
11:30 PM 11:30 AM	Your Concerns InHealth: Senior Scam Prevention	Fitting Physical Activity Into Your Day	Inside Washington Hospital: Patient Safety		Do You Have Sinus Problems?	Treatment Options for Knee Problems	

Timely Stroke Treatment Saves Young Mother's Life

Hayley Iben, PhD, and her husband Pushkar Joshi, PhD, met while they were doctoral students in computer science at the University of California-Berkeley. Iben, who works on software development at PIXAR, and Joshi, a software engineer for Google, celebrated New Year's Day this year with the delivery of their newborn son, Ajay. Just one month later, on February 1, the 34-year-old mother suffered a life-threatening ischemic stroke – the result of a blood clot that blocked an artery in the left side of her brain.

Today, Iben is on the road to recovering nearly all of her normal function, thanks to the quick responses of Dr. Prabhjot Khalsa, a neurologist and clinical neurophysiologist, and Dr. Jeffrey Thomas, a cerebrovascular neurosurgeon and medical director of Interventional Neuroradiology at Washington Hospital.

"My mom, Betty Iben, had come out from Pennsylvania to help take care of the baby, so my husband and I decided to go out on a 'date night' since it was a Friday," she recalls. "We were just leaving our house in Fremont, and I was checking traffic conditions on my cell phone. We decided to take city streets to avoid the traffic congestion on I-880. Then all of a sudden, I couldn't move my right hand to turn off the phone. It didn't hurt, but I couldn't talk. Then I tried to smile at my husband, and he noticed that the right side of my face was drooping."

Iben's husband immediately recognized that the "drooping" on just one side of her face was a symptom of stroke.

"Luckily, we were already headed toward Washington Hospital," she says. "By the time we got to the hospital, I could talk a little. I tried to tell my husband that something was wrong with my hand, but I called it my foot, instead. I just couldn't use the right word."

After arriving at the emergency room, Iben was taken in immediately when her husband said he thought she had a stroke. A CT scan confirmed the stroke diagnosis. Dr. Khalsa showed up quickly and ordered an intravenous injection of tissue Plasminogen Activator (tPA), a strong "clot dissolving" medicine. This drug needs to be given within 4.5 hours after stroke

symptoms begin to restore blood flow by dissolving the blood clot causing the stroke. Iben received her first dose of tPA within an hour of arriving at the hospital.

"After the tPA injection, my speech improved a bit, but I still couldn't move my right hand the way I wanted to," she says. "They performed additional CT scans that

huge problem for the rest of her life, and death is a very real possibility."

Iben was quickly put under general anesthesia and attached to equipment to monitor her brain wave activity. Then Dr. Thomas performed an interventional neuroradiology procedure (also known as endovascular neurosurgery) to open up the blockage,

which was essentially a complete roadblock," he continues. "So I used the brain's alternative routes, called 'collateral circulation.' I went through the right carotid artery, and then crossed from the right side of the brain to the left. Then I went through the left vertebral artery to cross from the back of the left brain to the front. This allowed us to deliver tPA di-



On February 1, Hayley Iben, a 34-year-old with a newborn baby, suffered a life-threatening ischemic stroke – the result of a blood clot that blocked an artery in the left side of her brain. Hayley is pictured here with husband Pushkar Joshi and son Ajay just weeks after her stroke. She is on the road to a full recovery thanks to the quick treatment she received through Washington Hospital's advanced stroke program. Learn more about Washington Hospital at www.whhs.com.

showed it was getting worse, so they called in Dr. Thomas. When he arrived, I was conscious, but I really couldn't understand what was going on."

Dr. Thomas notes, "I rushed to the hospital and raced into the operating room. I encountered her mother and husband on the way in and got informed consent. She had a blocked left internal carotid artery, so no blood was getting to the left side of her brain. She was awake, but her mental condition was compromised and worsening."

"The stakes are higher with a young person who suffers a stroke," he adds. "It could cause unimaginable disability that could be a

"We made a tiny incision in the leg and inserted a microcatheter just under the skin, threading it through the bloodstream, going up through the leg, abdomen, chest, neck and into the brain," he explains. "Then we injected dye into the artery to get digital images of the blood vessels. The imaging showed the middle cerebral artery in the brain was completely blocked by a blood clot, and her left carotid artery in the neck was blocked, apparently by a disruption in its wall. The blood clot had migrated from the site of injury in the neck, into the vital brain artery."

"We had to be able to get around the obstruction in the left carotid artery in the neck,

rectly to the clot on the left side of the brain. We were able to do it all via the small leg incision using the microcatheter, and I knew it was going well because the neurophysiologist told me during the procedure that the electrical activity in that area of her brain had improved substantially. This is the area of the brain controlling speech and right-sided movement, among other things."

The entire procedure took less than two hours.

"The sooner you can administer the tPA, the better," Dr. Thomas says. "You want those neurons in the brain alive when the blood flow is restored. Strokes are very

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Spinal Fusion Surgery Gets Mom 'Back in the Game'



After experiencing lower back pain for more than 15 years, Pam Bourns was referred to neurosurgeon Eldan Eichbaum, M.D. When conservative treatment options no longer provided relief, Dr. Eichbaum and Pam agreed that spinal fusion surgery provided her best hope. Six months after surgery, Pam is back to her normal activities – and even some that she hasn't been able to do for a long time. Visit www.whhs.com/neuro-science/spine to learn more about Washington Hospital's Minimally Invasive Spine Program.

Pam Bourns, a woman in her early 40s with three young children, had been suffering lower back pain for years. The Santa Rosa resident never seriously considered back surgery, though, until the spring of 2011 when the pain became so severe that she wasn't even able to throw a baseball with her kids.

"I thought back surgery was only for people in their 70s," Pam explains. "I had been experiencing lower back pain for more than 15 years. Everything seemed to aggravate the pain – gardening, carrying babies, you name it. I tried to manage it by taking hot baths, doing physical therapy and visiting chiropractors. I also was taking anti-inflammatory med-

ications nearly every day, but I was worried about the bad side effects of taking so much medication."

"Then I saw a chiropractor who took X-rays and told me I had a serious condition called spondylolisthesis," she continues. "After that, I realized I needed to see a medical doctor who specializes in spinal conditions."

Pam's regular doctor in Santa Rosa referred her to a specialist there. The specialist, who did not perform surgical procedures, suggested she see his colleague, neurosurgeon Eldan Eichbaum, MD, for a second opinion.

"At the time, Dr. Eichbaum was living and practicing medicine in Santa Rosa," Pam says. "Before deciding on surgery, he had me try other treatments, including an epidural nerve-root block to relieve the pain. Then last summer, Dr. Eichbaum moved to Fremont to practice at Washington Hospital, and I continued to see him there. I really trusted him, and I didn't want to change doctors – especially if I was going to need surgery."

Dr. Eichbaum notes that Pam did, indeed, have spondylolisthesis.

"One of her vertebra – the fifth bone in the lower back, called L5 – had slipped down in front of the

first bone in the sacrum (pelvis) area of the spine, called S1, and that resulted in instability of the spine," he explains.

"Pam is fairly young to have this condition," he adds, "and it is probable that she had a mild abnormality at birth that grew progressively worse as the spine aged. In addition, she also had spinal stenosis – a narrowing of spaces in the spine that causes pressure on the spinal cord and nerves – because the disc between the vertebrae had deteriorated."

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Timely Stroke Treatment Saves Young Mother's Life

dramatic events. If you've 'won,' you've won pretty big. After the first few days, she was well on her way to being back to normal."

Iben woke up in the Critical Care Unit (CCU) of the hospital.

"At first, the nurse in the CCU tried to get me to squeeze her hand to indicate that I recognized things, but I was too drowsy," she says. "Later in the morning, though, when my mom and husband came in to see me, I tried to reach for him. He was so happy that I could recognize him!"

For the next three days, Iben was confined to bed because the catheter was still in place in case another procedure had to be performed. Once she had the catheter removed, she had no trouble walking, and the hospital staff started her on speech therapy, physical therapy and occupational therapy until she

was able to leave the hospital on February 8.

"At first, I couldn't talk much at all," she notes. "My husband's and baby's names were my first words. After I left the hospital, I went to an outpatient rehabilitation center for a week for physical, occupational and speech therapy. Afterward, I still had pain in my right hand, so I did more occupational therapy. I'm still waiting for the pain to go away in the right hand, but I have no trouble using the hand. I also currently am in ongoing speech therapy to address the aphasia – a common speech problem resulting from the location in the brain of the stroke I had."

The procedure Dr. Thomas performed on Iben is not "standard of care" at any American hospital and, if offered, is most

often done in large university medical centers. Washington Hospital is among a very small number of community hospitals nationwide that provide this type of procedure. Dr. Thomas joined Washington Hospital in November 2011 to lead the development of a Comprehensive Center for Cerebrovascular, Neurointerventional and Stroke Surgery. He is one of only about 120 neurosurgeons in the United States with dual expertise in microscopic brain surgery and interventional neuroradiology. He previously had spent eight years at California Pacific Medical Center in San Francisco, leading the development of their Neurointerventional and Cerebrovascular Surgery Program.

"We are in the midst of building an advanced stroke program at Washington

Hospital," says Dr. Thomas. "It is one of the missions of the hospital to expand and improve our care of stroke patients. This is a great service to people in the East Bay. Patients don't have to cross over the bay to a university hospital, which is important because time is critical in treating stroke victims. It is unusual to have neurosurgeons who perform these types of procedures at a community hospital."

Iben certainly appreciates her good fortune in having such advanced stroke care so close to home.

"We were very lucky," she remarks. "I didn't even know Washington Hospital was a stroke center. I also didn't realize how bad my stroke was – or how bad it could have been if I hadn't gone to Washington Hospital."

Recognizing the Risk Factors and Symptoms for Strokes

Hayley Iben did not fit the profile of a "typical" stroke victim.

She was young (age 34) and healthy, while most strokes occur in people over age 65. She had no known family history of stroke. She had no history of high blood pressure or high cholesterol. She never had any symptoms of cardiovascular disease. She did not have diabetes, and she was not a smoker.

"I had carefully monitored my blood pressure and cholesterol during pregnancy," she says. "When I had my stroke, my cholesterol was slightly above normal, which I understand sometimes happens with childbirth. I have always been healthy, and there was no indication of anything that would be a risk factor for stroke. After I had my stroke, though, I learned that women may be at

a slightly higher risk for a stroke after having a baby."

Dr. Thomas explains: "Childbirth is known for producing big fluid shifts in the mother's body, and that may have contributed to her stroke, but we can't say for sure. Also, after her stroke, Dr. Khalsa discovered by means of a blood test that Hayley had an inherited trait known as Factor V Leiden that makes blood have a tendency to coagulate and clot more easily. In either case, the event that is believed to have resulted in the initial blockage of her carotid artery in the neck was likely a spontaneous disruption of the vessel wall called a 'dissection.' It is a common cause of stroke in young healthy persons with no other stroke risk factors."

In Iben's case, she was extremely fortunate that her husband recognized her

drooping face as a possible symptom of a stroke. According to the American Stroke Association, it is important to "Spot a Stroke F.A.S.T." with these stroke warning signs and symptoms:

- Face Drooping – Does one side of the face droop, or is it numb? Ask the person to smile.

- Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- Speech Difficulty – Is speech slurred, are they unable to speak, or are they hard to understand. Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

- Time to call 9-1-1 – If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person

to the hospital immediately.

Other possible symptoms of stroke might include:

- Sudden numbness or weakness of a leg.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

For more information about strokes, visit www.strokeassociation.org. For information about stroke services provided at Washington Hospital, or to find a physician who specializes in treating strokes, visit www.whhs.com.

Fremont Filmmaker seeking support

SUBMITTED BY JOEL SOUZA

Want to be part of a movie production? Here is your chance. The concept is set

and production is about to start. Help launch this project and have lunch with the actors, help produce and possibly launch your own movie career. "Charm City" could be your chance...

Jimmy Hill was going to die in prison. At least until a face from his past showed up to offer him an intriguing bargain - Jimmy can leave prison on his feet instead

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Writer/director and Fremont native Joel

Souza is preparing his second feature film and is asking his home town and the Bay Area for help. "My team and I have decided to crowdfund our project, a crime thriller called 'Charm City' that we intend to film entirely in the SF Bay Area and, in particular, Fremont on Sf site Indiegogo." This is not an easy process and "quite an adventure." For those interested in the film and helping to make it a reality, visit: <http://www.indiegogo.com/projects/charm-city-independent-feature>.

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Melanie Cairel
Christine Campos
Isaac Campos
Irma Castaneda

Alyssa Castillo
Adriana Cerezo
Man Chung
Katelyn Clark
Ricardo Corte
Tolu Dayo
Leah Dorman
Sarah Dorman
Camille Griffith
Mayra Guardado
Keri Gurule
Hayley Hall
Dimyana Hanna
Helen Harrison
Vy Hoang
Maria Ibarra
Shalom Jamena
Prabhjot Kaur
Nikolaus Komrosky
Sandy Kong
Sheena Lal
Qianyan Li
Erika Lin
William Lu
Yitian Ma
Manae Makino
Luz Marquez
Stacey Martin
Allison Martin-McBee
Delia Martinez
Justin Matos
Audrye McLaggan
Jyodi Mohole
Lisa Munn
Ahalya Nalamothu
Rikki Mae Navos
Libere Ndacayisaba
Vu Ngo
Elenita Nicholas
Jonna Nunnemaker
Edgar Pacheco
Sonia Patel
MyKim Pham
Negar Pirooz
Matthew Rivera
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Alex Shambaugh
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ASOC Leadership Scholarship
Ohlone College Foundation HOSTS Scholarship
Hispanic Affairs Council & Dr. Gari Browning Scholarship
EOPS Single Mother Scholarship
Share Your Dream - SHP Foundation
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ASOC Leadership Scholarship
Osher Initiative for California Community College Students
Ohlone College Foundation HOSTS Scholarship
Hispanic Affairs Council & Dr. Gari Browning Scholarship
Newark Optimist Club Scholarship
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Nancy Farber Scholarship
Ohlone College Foundation HOSTS Scholarship
Share Your Dream - SHP Foundation
Ohlone College Foundation HOSTS Scholarship
Newark Optimist Club Scholarship
Rotary Club of Newark Leadership Scholarship
Rotary Club of Newark Leadership Scholarship
Ohlone College Foundation HOSTS Scholarship
ASOC Leadership Scholarship
Washington Hospital Scholarship
Osher Initiative for California Community College Students
Ohlone College Foundation HOSTS Scholarship
Share Your Dream - SHP Foundation
Osher Initiative for California Community College Students
Newark Optimist Club Scholarship
Country Club of Washington Township Women's Club Scholarship
Ohlone College Foundation HOSTS Scholarship
ASOC Leadership Scholarship
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Ohlone College Foundation HOSTS Scholarship
Ohlone College Foundation HOSTS Scholarship
Neurospport Rehabilitation Associates Physical Therapist Assistant Scholarship
Pilar Lewis Scholarship
Carol Goodell Deaf Studies Scholarship
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Mr. T. K. Vedaraman Scholarship
Ohlone College Foundation HOSTS Scholarship
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Newark Optimist Club Scholarship
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For more information: **510.659.6020** or **www.ohlonefoundation.org**

continued from pge 1

Four Seasons of Health Expo

The Fremont Senior Center will offer breakfast and a barbecue lunch. Breakfast may be purchased for \$4 for senior center members and \$5 for non-members; barbecue lunch is offered for \$6 for senior center members and \$8 for non-members. A vegetarian lunch alternative is also available. Dave Mandell and the SweetHarps Harmonica Band will perform during lunch. The barbecue lunch may be purchased prior to the Expo by contacting the Senior Center at (510) 790-6600.

For more information about the “Four Seasons of Health Expo,” contact Ray Grimm, Ph.D. at (510) 574-2063 or rgrimm@fremont.gov.

Four Seasons of Health Expo
Friday, June 7
9:30 a.m. to 1:30 p.m.
Fremont Senior Center, Central Park – Lake Elizabeth
40086 Paseo Padre Pkwy., Fremont
(510) 574-2063

Children’s Repertory Theatre presents “The Adventures of Rose Red”

SUBMITTED BY IRENE JORDAHL

The Children’s Repertory Theatre Company performs their spring show, Sean Abley’s “The Adventures of Rose Red (Snow White’s Less-Famous Sister),” at the Fremont Teen Center on Sunday, June 9. Talented local children will perform in a matinee and evening performance under the direction of Grant Ewing, Leah Dorman, and Laura Ramie.

Rose Red has just turned thirteen and the pressure is on - what will she do to become famous like her sister, Snow White? Everyone in the kingdom, from her parents to her close friend Miss Muffet, is pressuring her to be discovered. But Rose Red doesn’t want to constantly be on the front page of the Grimm Times, even if Bo Peep, Cinderella, and Goldilocks eat up the attention. In her struggle to choose between doing what everyone else wants and forging her own path, Rose Red can’t help wondering if a girl who wants to be “just normal” can live happily ever after.

The cast includes Rachel Castellino as Rose Red, Dora Sheade as Snow White, Jessica Cruz as Mrs. Blush/Little Miss Muffet’s Mom, Roshan Sanjeev as Mr. Blush, Ava Castellino as Little Miss Muffet, Anisa Gabel as Goldilocks/ Villager, Drake McDonald as Baby Bear/Frog/Jack/Big Bad Wolf, Olivia Gabel as Cinderella, Florence Pedersen as Fairy Godmother/Villager, Kevin Sheng as Prince Charming/Hansel, Stephanie Carr as Spider/Gretel, Selena Tang as Jackie Grimm/Narrator, and Maliah Sanft as Little Red Riding Hood/Villager/Magic Mirror.

Director Grant Ewing has been involved in community theatre since he was age 11, starring in a variety of dramas and musicals from Aladdin in “Aladdin Jr.” to Theodore Lawrence in “Little

Women” to Professor Harold Hill in “The Music Man.” His perspective on theatre is largely shaped by personal experiences. Having been pulled from the bushes of his front yard by his mother, terrified to go to his first audition, he knows what it’s like to lack self-confidence. He now diligently seeks to multiply his own experience in community theatre in the lives of his student actors through directing.

Leah Dorman just graduated from Ohlone College. She has been involved with dance performances since the age of five and started working at theater camps three years ago. Laura Ramie has been involved in the theater program for the past four years. An accomplished artist, Laura is the artistic designer of the all the sets and imparts her artistic knowledge and excellence to the actors. Laura will be leaving us after the summer having been accepted into Peace Corps.

Tickets are \$5 per person and may be purchased at www.RegeRec.com; use barcode 194631 for the 3 p.m. matinee show and 194633 for the 7 p.m. evening show. Doors open half an hour before show time. These shows are for ages five and up (children must be able to sit through performances; babies and children under age five are discouraged). For more information, call (510) 494-4300, ext. 1 or e-mail RegeRec@fremont.gov.

The Adventures of Rose Red
(Snow White’s Less-Famous Sister)
Sunday, June 9
3 p.m. and 7 p.m.
Teen Center
39770 Paseo Padre Pkwy., Fremont
(510) 494-4300
www.RegeRec.com
Tickets: \$5

Blue Star Museums

SUBMITTED BY MARCESS OWINGS

The Hayward Area Historical Society has announced the launch of Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 1,800 museums across America to offer free admission to all active duty military personnel and their families from Memorial Day, May 27, through Labor Day, September 2, 2013. Leadership support has been provided by MetLife Foundation through Blue Star Families.

“The Hayward Area Historical Society is honored to be a host to the families and active duty personnel of our nation’s military. The history and culture that is our shared birthright owes much to their sacrifice and dedication,” said HAHS Interim Executive Director A.T. Stephens.

To find out which museums are participating, visit www.arts.gov/bluestarmuseums. The site includes a list of participating museums and a map to help with visit planning.

Dry Creek Cottage & Gardens tour

SUBMITTED BY ELIZABETH AMES

Save Our Hills is organizing a gathering at Dry Creek Cottage and Gardens in Union City on Saturday, June 8th. Dry Creek Cottage and Gardens, part of the East Bay Regional Park system, is a hidden gem that consists of a historic cottage built in 1900, a garden with multiple trails, and lots to explore and see.

Local historian, Timothy Swenson from the Museum of Local History, will give a talk on the history of Dry Creek Cottage and Gardens, and the surrounding land from pre-historic times to the modern day. Save our Hills and the Museum of Local History are working together to have Dry Creek Cottage and Gardens listed on the California, and possibly the National, historic registry.

Dry Creek Cottage and Gardens is an example of historic preservation done right. Although not part of Dry Creek Cottage and Gardens, agricultural fields just outside the park are a contributing factor in creating the historic setting of Dry Creek Cottage and Gardens. This land is the last large area used for agriculture in Union City. The Masonic Homes of California is again trying to develop the flat lands along Mission Blvd. These lands are protected by ballot measure II, voter approved in 1996. Elizabeth Ames of Save Our Hills, will talk about the Masonic Home plans, how it affects you, and what you can do to help preserve the scenic views of our hills.

Come to Dry Creek Cottage and Gardens, listen about the past, the future, and explore the many paths in the garden. Parking for Dry Creek Cottage and Gardens is at the end of May/Whipple Road. Both parking and entrance to the park is free.

Save Our Hills is a group of local citizens to prevent incompatible developments that threaten the agricultural, recreational and open space resources within the City of Union City. The Save Our Hills website is <http://www.saveunioncityhills.com/>

Dry Creek Cottage and Gardens tour
Saturday, June 8
1 p.m. – 3 p.m.
End of May/Whipple Road, Union City
(510) 371-1311
<http://www.saveunioncityhills.com/>

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Newark resident arrested for Los Cerritos Community Park shooting

SUBMITTED BY FREMONT PD

On Thursday, May 30th, Fremont Police responded to a shooting incident at the Los Cerritos Community Park at approximately 7:45 p.m. Several witnesses who were attending a nearby softball game reported numerous shots being fired from a white vehicle which was last seen headed towards Nicolette Ave. Approximately 30 minutes later, a gun shot victim, with non-life threatening injuries, showed up to one of our local hospitals. The 20 year old victim, Fremont resident, was released from the hospital a short time later.

The Fremont Police Department's Street Crimes Unit and the Southern Alameda County Major Crimes Task Force headed up the investigation, leading them to Rigoberto Cornejo, a 20 year old

adult male, Newark Resident. Cornejo was identified as the shooter in the incident. On Friday afternoon, officers arrested Cornejo in Redwood City. Cornejo was also wanted in connection with a shooting that occurred in the area of Beloveria Ct./Maple St. on April 17, 2013.

Rigoberto Cornejo was arrested and booked for assault with a deadly weapon with a gang enhancement, possession of a firearm near a school campus (Brookvale Elementary), discharge of a firearm from a motor vehicle, felon in possession of a firearm, and gang member in possession of a firearm for the Los Cerritos Park shooting. He was also arrested for assault with a deadly weapon with a gang enhancement and discharge of a firearm from a motor vehicle with a gang enhancement for the shooting on April 17, 2013. He is scheduled to be arraigned on Tuesday, June 4, 2013.

Fremont Police Log

SUBMITTED BY FREMONT PD

May 24

Officer Kwok conducted follow-up on an armed robbery that occurred at Camden Quik Stop on Washington Blvd on 5/19/13 by authoring a Ramey and search warrant for the suspect. Ofc. Kwok and Detectives responded to Hayward where they arrested the adult male and searched his residence pursuant to the search warrant. He was booked into Fremont Jail for robbery and possession of stolen property.

A residential burglary occurred at the 35100 block of King Ct. sometime during the day. Unknown suspect(s) broke a dual pane window and ransacked the home. Loss was a digital camera, laptop and jewelry.

Officer Hanrahan investigated a burglary at Grimmer Elementary. The principal interrupted a male who was burglarizing her office. The suspect fled on foot. The suspect possibly entered a Gold Buick LeSabre. The suspect was described as a black male, juvenile, 16-17, wearing black t-shirt, black jeans, and carrying a white sweatshirt.

May 25

Ofc. Tang responded to Lake Elizabeth in a regard to a possible robbery. He located the victim at Kaiser Emergency and learned that at around 7:00 a.m. the victim was attacked from behind by a Hispanic male in his late teens. The victim was punched in the face 4-5 times and fled in an unknown direction. The loss was a wallet; however, it was recovered when the suspect started to flee.

Suspect - Hispanic male adult, late teens, 6'00, 160-175lbs, green T-shirt and tan shorts.

Another "swatting" attempt; a VOIP call in the area Alder & Oak, indicated "they" were being held hostage in the basement by (4) masked gunman upstairs. The possible address given was a 3 digit number for a5 digit street. That coupled with the lack of basements on Oak St. clearly resolved the matter as another "swatting" effort. No PD response necessary.

May 26

The victim called FPD and advised that while getting his car serviced at Big O Tires (39270 Fremont Blvd.), a man approached him and

asked to purchase the vehicle. The victim allowed the suspect to sit inside the vehicle. The suspect suddenly drove off and several minutes later, FPD Dispatch received a call of a disabled vehicle near the intersection of Mowry Ave/Logan Dr. Officers quickly realized that the disabled vehicle was in fact the stolen vehicle. Ofc. Stone responded and located the suspect inside of the stolen vehicle. He was arrested and later confessed to auto theft. Case investigated by Ofc. C. Tang.

May 27

CSO Goralczyk handled a residential burglary on Bora Bora where the time of occurrence was sometime between 05/23 - 05/27.

CSO Aguirre handled a late reported residential burglary on Summer Holly where the time of occurrence was sometime between 05/11 - 05/18.

May 28

At approximately 10 p.m. officers responded to the 3100 block of Mountain Dr. to investigate a home invasion robbery that had just occurred. The homeowners stated that three males had broken into their home, pointed a gun at them and left with valuables. The investigation is still ongoing and no further information or suspect descriptions are available at this time. If you have information that might help with this investigation, please submit a tip via Nixle tip, texting Tip FremontPD to 888777 or contact Investigations at 510-790-6900. Investigated by Ofc. Meredith and FTO Smith.

May 29

Residential Burglaries:

At approximately 1:30 p.m. officers were dispatched to a late reported residential burglary that had occurred sometime between 7:55 a.m. - 8:05 a.m. at 46000 block of Lonsdale Ct. Entry was made via an unlocked side garage door, but no loss was reported. A suspect was seen in the backyard and was described as a young black male juvenile.

At approximately 11:30 a.m. officers responded to a home on Valais Court. The reporting party stated that the homeowner heard the doorbell ring, but didn't answer it. She then saw a Hispanic male adult, 20's, shaved head, stalky build, wearing a white t-shirt and blue jeans walking down the side of the house into the backyard. The suspect likely saw the

homeowner and fled.

Sometime between 1:00 a.m. and 4:00 a.m. on 4/26/13 an unknown suspect removed a screen to a partially open window and began to enter an apartment at Garden Village Apartments (36500 block of San Pedro Dr.). The suspect fled when they noticed a male sleeping inside. No loss.

Officers were dispatched to an in-progress residential burglary on Delta Terrace in Southlake Mobile Home Park. The reporting party stated a male, later identified as a 27 year old Fremont resident, had entered a neighbor's residence via a window. Officers arrived and detained the male. It was determined that he had attempted to enter the residence via a window, but was unsuccessful. A search of his person revealed confirmed stolen property from a San Jose commercial burglary. He was arrested for attempted residential burglary and for possession of stolen property. Ofc. Hanrahan handled the investigation.

May 30

At approximately 5:00 p.m. officers were dispatched to Safeway (Warm Springs) on a reported fight in progress. Upon arrival it was learned that a parolee had committed a theft and was confronted by store security in the parking lot. The 39 year old adult male, Oakland resident, fought with security and at one point his associate, a 35 year old adult male, Oakland resident, assisted him. In the end both were arrested for robbery and the associate was found to be in possession of dangerous drugs. Ofc. Zargham handled the investigation.

Officer Malcomson responded to Fry's Electronic on a reported theft. Fry's Loss Prevention (LP) personnel had detained a 35 year old adult male, Dublin resident, for theft. LP recognized the adult male from two previous theft incidents. Ofc. Malcomson contacted the suspect and asked for consent to search his vehicle, which was parked in the parking lot. He was also on probation for possession of drugs and had two outstanding warrants (one felony & one misdemeanor.) for possession of drugs. Based on the suspect's drug history, Ofc. Malcomson requested

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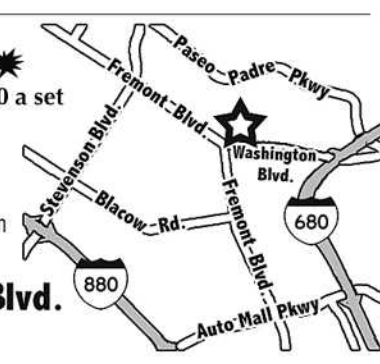
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Newark Police Log

SUBMITTED BY NEWARK PD

May 22

Officer Taylor investigated an attempted robbery and assault with a weapon that occurred on the 37000 block of Olive Street at 9:08 p.m. Suspects called to Victim and asked him for a cigarette. Victim walked across street to give them one. Suspects hit victim in head with flashlight, and searched Victim's pockets. Suspects were described as two white male adults, early 20's, one wearing a black hooded sweatshirt, the other a white t shirt.

May 23

Officer Fredstrom responded to the area of McDonald Ave. and Ruschin Dr. at 12:08 p.m. for a suspicious person, an adult female, stating she worked for PG&E. We have received prior calls regarding a similar described person knocking on doors in areas of recent residential burglaries. Officer Fredstrom located the female and learned this person is actually a sales rep for "YEP," a new company sell-

ing utilities to area residents.

ABC Agent Jesus Gutierrez stopped by and provided briefing training on how to deal with problematic business with liquor licenses. Prior to leaving, Central Food and Liquor was brought up as a concern and Agent Gutierrez took note!

ABC Agent Gutierrez called NPD asking for a couple of officers at 8:48 p.m. because he had three minors detained outside of Central Food and Liquor. As it turned out, Agent Gutierrez left our briefing and did a stakeout of his own. In the end, Agent Gutierrez cited three minors as well as the female clerk for each bottle of alcohol sold to underage people.

May 24

Officer Fredstrom investigated vandalism to a vehicle in the 36900 block of Mulberry Street at 8:01 a.m. Investigation revealed that unknown suspects "keyed" the victim's vehicle sometime during the night causing approximately \$3000 in damages.

continued on page 33

continued from page 2

Medical Group's New Pediatric Office Benefits Children, Families and Doctors

As a group practice, the three pediatricians work together and communicate closely to offer the best care for their patients. Having trained at three different hospitals, they offer a broader perspective on diagnosing and treating illnesses. Each doctor is on-call for their own patients Monday through Thursday, so patients get most personalized service possible. On Fridays and weekends, the pediatricians rotate being on-call for the practice.

Education is an important part of the care the pediatricians offer. They believe, by helping to educate patients and families about health care and prevention, they are con-

tributing to wellness for everyone.

The clinic's friendly front-office staff is especially helpful to families and children, and the medical assistants all speak Spanish. To add to the welcome for children, bright murals have been painted on some exam room walls.

"Kids love touching the painted characters and naming the colors they see," Dr. Tun observed.

Nursing moms appreciate the comfort and privacy of one exam room, which is equipped with a special glider chair for their use.

"We always strive to provide excellent customer service and compassionate care to our patients," said Dr. Tun. "According to our mission, WTMF is dedicated to being the premier multi-specialty medical provider in the communities we serve. By putting patients first, we offer excellence in medical care and service through compassion and innovation, with a focus on wellness and education."

The group now offers extended office hours. On Monday, walk-in sick child visits are available from 7 to 8 a.m. and scheduled appointments are from 8 a.m. to 6:30 p.m. On Tuesday through Friday, walk-in sick child visits are available from 7:30 to 8:30 a.m. and scheduled appointments are from 8:30 a.m. to 6:30 p.m. To make an appointment with a WTMF pediatrician, call (510) 248-1800 between 8 a.m. and 5 p.m. Monday through Friday.

Learn more.

To find out more about Washington Township Medical Group, go to www.mywtmf.org. For more information about Washington Hospital, visit www.whhs.org.

continued from page 3

Spinal Fusion Surgery Gets Mom 'Back in the Game'

Having exhausted other conservative treatment options, Dr. Eichbaum and Pam agreed that spinal fusion surgery provided her best hope for regaining a better quality of life. The surgery was scheduled for November 5, 2012 at Washington Hospital.

"Pam's surgery involved both anterior and posterior fusions," Dr. Eichbaum says. "I performed the anterior portion of the surgery with the assistance of a vascular surgeon, to ensure the safety of her blood vessels."

Dr. Eichbaum describes some of the various steps of the complicated surgery:

An anterior (frontal) incision was made through the abdomen, just below the navel. The collapsed disc was removed and a donut-shaped piece of grafting material was placed into the disc space between L5-S1.

The surgery also expanded the small openings where nerve roots exit the spinal canal to relieve the pressure caused by stenosis. Then they placed a screw through the S1 vertebra to buttress the graft so it wouldn't slip out.

After turning the patient over and making a posterior (back) incision, Dr. Eichbaum performed procedures at L5-S1, to remove bone that was narrowing the spinal canal and compressing the nerves.

He then performed a posterior/lateral fusion, placing grafts of bone from her laminectomy to connect one vertebra to the other at the bony structures called "transverse processes" on each side of the two vertebrae.

"Doing the surgery from both the front and back results in a sturdier fusion of the vertebrae,"

says Dr. Eichbaum. "We also put in screws connected by a rod to hold everything in place and promote the fusion, which takes about 1-1/2 years to fully take hold."

After her surgery, Pam was restricted from some activities such as bending, twisting and lifting for a while, but she started walking right away.

"I really expected to spend a month or more with a lot of pain and using a walker to get around," she says. "But I really wasn't in much pain after surgery, and I used a walker only in the hospital and to get out to the car when I got to go home five days after the surgery. Then I only used a cane for about a month, and I started physical therapy about three months after surgery."

Today, six months after her surgery, Pam is back to most of her normal activities.

"I can do things now that I hadn't been able to do for a long time — planting a garden, going to my kids' games, walking 12 or 13 laps around the track at my kids' school — I could only walk 2 or 3 laps before surgery — all without ending up in pain," she notes. "Plus, I don't take pills for pain anymore. We're hoping to visit Arches, Zion and other national parks in Utah this summer and do some hiking there with the kids. I don't do any 'daredevil' stuff, but Dr. Eichbaum says I should be able to go skiing on the bunny slopes with my kids next winter. That's my goal."

"The surgery has helped me feel like I'm in my 40s, not my 70s," she adds. "I would follow Dr. Eichbaum anywhere."

To learn more about Washington Hospital's Minimally Invasive Spine Program, visit www.whhs.com/neuroscience/spine.

continued to hold on as he was dragged across Alvarado Niles Road, over the center median, through a fence, and then down into the flood control canal by the suspect. The victim sustained several non-life threatening injuries and was transported to Eden Hospital. The suspect was arrested on multiple felony charges and transported to a local jail.

An officer was flagged down by a male at 9:36 p.m. reporting an auto burglary. The victim reported two vehicles had been burglarized while the vehicles were parked at St. Anne's Church. The incidents occurred between 7:30 p.m. and 9:00 p.m. The unidentified suspect smashed side windows on both vehicles to gain access to valuables. Both victim vehicles had backpacks and valuables in plain view.

May 26

Officers investigated a residential burglary at an address on Carmel Way. The incident occurred between 3:40 p.m. and 6:50 p.m. The suspect entered through a rear sliding glass door. Electronics and jewelry were taken from the residence.

Union City Police Log

SUBMITTED BY UNION CITY PD
May 24

At 6:05 a.m., officers were dispatched to investigate a vehicle that crashed into the flood control canal on Alvarado Niles Road, near Mann Ave. Arriving officers located a male and female struggling on the hood of a vehicle in the flood control ditch. The investigation revealed the male victim stopped at the Laundromat to get some change. The victim left his keys inside of his unlocked vehicle as he entered the business. The victim returned to his vehicle and found a female suspect sitting in the driver's seat of his vehicle. The victim confronted the suspect about being inside of his vehicle. The suspect proceeded to start the victim's vehicle and place the vehicle in reverse. The victim attempted to regain possession of his vehicle as the suspect accelerated at a high rate of speed in reverse. The victim was dragged through the parking lot, over hedges and onto Alvarado-Niles Rd. The victim con-

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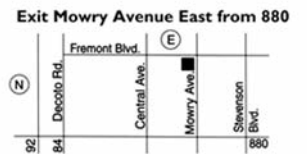
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“Going Social” by Jeremy Goldman

Business is a little off. It's been that way for awhile, despite a “recovery,” despite that you've hired a first-class sales team and rolled out new product in the past year, despite an expensive new ad budget. It's very discouraging.

You know you need a new direction. Maybe a better way to connect with customers would work, something inexpensive yet effective. And in the new book “Going Social” by Jeremy Goldman, you'll find it.

From birth to death, we have a “propensity toward social action” that drives us. Babies instinctively look for faces. Adults seek out human contact, once basic survival needs are met. We need to connect with other people.

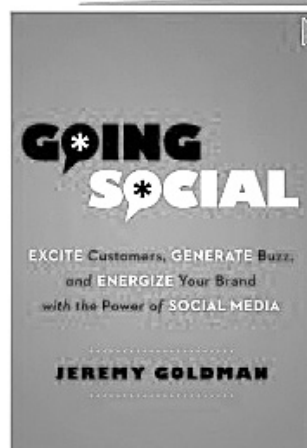
The good news for your business is that it's cheaper than ever to utilize innate human cravings for social contact: the cost of conversing with customers “has gone down dramatically.” Still, old-school advertising isn't always memorable enough to spur sales. That's why many corporations use social media: online recommendations are “up to 50 times more likely to trigger a purchase compared to another kind of recommendation.”

But how do you make it work for you?

The first thing to do, says Goldman, is to change your thinking. The question isn't whether your business should have a social media presence. It's what kind of presence you need. Knowing the answer will save you from wasting time on sites not frequented by your target market.

Second, set your strategy. Like everything else in business, you must have a plan because social marketing “can't transform businesses simply by existing.” You should also know your audience, what

Click to LOOK INSIDE!



they like, and where they are.

Don't just throw something online; have a point and be clear. Also, be unique and creative, but don't “pander” to anyone. Learn to target customers on different sites, but don't go hog-wild; chances are, you don't need to be everywhere (but sign up for an account anyhow, so you “own” that real estate). Finally, learn how (and when) to deal with negative comments, and understand that giving better-than-stellar customer service online is absolutely essential.

When it comes to business, you've seen fads come and you've seen them go, but you know that social media is here to stay. Isn't it time to grab “Going Social” and learn about how to harness it?

I won't promise you it's easy, even with the help of this book, but author Jeremy Goldman does offer plenty of advice to help take away some of the frustration in using Facebook, Twitter, Pinterest, and the like. It helps that he's included plenty of first-hand accounts from other businesses, large and small, and that he starts with the basics. I was also happy to see him tackle pitfalls and cautions, since being quick on your feet seems to be necessary in nearly everything online.

I think that if you're looking to hire or train a social media director (one of Goldman's advisements), then this book offers a good walking knowledge toward that end. With “Going Social” on your desk, your business is game on.

c.2013, Amacom
 \$19.95 / \$23.50 Canada 294 pages

Blood Drive

SUBMITTED BY KURT HEATH

Fremont Bank is partnering with the American Red Cross to host blood drives at three of its facilities. Blood donated through the events will help supply 27 hospitals across the Bay Area, including Washington Hospital and Kaiser Permanente Medical Center in Fremont.

The blood drives mark the beginning of a new partnership between Fremont Bank and the Northern California Region of the American Red Cross. “These blood drives embody the values of Fremont Bank, which strives to bring our associates, clients and local residents together and make a difference in our communities,” said Fremont Bank Director of Nonprofit Business Development Brian Hughes.

Fremont Bank blood drives:

June 10, 2013, Fremont Main Branch:
 39150 Fremont Blvd., Fremont

June 11, 2013, Hayward Operations Center: 25151 Clawiter Rd., Hayward

June 12, 2013, Livermore Branch:
 1879 Holmes Street, Livermore

For more information or to make a blood donation appointment, visit www.fremont-bank.com/blooddrive.

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Cabrillo Elementary knows how to recycle!

ARTICLE AND PHOTOS SUBMITTED BY STOPWASTE.ORG

Students of Cabrillo Elementary recently completed a successful Ready Set Recycle Challenge and reached their goal of allowing no more than 20 percent recyclables and compostables in trash bins by May 6.

The final results of the challenge show a dramatic improvement from when the challenge kicked off on March 28. Before they started, recyclables and compostables made up an average of 80 percent of garbage bin contents. On the last day of the challenge, the garbage bin consisted of three percent recyclables, 17 percent compostables, and 80 percent landfill! Initially, students were producing 10 to 11, 32 gallon bags of landfill per day. Now, as students divert the vast majority of their waste, landfill from one day amounts to less than one bag.

The Ready Set Recycle Contest, spearheaded by Cabrillo's 6th grade student council, was aimed at reducing the amount of "good stuff" going to waste in the garbage bin at their school. Throughout the challenge, student volunteers performed weekly trash audits in Cabrillo's lunchrooms to track the progress toward their goal. Students will be rewarded for meeting their goal. Rewards are funded by StopWaste.Org's Ready Set Recycle initiative developed to help Alameda County reach its goal of no more than 10 percent good stuff in the trash by 2020.

For more information, visit www.StopWaste.Org.



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Local student wins top honors in statewide essay competition

SUBMITTED BY JENNIFER TOY HARRISON

California and Me!

Native Sons of the Golden West, an organization focused on preserving and emphasizing the importance of California history, recently announced winners of its fourth grade essay contest. Bryce Toy Harrison, a student in Ms. Laird's class at Glenmoor Elementary School was selected as a top contestant in the 2013 district contest and second place statewide. His essay follows:



California and I have several things in common. First, California and I share the same birthday! California is 152 years older than I am. I was born on September 9, 2002. On September 9, 1850, California became the 31st state as it entered the Union as a free non-slavery state.

Secondly, we grew fast in the beginning of our life. Due to the California Gold Rush, California's population increased very quickly, from 1,000 to 20,000 from 1848 to 1850. Just like California, I grew very quickly in my first few years of life due to my growth spurts.

Third, we both moved four times in our first four years. In the winter of 1850 and 1851, the first Capitol was established in San Jose. The legislature was dissatisfied with the location, so the Capitol was moved to Vallejo in 1853. The Capitol still didn't meet the government's needs, so it moved three miles away to Benicia. Although the government liked the new location, the area was too small for the growing state's government to expand. So in 1854, the California Capitol was moved to Sacramento, where it still lives today.

I was born in Fremont, and then transferred to another hospital in Palo Alto for two weeks, and then I was taken home. My parents realized that we needed a bigger house because my baby brother was coming, so we moved to a larger house just down the street in 2004.

Fourth, California and I both love the theatre. California is world famous for Hollywood's movie studios and celebrities. I love the theatre, and have been performing on stage since I was four years old.

To this day, both California and I are thriving and healthy; and we treasure our birthday, September 9th.

Retirement for a flag, fanfare and fire

SUBMITTED BY JOAN WHITE

This year, Flag Day falls on Friday, June 14. Elks Lodge 2121 will host an elaborate ceremony after Friday night dinner. A special honor guard will be presenting the colors with a three volley salute. Jim Westfall and team will be performing their "Heroes of '76" presentation. And the Boy Scouts will perform the ceremony of flag retirement, with bagpipes and bugles in background.

According to the U.S. Code, when a United States flag is no longer a "fitting emblem," it should

be retired "in a dignified way, preferably by burning." Scouts will follow the specific protocol to honor the flag's distinguished service.

Flag Day was inspired by the Elks. Patriotism has characterized the Elks since the early days of the organization. Allegiance to the flag of our country is a requirement of every member. In 1907, the BPO Elks Grand Lodge designated June 14 as Flag Day. The Grand Lodge of the Order adopted mandatory observance of the occasion by every Lodge in 1911, and that requirement continues.

The Elks prompted President Woodrow Wilson to recognize the Order's observance of Flag Day for its patriotic expression. But it was not until 1949 when President Harry Truman, himself a member of the Elks, made the proclamation that thereafter June 14 would be a day of national observance.

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BUSINESS

Assembly debates bill on hospital charity care

By JULIET WILLIAMS, ASSOCIATED PRESS

SACRAMENTO, Calif. (AP), The state Assembly weighed legislation Thursday that would force nonprofit hospitals to prove they provide enough charitable care to justify their tax-exempt status and establish uniform reporting standards for hospitals.

Hospitals would have to provide more details about what is included in the charitable care they provide under AB975 by Assemblyman Bob Wieckowski, D-Fremont.

The legislation failed to get enough votes to pass during three separate votes Thursday, but Wieckowski was granted permission to bring it up again Friday, the deadline for bills to move from one house of the Legislature to the other.

It has support from some of the state's most powerful labor groups, including the California Nurses Association, and is opposed by business groups and the California Hospital Association.

The wording of AB975 says it is intended ``to ensure that private nonprofit hospitals and nonprofit multispecialty clinics actually meet the social obligations for which they receive favorable tax treatment."

During the floor debate, Wieckowski held up a

fabric grocery bag he said he was given at a free event in his community. He questioned whether such handouts might be included in some hospitals' tally of the community benefits they provide.

"When a hospital in my district says they provide millions of dollars in community benefit, that's great. I want them to brag about it ... but I think the public should be able to trust the number they're given," he said. "How much of the millions of dollars that are being spent are going to bags or vaccinations or community clinics?"

Republicans opposed the bill, saying it could reduce access to charitable care for the state's poorest residents.

Assemblyman Allan Mansoor, R-Costa Mesa, said current law already lays out strict requirements for nonprofits. He called the legislation far-reaching, unnecessary and ``more about a power grab by the nurses union" than an effort to improve health care for the poor.

Hospitals also would be fined if they fail to submit timely reports detailing their charity care.

The nurses and other labor groups say the tax benefits the hospitals receive as nonprofit organizations are far larger than the value of their charitable work and that hospitals count their charity care in different ways, making it difficult to compare.

FDA denies request to block generic painkiller

AP WIRE SERVICE

WASHINGTON (AP), In a surprise move Friday, federal health regulators denied a request by Endo Health Solutions to block generic versions of its painkiller Opana ER, which the company argued are more easily abused than its branded product.

Endo's Opana ER is a long-acting narcotic drug used to treat moderate and severe pain. Such medications are frequently crushed and then injected or snorted by drug abusers to achieve a euphoric effect.

Last year Endo reformulated Opana with the aim of making the pills more difficult to crush. The company also hoped the move would protect its expiring patent on Opana by blocking approval of generic versions based on the original formulation.

The company petitioned the FDA last year to deny approval to any generic versions, arguing that these products are easier to abuse than its current product.

But the FDA said in an announcement late Friday that it denied the petition, pointing out that Endo's reformulated drug can still be abused.

"We are extremely disappointed and disagree with today's decision," said Rajiv De Silva, CEO of the Malvern, Pa.-based company.

The FDA's announcement came after the close of trading on Wall Street. Aftermarket trading in Endo's stock was halted pending the news announcement and was not immediately resumed.

While acknowledging that the new Opana ER is more difficult to crush than the original formulation, ``study data show that the reformulated version's extended-release features can be compromised when subjected to other forms of manipulation, such as cutting, grinding, or chewing, followed by swallowing," the FDA said in a statement on its website. The agency added that the drug can be prepared for snorting 'using commonly available tools and methods.'

The FDA decision comes as a surprise since the agency granted a similar request last month by Purdue Pharma, maker of the blockbuster painkiller OxyContin.

The FDA said it will not approve any generic versions of OxyContin based on the original formulation because of its potential for abuse. A patent supporting the original form of the drug expired April 17. The FDA approved labeling for the reformulated version of OxyContin noting that it is harder to abuse.

Purdue Pharmaceuticals LP stopped selling the original version of OxyContin in 2010, about 15 years after the drug was launched, because of widespread concern about people who were crushing the drug and injecting or snorting it to get high off its main ingredient, oxycodone.

said about the retired Marlboro police officer. "All my friends thought I was going to have a mental breakdown."

Enter Molly Perdue, a psychologist with Hope at Home, an at-home therapy program run by HopeHealth, a nonprofit organization based in Hyannis that provides services for hospice, Alzheimer's and other patients.

Perdue started visiting the McCarthys at their Dennis home in March 2012 with the launch of the Hope at Home program.

"When I first met Molly, all I did was cry every time she came," McCarthy said.

McCarthy and her husband had been an active, companionable couple since marrying in 1997. They fished, danced and went lobstering together.

Paul was an avid runner, McCarthy said. Seeing him lose his mental faculties was almost unbearable.

"(Perdue) talked to me. Calmed me down. Told me I was going to be OK," McCarthy said.

Programs such as Hope at Home are needed more than ever to support caregivers and keep costs down as the Alzheimer's epidemic grows.

A study released earlier this month by the nonprofit RAND Corp. says Alzheimer's is the most expensive illness in the country, topping cancer and heart disease and costing families and society \$157 billion to \$215 billion a year.

The study said the biggest cost isn't medication - there are few treatments - but rather the hands-on care provided by family members, home health aides and nursing home staff.

The majority of Alzheimer's patients live with family members or even alone in senior housing, experts say.

"I can tell you there are a lot of spouses providing a lot of care," Perdue said.

It's difficult to know exactly how many of the afflicted are on Cape Cod.

The RAND report identified 4.1 million Americans suffering from Alzheimer's or other types of dementia.

The Alzheimer's Association chapter for Massachusetts and New Hampshire estimates there are 120,000 cases in Massachusetts.

That figure is based on extrapolations from a head count in Boston conducted years ago, said Paul Raia, the chapter's vice president of professional and clinical services. The organization doesn't keep count by city or county in Massachusetts, but David Rehm, president and CEO of Hope-

continued on page 31

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In Alzheimer's shadow: Who cares for caregivers?

By CYNTHIA MCCORMICK
CAPE COD TIMES OF
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DENNIS, Mass. (AP), - As the caregiver for a husband with Alzheimer's disease, Gail McCarthy was on intimate terms with exhaustion and anxiety.

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"He'd be out watering the flowers at 2 in the morning," she

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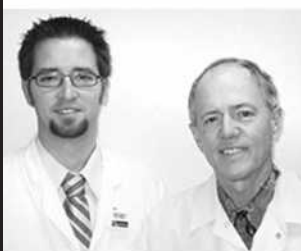
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Alameda Creek Trail gets facelift



Courtesy of Alameda County Water District (ACWD) and Excelitas Technologies, those who enjoy the Alameda Creek Trail near Niles will experience new visual amenities along with the tranquil beauty of the path that meanders along the creek. Combining their efforts on a pleasant Friday afternoon (May 30), volunteers from both organizations painted murals, outlined by local artist Laura Ramie

on three ACWD facilities, turning basic, industrial-looking buildings into colorful displays of art. Artwork was selected from ACWD art and slogan contest winners of the last 12 years. The murals were part of a larger clean up effort that also included Niles Community Park and Quarry Lakes Regional Recreation Area. Joel Falcone, Senior Vice President and General Manager of Excelitas Technologies

noted that their participation was part of a company-wide effort to become involved in local efforts to create a pleasant, clean and sustainable environment. The results of the day's efforts proved his statement.



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To register or for questions, call Vira Lopez at 650-853-6671.

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Fremont Skate Park Open for business

continued from page 1

up to its billing as “world class.” From beginner to professional, this park has it all; and for spectators, there was movement everywhere.

A large gathering around the deep bowl brought appreciative comments from those watching and participants

alike. While there were a good number of spills at the bowl, knee pads and helmets were used extensively to cushion falls. The same could not be said for many other skateboarders throughout the park who did not appear to be as well prepared. Liability concerns prohibit active City

supervision of the park so it is hoped that skateboarders will self-police and actively control the facility.

“Official” opening of the Fremont Skate Park is scheduled for June 19, 2013 at 5 p.m.

Ohlone Humane Society

Prepare...now!

BY NANCY LYON

With nature wreaking devastation in other parts of the country, from East Coast flooding from super storm Sandy to the terrible tornado destruction of a whole community in Oklahoma, we are served a grim reminder of how much we are subject to the whims of nature.

In California, natural disasters that challenge our survival are primarily from fire and earthquake. This spring, temperatures rose to unseasonable highs in the 80's and 90's with winds whipping over grass covered hills already dried out and brown in May, putting us on notice of the long, hot summer to come with the fire danger high. Add to this, reports from the United States Geological Survey of increased volcanic activity in the Pacific Rim that may be a warning of earthquake activity on the rise in our area. Both situations should have the red flag flying.

Along with the incredible human tragedy of these terrible events, there is the loss and suffering of innocent animals - family companions, farmed animals and wildlife. While we may not be able to control these forces, we can minimize the injuries and loss of life to our animal friends if we prepare for calamities of nature.

The same rules of survival that apply to people apply to animals; being prepared makes the difference. If it's not safe for you, it's not safe for them, so make a plan before they happen.

Getting ready Companion animals

Get to know your neighbors and develop a "buddy system." Ask a neighbor to check on your companion animals in an emergency situation like an earthquake if you are not home. They should know and be comfortable with this person before the fact. Offer to do the same for their animals.

Arrange temporary housing for your animals with neighbors or friends if your house becomes uninhabitable. Most human disaster-relief shelters won't admit pets, some may help you to find shelter for them but it will probably be low priority as they will be under great pressure. Keep an up-to-date list of veterinarians, kennels, and groomers that might be able to board them on short notice. Check for local motels/hotels that will take companion animals; those that don't may make an exception in an emergency situation.

Accustom them to portable kennels or other suitable pens, and keep one for each. During an emergency is not the time to start. You may need them for evacuation or temporary quarters. For multiple cat households, consider soft-sided carriers they take up less room in a vehicle. Pack a blanket, favorite toy, and a small garment with your scent on it, and paper towels for cleanups

Have a harness and leash for all dogs. Frightened dogs may pull out of a regular collar. Accustom them to the harness before the fact. Keep extras in your car.

Keep a first-aid pamphlet available and a kit with first-aid

supplies. Check with your veterinarian about what should go into your kit. Better yet, take a class that teaches emergency aid for injured pets, it may save their lives.

If they are on continuing medication, talk to your veterinarian about keeping a backup supply and how to store it during an emergency. Always have at least a week's supply of their regular food. Store in an airtight/waterproof container and rotate often. Include a supply of favorite treats to keep them occupied if they must be confined. Try to follow your regular feeding schedule as this helps relieve stress and digestive upset.

Keep at least a week's supply of gallon-size containers of bottled water for each animal. Store in a cool place and rotate often. If you are instructed to boil your tap water, it means it's also unsafe for your animals to drink.

During and after

Don't hold your pet tightly during a quake. Animals instinctively want to hide when their safety is threatened. If you get in the way, even the nicest but frightened animal may bite or scratch you out of fear. Comfort them normally after they have calmed.

Whenever possible do not get separated. If you must evacuate do not leave your animals behind. The chances of them surviving are greatly decreased if you do.

If you are forced to leave them, post signs on your front and back doors alerting rescue workers that animals are in your home or on your property. List the type and name of your ani-



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mals. If you can't find them or are forced to leave them at home after a quake or other disaster, leave fresh water in non-spill containers such as bath tubs and sinks; plenty of low-fat dry food, which deteriorates more slowly, and is less tasty so animals are less inclined to try and eat it all at once. Leave a note indicating you have animals and their names, where you will be, several contact phone numbers - an out-of-area contact number in case local lines are down, and the date.

Always make sure they are wearing identification with a current phone number and address. Even on your inside cat, keep them on a breakaway collar. Keep a supply of tags you can write on in case you are evacuated.

Talk to your veterinarian about micro-chipping as added ID insurance. This is very important because if your animals are relocated out of your immediate area there is a greater chance of a reunion. Many shelters have universal chip readers that can read more than one brand.

Have several current close-up photos of each with your important papers. They should show any special identifying marks. Store pictures in a ziplock bag to protect them from the elements.

This will help identify them should they escape after a quake.

Keep vaccinations current including rabies, with copies of immunization records in an emergency kit. If they bite someone out of fear, it may prevent them from being impounded.

Large animals

Horses and farmed animals can quickly become statistics of fire, floods and other disasters and need special preparation because of their size. The following links will help people to ensure their survival:

Horse Evacuation - making advance arrangements
http://www.humanesociety.org/issues/animal_rescue/tips/disaster_preparedness_horse.html

Farmed animals – extra consideration needed due to their size and transportation needs.

http://www.humanesociety.org/issues/animal_rescue/tips/disaster_preparedness_for_livestock.html

Wildlife

Many wild animals perish during fires and it behooves us to act responsibly while camping or using machinery that can spark an inferno. Never carelessly toss away cigarette butts or smoke in sensitive wilderness areas.

Thoughtful preparation is the key to survival.

World Tai Chi & Qigong Day draws 300 participants

SUBMITTED BY OHLONE COLLEGE

Over 300 participants took part in Ohlone College's First Annual World Tai Chi and Qigong (pronounced Chee-GONG) Day on April 27. Practicing at the Ohlone College Newark Campus, community members and Ohlone students participated in what was truly a worldwide celebration. Beginning in New Zealand, students of Tai Chi and Qigong began the practice time zone by time zone in over 60 countries and across six continents.

Renowned martial artist Ohlone College instructor Sifu May Chen, the 2010 Tai Chi Master of the Year, spearheaded the World Tai Chi and Qigong Day at Ohlone and coordinated participation with school of Tai Chi around the south and east Bay Area. The event began with a set of Tai Chi and Qigong warm-up routines led by Sifu Chen. Over 100 community members and students from Chen's classes participated. Individuals with varying experience levels, from no experience to martial arts masters, took part.

Shirley Hackney, an Ohlone student who attended the event, commented, "It was a wonderful sight – young and old practicing Tai Chi together. This experience was a wonderful way to enlighten others about the wonders of Tai Chi."

The event included several performances by local martial arts studios. Over 40 performers, from as young as five years old, represented the Rhythm Dragon Kung Fu School with various routines and weapons forms. Spectators were thrilled as they watched world-renowned Master Yuan Long, a 35th

Generation Shaolin Warrior Monk, and his instructors perform solos. Master Yuan Long's double sword routine, Master Yang Bing's chains, and Master Shi Qupei's kung fu yoga were all crowd favorites.

"I was very impressed with the various performances I witnessed, especially the children. The children were very respectful to their master and to the art form itself. Such respect was evident throughout their performance, but particularly in their opening and closing stance," commented Naomi Von Harringa.

In the afternoon, Master Yan Fei, a secular Shaolin disciple, entertained the crowd with open-hand and broad sword presentations, followed by a "learn and practice" session which was attended by over 60 enthusiastic participants. Other sessions held throughout the day included Sports Qigong, King Fu for Adults, Chen Style Tai Chi, Basic Staff Forms, and Health Qigong styles, all of which were well-received.

Members of the Ohlone College Tai Chi Qigong Club Competition Team, led by club president Lucy Oliva, demonstrated their gold medal-winning "Five Animals Form Exercise." The team will compete in two events at the Kung Fu Magazine.com Martial Arts Championships in San Jose on June 1, and at the Civic Center Plaza on June 2.

Ohlone College, KungFuMagazine.com, Tiger-claw.com, Arthritis Foundation, and Ohlone's Tai Chi Qigong Club sponsored Ohlone's Tai Chi and Qigong event. For more information about Tai Chi and Qigong classes offered through Ohlone College's Community Education Program visit www.ohlone.edu/commed.

Alameda County Library announces annual Summer Reading Game

SUBMITTED BY
LUPE A. GONZALEZ

Summer is approaching and the Alameda County Library is pleased to announce its Summer Reading Game. This year there will be games for pre-readers, kids, teens, and adults, so all ages are welcome to participate!

This year's theme is "Have Book – Will Travel!" and will run from June 10 to August 10. You can sign up and get your gameboard at any of the Alameda County Library's branches, including Albany, Castro Valley, Centerville, Dublin, Fremont Main, Irvington, Newark, Niles, San Lorenzo, Union City and the Bookmobile. You will use your gameboard to keep track of time spent reading or completing fun activities. And of course, there will be prizes and free books for participants, in addition to exciting raffle prizes!

Summer reading programs are an important part of library programming because evidence shows that children typically regress academically over the long summer holiday and those who practice their reading skills over the summer break return to school better equipped to continue with their studies. Adult participation is key because research shows that the best way to get your children to read is to let them see you reading.

This program is presented by the Alameda County Library with support from the Alameda County Library Foundation. Sponsors include Chabot Space & Science Center, LEGOLAND, Oakland A's, Target, the Lawrence Hall of Science and Togo's.

The game is open to all ages and children not yet reading on their own may count time listening to others read. For more information on the Summer Reading Game, library open

hours and special events, call the branch directly or visit our website at www.aclibrary.org.

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Letter to the Editor

Supervisor accused of wrongful termination

Alameda County Board of Supervisors, and Scott Haggerty as an individual, have been sued by his former long-term (over 15 years) Chief of Staff, Chris Gray, for his wrongful and illegal termination of his employment. The underlying claims submitted to the Alameda County Board of Supervisors were for over \$10,000,000. The County routinely denied Mr. Gray's as they deny all claims, and now face a lawsuit that has been submitted to the Court for filing on Mr. Gray's behalf in the Alameda County Superior Court on Friday, May 3, 2013.

In summary, Mr. Gray was terminated based on the fact that he had taken medical leave from work, and his refusal to participate in Mr. Haggerty's ongoing 15 years of abuse and misuse of public funds, taking illegal loans, receiving illegal payments from the County, triple billing his car allowance expenses, and even being so belligerent as to demand early payment of his salary from County staff and receiving the same.

Mr. Gray has over 15 years of hard cold facts which will clearly reveal the calculated and cunning self-serving nature of Mr. Haggerty's ongoing illegal activities.

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Ash Jain, MD, appointed to American Heart Association Western States Affiliate Board

SUBMITTED BY GISELA HERNANDEZ

Washington Hospital is pleased to announce the election of Ash Jain, MD, a well-known cardiologist, to the Board of Directors for the American Heart Association Western States Affiliate. The affiliate serves the states of Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon, Utah and Washington.

For a term of three years, Dr. Jain will help steer the regional activities of the nonprofit organization in combating heart disease and stroke. Membership on the Board also includes a commitment to support the American Heart Association through the annual Give and Get Leadership Campaign.

"I'm honored to be involved with the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke," said Dr. Ash Jain cardiologist, Medical Director of the Stroke Program, Medical Director of Invasive Vascular Imaging, Medical Co-Director of Cardiac Care Service, and Medical Co-Director of Vascular Services Program. "The American Heart Association's innovative research has paved the way for new technologies and procedures that dramatically improve cardiovascular health, and I look forward helping them continue to make great strides so Americans can live longer, healthier lives."

The newly elected Western States Affiliate Board will convene June 13, 2013 for the first time this fiscal year in Los Angeles, CA.

Hayward named Tree City USA

SUBMITTED BY THOMAS ROSSI, SR.

Hayward has been named a 2012 Tree City USA by the Arbor Day Foundation in honor of its commitment to effective urban forest management. This is the 27th year Hayward has earned the national designation.

The City achieved Tree City USA recognition by meeting the program's four requirements: a tree board or department, a tree-care ordinance, an annual community forestry budget of at least \$2 per capita and an Arbor Day observance and proclamation. Hayward will celebrate Arbor Day on May 30, 2013, from 10:00 a.m. to 11:30 a.m. at Treeview Elementary School.

"The Mayor and City Council are deeply committed to increasing Hayward's urban forest density. Last year alone, the City of Hayward planted 350 new trees with plans for 450 more in FY 2014," stated Matt McGrath, Maintenance Services Director.

According to Alex Ameri, Director of Environment and Utilities, Hayward looks to its urban forest as a major part of improving the quality of life in local neighborhoods and helping to achieve the ambitious goals in the City's Climate Action Plan.

"Everyone benefits when elected officials, volunteers and committed citizens in communities like Hayward make smart investments in urban forests," said John Rosenow, founder and chief executive of the Arbor Day Foundation.

The Tree City USA program is sponsored by the Arbor Day Foundation, in partnership with the U.S. Forest Service and the National Association of State Foresters. For more information, visit www.arborday.org/TreeCityUSA.



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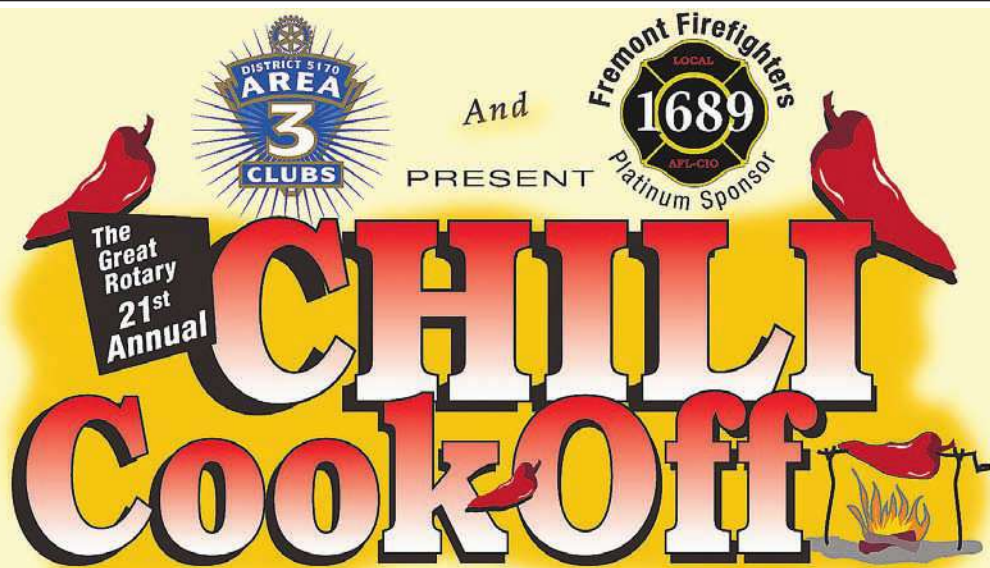
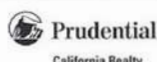
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<http://www.cdpe.com/profile/view/25838>
And call me if you have any questions.

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



Sunday June 9th

**This Years Goal:
\$30,000.00**

BENEFITING THE
Tri-City Rotary Clinic • Washington on Wheels
HOPE Project Mobile Clinic • Alisa Ann Ruch Burn Foundation
and a Public Service Charity to be determined.

HOURS:
11:00am - 5:00pm

ADMISSION:
\$8 Advance, \$10 at gate, Age 6 and under - Free

LOCATION:

The Saddle Rack • 42011 Boscell Road, Fremont

**See Local Fire Fighters performing
Life Saving Demonstrations • Jaws-of-Life Extraction
Tug-O-War Challenge • Fire Safety Presentations**

- Great Live Music: **Jewels Hanson & Diablo Road • Full Throttle •**
- 30 Varieties of People's Choice Chili • Great Raffle Prizes • Kids Activities •
- Performance by Star Struck Theater • Area Fire Fighters Chili Competition •

For TICKETS & INFORMATION

www.FremontChiliCookOff.org

Made Up Theatre

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LIVE Comedy Shows

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www.MadeUpTheatre.com

3392 Seldon Ct., Fremont

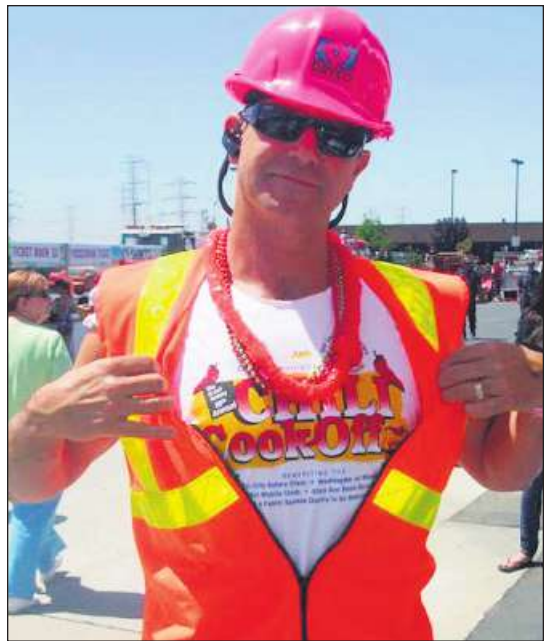
continued from page 12

Chili Cook Off



ple decide. A better plan might be showing up hungry to visit 30 booths serving People's Choice Chili concocted by Rotary Clubs, community and church groups, businesses, firehouses and individuals, benefiting local charities in the Tri-City area.

The Cook Off features not only chili tasting, but live music by Jewels Hanson & Diablo Road, Full Throttle and a live performance by Star Struck Theater. Kids are welcome to participate in arts and



crafts activities. Attendees can watch Life Saving Demonstrations, Jaws-of-life Extractions and Fire Safety Presentations by the Local Firefighters Station

1689 as well as a "Tug-o-War" contest between Fire Houses. Food booths and lots of raffle prizes are planned during the day's activities.

Chili makers are dueling for awards in five categories including People's Choice, Best Chili (judges), Best Firehouse Chili, Best Rotary Chili, and even a Best Decorated Booth. Cook Off attendees will receive a booklet with one Voting Ticket, six tasting tickets and coupons. Attendees vote to determine the 1st, 2nd, and 3rd Place winners and all participants are hoping to capture the 2013 People's Choice Championship, succeeding 2012 People's Choice Champions, Fremont Police Officers Association.

Proceeds from the event benefit clinics staffed by volunteer physicians, "Washington on Wheels," a mobile clinic and the Alisa Ann Ruch Burn Foundation, a designated charity of participating firefighters.

Organized by Area 3 Rotary Clubs of District 5170, the Chili Cook Off goal is \$35,000, to benefit the above charities and two Firefighters charities to be named by winners of their competition. Admission is just \$10 at the gate for adults and free for children six and under (does not include a tasting kit) Tickets can be purchased in advance for \$8 online at www.FremontChiliCookOff.org.

Great Rotary Fremont Chili Cook Off
Sunday, June 9
11 a.m. – 5 p.m.
The Saddle Rack
42011 Boscell Rd., Fremont
www.FremontChiliCookOff.org

Tickets: \$8 in advance, \$10 at the gate



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Dr. Eric Okamoto, M.D.

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This Summer, motivate your children into technology and their own future.



- Build a Solar Car
- Construct a Bridge
- Deconstruct a Cell Phone
- Design & Build an Aqueduct
- Discover Green Energy
- Construct Electronics



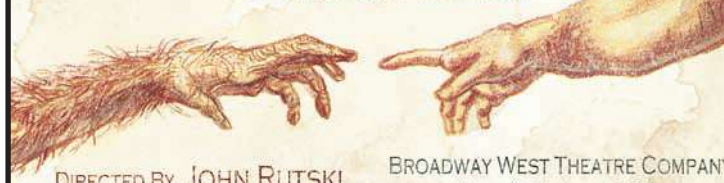
Classes held at Alston Montessori, Fremont Christian and SJSU. Get details, times and more from our website.

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BY JEROME LAWRENCE
& ROBERT E. LEE



DIRECTED BY JOHN RUTSKI

BROADWAY WEST THEATRE COMPANY
MAY 24TH - JUNE 22ND

May 24 – June 22

8 pm Thursdays, Fridays and Saturdays

12:15 pm Sundays, June 2 and 9

(Continental Brunch followed by show at 1 pm)

1 pm Sunday, June 16

\$25 General Admission \$20 Srs/Students/TBA*

\$10 Bargain Thursday, June 6 (no reservations)

\$17 – Thursdays, May 30, June 13, 20

*All seats \$25 on Brunch Sundays and Opening Night

Price of admission includes refreshments,
Opening Night Champagne Gala and Sunday Continental Brunches

Reservations: 510-683-9218

Tickets are available on our website
www.broadwaywest.org

A fictionalized account of the 1925 Scopes "Monkey" Trial, which resulted in John T. Scopes's conviction for teaching Charles Darwin's theory of evolution to a high school science class. This is a colorful, picturesque and absorbing essay in dramatic Americana.

Broadway West Theatre Company
P.O. Box 14007, Fremont, CA 94539
Theatre location – 4000-B Bay Street, Fremont



Fitness Classes:

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and more



Memberships Start at

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10 East Las Palmas Ave., Fremont

(Formerly known as Mission Hills Tennis and Swim Club)



Father's Day Champagne Brunch

June 16th, 2013 10:00am – 3:00pm



Hilton
NEWARK/FREMONT

510-490-8390

39900 Balentine Drive,
Newark

www.newarkfremont.hilton.com



**"What Dad REALLY
wants this year!"**

Fabulous Brunch Favorites on the Menu

- Full Breakfast Bar
- Made to order Omelet Station
- Carved Bourbon Glazed Ham & Prime Rib
- Expanded Sea-Food Display
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Big Screen Sports Programming

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Live Entertainment with Highway 4

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Hourly Prize Drawing for local Sporting Events

- A's & Giants Tickets
- NASCAR & NHRA at Sonoma Raceway
- Good-Guys Summer Nationals



PREVIEW
Menu & Price

Reservations Recommended

Adults - \$40

Seniors - \$34

Children (6-12) - \$24

Tax & Service Charge not included

THE CITY OF HAYWARD

Welcomes you to participate in our second

City Wide

**GARAGE
SALE**

**Saturday, June 29
8AM - 3PM**

Brought to you by the Keep Hayward
Clean and Green Task Force

Registration is FREE

Register by Friday, June 14th

List and map of garage sales will be
available June 21st

Call: 510-583-5522

email: citywide.garagesale@hayward-ca.gov

www.hayward-ca.gov/KHCG



**LET'S DO LUNCH
HAYWARD**

For Kids

...and breakfast too

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Flowers
AND GIFTS**

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Get Well
Sympathy
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**Birthday
Love & Romance
Anniversary**

Free breakfast and lunch

SUBMITTED BY
MARK SALINAS

Started in summer 2011, "Let's Do Lunch Hayward...and breakfast, too" is a summer breakfast-and-lunch program that provides Hayward and Hayward-area kids with free breakfast and lunch while school is not in session. Hayward Unified School District Food Services and Hayward partners will implement the program again this summer in Hayward and surrounds. All kids under 18-years old are eligible to participate at more than 20 sites throughout the City of Hayward.

They include selected Hayward schools, Hayward Firefighters Local 1909, Hayward Police Junior Giants Baseball Program, faith-based organizations and Hayward-area non-profit organizations. Volunteers, including students from local schools, colleges and universities, will be stationed at sites this summer to distribute free breakfast and lunch to kids who can simply visit the sites and receive a free meal. Organizations can still register to be a service site.

According to the California Department of Education, today, 58 percent of all California kids enrolled in public schools participate in free and reduced-priced meal programs. In Alameda County, 46 percent of all the kids participate. In Hayward, 69 percent participate. In 2011, "Let's Do Lunch Hayward... and breakfast, too"

served more than 60,000 meals. In 2012, more than 260,000 were served. The program is Hayward's response to meeting the nutritional needs of kids during the summer vacation which is a critical time of year.

For more information, sites and schedule contact Robin Gallagher, Hayward Unified School District Director of Food Services, at (510) 723-3890 or rgallagher@husd.us. Alternatively, contact Hayward Councilman Mark Salinas at (510) 300-5744 or mark.salinas@hayward-ca.gov.

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Store Hours

Mon - Sat: 9:30am – 7pm
Sunday: 10am – 6pm

37482 Fremont Blvd., Fremont, CA 94536



A Thrift Store with a Big Mission

Donation Hours

Mon-Sat: 9:30am – 7pm
Sunday: 10am – 6pm

510-795-6100 ; www.hopeservices.org

Weekly Specials

Tue & Fri

Seniors' Day

30% - Off *

Everything
for customers
age 55 and
above every
Tuesdays and
Fridays

(Must provide proof of age
to get discount.)

Wed

Clothing's Days

50% - Off *

on Clothing,
Shoes, Clothing
Accessories, and
Sunglasses

30%-Off on
all Purses &
Luggage

Thu

Home's Day

30% - Off *

on all jewelry,
collectibles, CD
electronics, DVD
toys, watches
electrical, frames,
furniture, books,
& housewares

Sat

Purses' Day

50% - Off *

on Shoes,
Color-tag Purses,
and Linens

30%-Off on
Clothing and
White-tag
Purses

Sun

Everybody's Happy Day

30%

Off *
**Every
thing**

*Offers subject to change without notices.

HOPE Station – 37482 Fremont Blvd at Parish in Fremont, Ca 94536 (Tel) 510-795-6100

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cannot be
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other discount

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*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, 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

Monday, Jun 24 - Friday, Aug 8

Ohlone for Kids \$R
8 a.m.
Summer enrichment program
Registration begins April 1
Ohlone College
43600 Mission Blvd, Fremont
(510) 742-2304

Thursday, May 10 - Sunday, Jun 8

Textile Exhibition
7 p.m. - 9 p.m.
Innovative art work with textiles & fibers
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivegydeartguild.org

Thursdays, May 23 - Jun 13

Learn-to-Curl Clinic \$
7:30 p.m. - 9:45 p.m.
Game instruction & rules
Sharks Ice Fremont
44388 Old Warm Springs Blvd.,
Fremont
(510) 623-7200
www.sharksiceatfremont.com

Thursday, May 24 - Saturday, Jun 22

Inherit the Wind \$
8 p.m.
High school class learns about Darwin's theory of evolution
Broadway West Theatre Company
400-B Bay St., Fremont
(510) 683-9218
www.broadwaywest.org

Tuesday, May 28 - Friday, Jun 28

Original Artwork by the Langenbachs
11 a.m. - 2 p.m.
Oil, watercolor & sculpture
Fremont Cultural Arts
3375 Country Drive, Fremont
(510) 794-7166

Tuesday, May 28 - Friday, Aug 30

Drop-in Child Care - \$R
8:30 a.m. - 5:00 p.m.
Hourly child care
Family Resource Center
39155 Liberty St., Fremont
(510) 574-2010

Thursday, May 30 - Saturday, Jun 28

Paintbrush Diplomacy
Thurs - Sat: 12 noon - 8 p.m.
Sun: 12 noon - 4 p.m.
Children's artwork from around the world
Cinema Place Gallery
1061 B. St., Hayward
(510) 538-2787
www.paintbrushdiplomacy.org

Arts & Entertainment

Thursday, May 30 - Saturday, Aug 2

Summer Members Show
1 p.m. - 3 p.m.
Various artworks from member artists
Foothill Arts of the Bay
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Saturday, Jun 1 - Sunday, Jun 30

Laura DeLeon Exhibit
5 a.m. - 9 p.m.
Works in oil, acrylic, watercolor & photography
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Saturday, Jun 1 - Saturday, Jul 13

Paper at the Adobe
Thursday - Saturday: 11 a.m. - 3 p.m.
Artist Reception
Saturday, June 1
1 p.m. - 3 p.m.
Works on paper & made of paper
Adobe Art Gallery
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Monday, Jun 4 - Friday, Jul 26

Victor Habib Sculpture
9 a.m. - 5 p.m.
Unique sculpture works
Hayward City Hall
777 B St., Hayward
(510) 538-2787
www.haywardarts.org

Monday, Jun 10 - Saturday, Aug 10

"Have Book - Will Travel" Summer Reading Program
1 p.m. - 5 p.m.
Children of all ages track time spent reading to earn prizes
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Tuesday, Jun 4

Fremont Budget Hearing
7 p.m.
Public meeting open for comment
City of Fremont Council Chambers
3300 Capitol Ave., Fremont
(510) 494-4508

Tuesday, Jun 4

Mudpuddle Shop Show \$
7 p.m.
Featuring Steve Seskin & Julia Sinclair
Mudpuddle
34733 Niles Blvd., Fremont
(510) 794-9935
www.michaelmcnevin.com

Wednesday, Jun 5

Guest Artist Demo
7 p.m. - 9 p.m.
Featuring ceramics artist Mark Boguski
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociation.org

Wednesday, Jun 5

Dig Deep Farms & Produce Program
12 noon - 4 p.m.
Learn to purchase healthy food
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Wednesday, Jun 5

Drivers for Survivors Ribbon Cutting
5 p.m. - 7 p.m.
Celebrate new office & learn about the organization
Executive One Building
2350 Peralta Blvd, Fremont
(510) 579-0535
www.driversforsurvivors.org

Thursday, Jun 6

Beauty Happens Live \$
5:00 p.m. - 9:30 p.m.
Food, drinks & live music
The Vine
37533 Niles Blvd., Fremont
(510) 792-0112

**"Thank you Fremont for voting us
2013 Best Senior Center Care Facility"**

Fremont Hills
Assisted Living & Memory Care

"White Elephant Sale" on June 8 and 9th 10am - 3pm.
Upcoming Seminar 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

**Cruisin' Down Memory Lane with
your Dad, Grandfather, ...
Father's Day BBQ Car & Motorcycle Show
Sunday, June 16 - 11am - 3pm
Free Admissions**

Car & Motorcycle show space is limited. Call for reservations

www.FremontAssistedLiving.com
510-796-2295

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

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Dental gold and Coins*

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510-659-6285

FREE Admission - \$2.00 Parking Fee
2nd Saturday of Every Month - Rain or Shine

**Next Flea Market SATURDAY
June 8th**

Ohlone College - 43600 Mission Blvd., Fremont



Milpitas Community Concert Band 20th Anniversary Gala Concert

Friday, June 7, 2013

7:30pm

Milpitas Community Center

457 E. Calaveras Blvd.

\$5 suggested donation

All money goes directly to benefit the band.

You are cordially invited to celebrate the Band's Anniversary year! Enjoy original music composed just for Milpitas and guest conductors Chris Kaldy and Holly Lasky!

Refreshments sponsored in part by Giorgio's of Milpitas.

For more information call
(408) 586-3210



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

Coupon fever!
<http://haircutheadquarters1.com>

Friday, Jun 7

Four Seasons of Health Expo
9:30 a.m. - 1:30 p.m.

Promoting health, nutrition & physical activity for seniors

Fremont Senior Center
40086 Paseo Padre Pkwy,
Fremont
(510) 790-6600
www.tceconline.org

Friday, Jun 7

Community Band Concert Gala \$

7:30 p.m.
Music & food
Milpitas Community Center
457 E. Calaveras Blvd., Milpitas
(408) 586-3210

Friday, Jun 7 - Sunday, Jun 9

Performance Fusion \$

Fri & Sat: 8 p.m.

Sun: 2 p.m.

Showcase of dance & short plays

Cal State East Bay University
25800 Carlos Bee Blvd.,
Hayward
(510) 885-3118
www.csueastbaytickets.com

Saturday, Jun 8

Chris Webster & Nina Gerber \$
7:00 p.m. - 9:30 p.m.

Pop, folk & rock

Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Saturday, Jun 8

Ohlone College Super Flea Market \$

8 a.m. - 3 p.m.

Support Ohlone College programs

Ohlone College
43600 Mission Blvd., Fremont
(510) 659-6285

Saturday, Jun 8

Bocce Ball Tournament \$R

9 a.m.

Buon Tempo Club open event

Limited to 12 four-person teams
Adobe Park
20395 San Miguel Ave., Castro Valley
(510) 727-9296

Saturday, Jun 8

Movie Night \$

7:30 p.m.

"Going Straight," "Take the Air," "Looking for Sally"

Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411

Saturday, Jun 8

Macro Photography - R

10:00 a.m. - 11:30 a.m.

Tips for taking close-ups of flora & fauna

Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(888) 327-2757
www.ebayparks.org

Saturday, Jun 8

Hot Rod and Motorcycle Show

11 a.m. - 4 p.m.

Food & entertainment

Elks Lodge
38991 Farwell Dr., Fremont
(510) 793-5683

Saturday, Jun 8

Wonderful World of Victorian Childhood \$

10 a.m. - 4 p.m.

Play games, dress-up & learn the waltz

McConaghy Victorian House
18701 Hesperian Blvd., Hayward
(510) 581-0223
www.haywardareahistory.org

Saturday, Jun 8

Newark Symphonic Winds Summer Concert

7 p.m. - 9 p.m.

Woodwind Quintet performs classical pieces
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
www.newarksymphonic.org

Saturday, Jun 8

We All Scream for Ice Cream \$
1 p.m. - 2 p.m.

Make a delicious treat from scratch

Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparksonline.org

Saturday, Jun 8

MSJHS Family Festival \$

10 a.m. - 5 p.m.

Fundraiser includes games & family activities

Mission San Jose High School
41717 Palm Ave., Fremont
(510) 657-3600
www.msjasb.org/familyfestival

Yard Sale

Sat. June 1st & Sat. June 8th 8:00 am - 2:00 pm

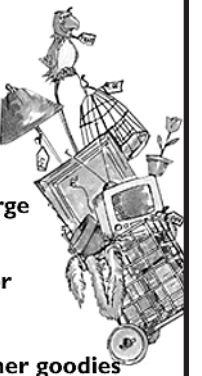


Holy Trinity Lutheran Church
38801 Blacow Rd. Fremont

SureShred from 9:00 am - 12:00
Bring your personal documents for confidential and secure shredding free of charge

Treasures to browse through such as, glassware, books, kitchen ware, clothes for all ages, toys, and much more!

Lunch of hot dogs, nachos, soda, water, and other goodies



ST. CHRISTINA ORTHODOX CHURCH

A Mission of the Diocese of the West of the Orthodox Church in America



All services are celebrated in English!

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 2,000 years ago.

Visit us at: www.stchristinaorthodox.org

REGULAR SCHEDULE OF SERVICES:

Saturdays - 6pm: Great Vespers

(Beginning of Sunday Services)

Sundays - 9:30am: Hours & Divine Liturgy

(Followed by a common meal)

FATHER'S CAFÉ

Wednesdays: 10-11:30am

Informal discussion with Q&A over coffee/tea
(Beginning June 19th will meet 2-3:30pm)

SERVICES & CLASSES IN FREMONT!

Church Temple: 3721 Parish Ave.

*Church Offices: 3612 Peralta Blvd.
(Just around the corner from each other)

For more information:

mail@stchristinaorthodox.org

510-739-0908

The ancient Christian Faith alive today & here in the Tri-Cities!



WONDERFUL WORLD OF VICTORIAN CHILDHOOD AT THE MCCONAGHY HOUSE

SATURDAY, JUNE 8

Experience a day in the life of a Victorian child in games, crafts and music. Drop in from 10:00am-4:00pm.
18701 Hesperian Boulevard, Hayward

SUMMER HISTORY WALK

SATURDAY, JUNE 22, 10:00AM

100th Anniversary of the Lincoln Highway. Trace the route of the first transcontinental highway through downtown Hayward. Meet at 22380 Foothill Boulevard.

CASTRO VALLEY HISTORY IN FILM

SATURDAY, JUNE 29, 2:00PM

Randy Vanderbilt, a local history buff has collected many hours of rarely seen footage of Castro Valley.
Castro Valley Library, 3600 Norbridge Avenue.

HAYWARDAREAHISTORY.ORG 510-581-0223

We are looking for local talent

We are looking for local talent to perform on the Community Stage for SummerFest on Sunday, July 14

We have three time slots left:

1pm - 2pm; 2:30pm - 3:30pm and 4pm - 5pm.

Can you pull a rabbit out of a hat?

Play acoustic guitar?

Dance on your toes?

Or spin on your nose?

Take advantage of this free opportunity to let your talent shine.



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

Saturday, Jun 8
“Anything Goes” Auditions
10 a.m. - 4 p.m.
Requires tap & musical ability. Ages 14+
California Conservatory Theater
999 E. 14th Street, San Leandro
(510) 909-9516
shirley@curtaincallperformin-
garts.net

Saturday, Jun 8 - Sunday, Jun 9
International Festival
10 a.m. - 5 p.m.
Cultural food, entertainment, games & vendors
Old Mission San Jose
43300 Mission Blvd., Fremont
(510) 659-6158
www.sainjosephmsj.org/festival

Saturday, Jun 8
Ohlone Village Site Tour
1 p.m. - 3 p.m.
1/2 mile marsh walk & tour of 2,000 year old site
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebayparks.org

Sunday, Jun 9
League of Women Voters Annual Meeting \$
9 a.m.
Breakfast, guest speaker & meeting
Masonic Home
34400 Mission Blvd., Union City
(510) 675-5396
www.lwvnuc.org

Sunday, Jun 9
Butterfly and Bird Festival
10:00 a.m. - 3:30 p.m.
Garden tours, family activities, speakers & music
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Sunday, Jun 9
Laurel & Hardy Talkie Matinee \$
4 p.m.
“Sons of the Desert,” “Reunion in Rhythm,” “Midnight Patrol”
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411

Sunday, Jun 9
Fremont Rotary Chili Cook Off \$
11 a.m. - 5 p.m.
Live music, kid’s activities & chili competition
Saddle Rack
42011 Boscell Rd., Fremont
(510) 453-3933
www.fremontchilicookoff.org

A Collaborative
Senior Health Project

FOUR
SEASONS
OF HEALTH

Sunday, Jun 9
The Adventures of Red Rose \$
(Snow White’s Less-Famous Sister)
3 p.m. & 7 p.m.
Red Rose longs to be “just normal”
Fremont Teen Center
39770 Paseo Padre Pkwy., Fremont
(510) 494-4344
www.RegeRec.com

Monday, Jun 10
American Red Cross Blood Drive
10 a.m.
Benefits Washington & Kaiser Hospitals
Fremont Bank
39150 Fremont Blvd, Fremont
(510) 505-5226

Monday, Jun 10
Playwriting CageMatch: The Keys to the Hotel Barbary
8 p.m.
Five scenes presented with one victorious playwright
Douglas Morrisson Theatre
22311 N Third St., Hayward
(510) 881-6777

Four Seasons of Health Expo

Friday June 7, 9:30 am - 1:30 pm

Fremont Senior Center

40086 Paseo Padre Parkway, Fremont

- For adults 50+ and U.S. Veterans
- ◆ Health/Dental/Medication Screenings
 - ◆ Transportation and Clipper Card distribution
 - ◆ 125 Vendors - *Public, Non-profit and Business*
 - ◆ New Health Care Policy Advice
 - ◆ Presentations and Entertainment
 - ◆ Breakfast and BBQ lunch may be purchased

For more information contact Dr. Ray Grimm (510) 574-2063;
rgrimm@fremont.gov

Interpreter Services available

Hosted by the City of Fremont Human Services Department
and the Tri-City Elder Coalition

TIRED OF ONE INSURANCE
COMPANY - ONE AGENT -
THINK MELLO
510-790-1118
www.insurancemsm.com



You help create a
world with less cancer
and more birthdays.

Thanks to your donations and purchases,
the American Cancer Society’s
Discovery Shop raises money and awareness
to finish the fight against cancer.

Have you been impacted by cancer, whether it be yourself or a loved one?
Are you passionate about helping to discover better ways to prevent,
treat, and hopefully cure cancer?

The American Cancer Society is currently recruiting volunteers who are
willing to serve as a Cancer Prevention Study-3 (CPS-3) Community Champion

Please join us for a kick off event at the
Fremont Discovery Shop on Friday, June 7 at 2:45 p.m.



Discovery Shop
A Unique Quality Resale Experience™

40733 Chapel Way, Fremont 510.252.1540
Mon.–Thurs. 10 a.m.–7 p.m., Fri.–Sun. 10 a.m.–5 p.m.
cancer.org/discovery | 1.800.227.2345



‘The Keys to the Hotel Barbary’ playwriting cage match

SUBMITTED BY BOB MILLER

The Douglas Morrisson Theatre in Hayward proudly announces its second annual play-writing cage match contest on Monday, June 10: “The Keys to the Hotel Barbary.” Five playwrights will enter but only one will emerge victorious! Last year’s “Tales of the Hairless Raccoon” was a wild and wooly success, so this year we decided to make the contest an annual event. Join us as playwrights from far and wide square off.

The only requirements for aspiring contributors were that the scenes had to be 20 minutes or less, have no more than four characters, and be set in a ramshackle basement hotel room in the fictional Hotel Barbary of San Francisco. Playwrights were encouraged to come up with creative and elegant back-stories that incorporated the setting into their scenes; the time period, tone, theme or genre was up to their imaginations. All are welcome at the Hotel Barbary!

This year we’ve had entries from all over the U.S. and even two from abroad, and they are still coming in. The theatre’s Artistic Director, Susan E. Evans, with some help from her team, will select the top five submissions, and each one will be allowed one rehearsal. The five scenes will be presented on June 10 at a live staged reading at the Douglas Morrisson Theatre, and the audience will decide the winner. Admission for the reading is free; tokens to vote will be sold for \$5.

Playwriting Cage Match: The Keys to the Hotel Barbary
Monday, June 10
8 p.m.
22311 N. Third St., Hayward
(510) 881-6777
www.dmtonline.org
Tickets: Free admission, \$5 for a token to vote

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	Friday, June 7 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
Tuesday, June 4 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	Monday, June 10 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
Wednesday, June 5 1:00 – 1:45 Hillside School 15980 Marcella St., SAN LEANDRO 2:00 – 2:45Eden House Apts., 1601 - 165th Ave., SAN LEANDRO 3:15– 3:45 Baywood Ct., 21966 Dolores St., CASTRO VALLEY 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT	Tuesday, June 11 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
Thursday, June 6 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	Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060

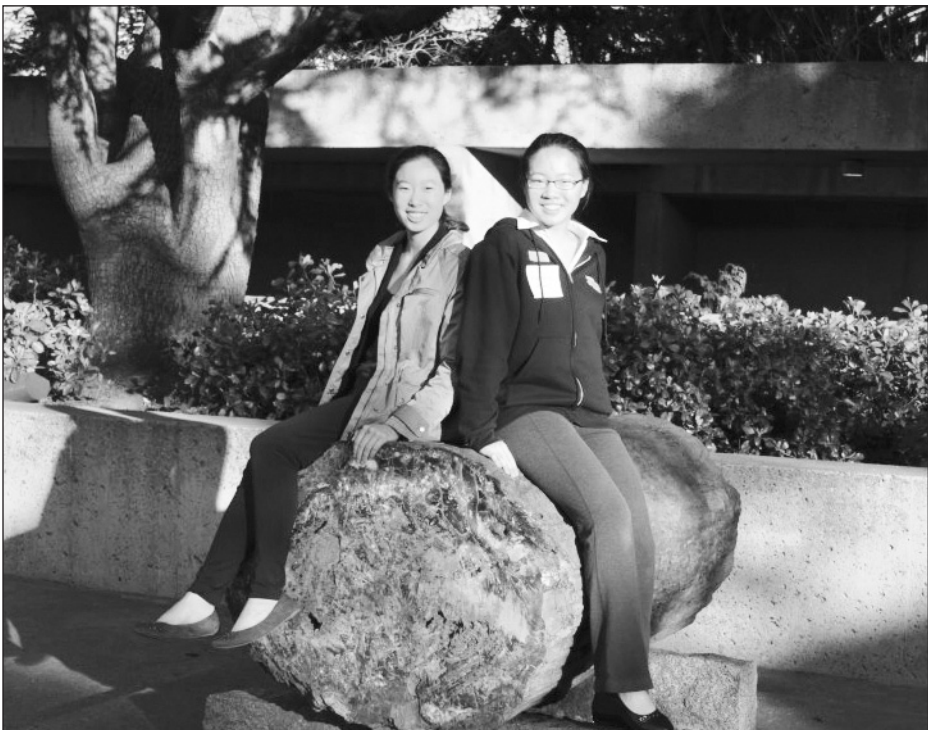
Two Fremont students advance to National History Day Competition

SUBMITTED BY KRISTEN YASUKAWA
PHOTO COURTESY OF CATHERINE WANG

Mission San Jose High School (MSJHS) students Catherine Wang and Laura Chen from Fremont won the 2013 California State History Day competition by creating a website about China’s Third Plenum, a major turning point in modern Chinese history for political, economic, social and cultural reforms. The annual competition was held in Sacramento on April 26 – 28, hosted by National History Day-California. More than 1000 students statewide, grades 5 – 12, displayed research projects on this year’s theme, “Turning Points in History.” Students competed individually and in teams in elementary, junior and senior divisions, and five project categories: museum exhibits, documentary films, websites, dramatic performances and historical papers.

Previously, nearly 200 students competed at the preliminary Alameda County History Day competition on February 23 in Oakland; 47 students qualified for the California state competition.

As state winners, Wang and Chen will advance to the Kenneth E. Behring National History Day Contest on June 9 - 13 at the University of Maryland to compete with students from across the United States, American Samoa, Guam, International Schools and Department of Defense Schools in Europe. Additionally, Katrina Cherk, from MSJHS, was a top ten finalist



Mission San Jose High School sophomores Laura Chen (left) and Catherine Wang (right) won the 2013 California State History Day competition for creating a website about China’s Third Plenum.

in the Senior Historical Paper category. Alameda County students who placed at the top of their category or won special awards at the state competition:

Senior Group Website - Co-Champions
“China’s Third Plenum: The Road to Reform”
Catherine Wang and Laura Chen
Mission San Jose High School, Fremont Unified School District

(View Laura and Catherine’s winning website at: <http://18024475.nhd.weebly.com/>)

Senior Group Exhibit
California Historic Places Award and California History Senior Exhibit Award:
“Richmond Kaiser Shipyards (1941-1946): A New Frontier in Shipbuilding”
Pratyusha Vemuri and Anusha Vemuri

Amador Valley High School, Pleasanton Unified School District

Junior Group Website - Third Place
“Medical Advances in the Civil War”
Ethan Shang and David Wang
William Mendenhall Middle School, Livermore Valley Joint Unified School District

Junior Historical Paper - Third Place
“The Birth Control Pill and Reform of Social Norms for American Women”
Brianna Bourne
Ecole Bilingue de Berkeley

Senior Historical Paper - Finalist (Top 10)
“The American Polio Epidemics: Redefining Philanthropies, Reforming Medical Research and Catalyzing the Disability Rights Movement”
Katrina Cherk
Mission San Jose High School, Fremont Unified School District

Junior Individual Website - Finalist (Top 10)
“My Journey to Giotto”
Sarah Ng
William Mendenhall Middle School, Livermore Valley Joint Unified School District

For more information, visit www.acoe.org.

Art Scholarships awarded by Olive Hyde Art Guild



Left to Right: Kim Parker, Art instructor IHS; Angela Chen, IHS; William Cheng, IHS; Sherry Xiao, MSJHS; and Edie Christensen, Art instructor MSJHS.

SUBMITTED BY DIANE LEYS

Three talented Fremont high school seniors have been awarded Art Scholarships through Olive Hyde Art Guild’s annual competition. Scholarship Chairman Roberta Moody explains that winning students were selected based on their portfolios of work and must have been accepted at a college or university with plans to pursue higher education in the field of art. This year, 11 students from Fremont high schools submitted work for consideration by the Guild.

William Cheng from Irvington High School and recipient of the \$2,000 First Place Award plans to attend Laguna College of Art and Design to study concept art used in the entertainment industry. William’s art instructor, Kim Parker, describes him as one of the top ten artists she has encountered in her 18 years of teaching art. In addition, she states he has a rigorous work ethic and great leadership skills. While attending Irvington, William has participated in the fencing club, the gardening club, and has been selected to represent Irvington High for the Congressional Art Contest twice.

Two Honorable Mention Awards for \$1,000 each were also presented. Angela Chen, also from Irvington High School and planning to attend Laguna College of Art and Design, will focus her studies on Game Art while hoping for a future career in the entertainment industry. Kim Parker, Angela’s art instructor, has high praise for Angela’s leadership skills and feels Angela has helped to make the IHS Art Club one of the most thriving clubs on campus. Last year Angela won the Congressional Art Competition, and her work was selected to be displayed in our nation’s capital for a year. Angela enjoyed the opportunity to travel to Washington, D.C., to participate in the ceremony honoring the exhibiting art students.

Sherry Xiao, the second Honorable Mention Award winner of \$1,000, is a Mission San Jose High School graduating senior. Still giving her options a final consideration, Sherry will most likely attend Washington University in St. Louis. Edie Christensen, Sherry’s art instructor at MSJHS, considers Sherry an exceptional artist and inspiring leader, as well as an outstanding student. “Her leadership skills have helped to build the Mission Chapter of the National Art Honor Society from five members to over 50 active members.” Mrs. Christensen also credits Sherry with promoting outreach to the community. In addition, Sherry has received the Presidential Service Gold Award for volunteering with the Academy of Performing Arts Foundation, a Chinese dance organization. With the ACPAF Sherry has danced in local performances and gone to China to perform for children who were orphaned by an earthquake.

In addition to the student scholarship awards, a \$500 stipend for classroom art supplies has been awarded to the art teacher of the first place winner, Kim Parker, from Irvington High School.

Newark Symphonic Winds 9th Free Summer Concert

SUBMITTED BY JIM CARTER

Come and enjoy an evening of delightful symphonic music provided free of charge by the Tri-City area’s 40-musician symphony, the Newark Symphonic Winds. Under the direction of Richard Wong, the evening’s performance will include a Rogers and Hammerstein’s medley featuring “Bali Hai,” “Oklahoma,” “Getting to Know You,” and “Climb Every Mountain”; selections from the soundtrack of E.T.; highlights from “Porgy and Bess”; Shostakovich’s “Festive Overture”; Franz von Suppé’s “Morning, Noon and Night in Vienna”; Gershwin’s “Someone to Watch Over Me” as well as other great pieces. There will also be a special performance by the talented Newark Woodwind Quintet.

The concerts have been enjoying an increased attendance at their performances, pulling in an almost full-house

for their last spring concert. Seating is on a first come, first served basis, so make sure you come a little early to ensure your seat for what is sure to be another great evening of music from our talented local musicians.

The Newark Symphonic Winds is a nonprofit corporation and donations are welcomed to support their ongoing concerts. For more information, call (510) 552-7186 or visit newarksymphonic.org.

Newark Symphonic Winds
Free Summer Concert
Saturday, June 8
7 p.m. – 9 p.m.
Newark Memorial High School Theatre
39375 Cedar Blvd., Newark
(510) 552-7186
newarksymphonic.org
Free

Summer Reading Program

SUBMITTED BY GWENDOLYN MITCHELL/MARINA HINESTROSA

Santa Clara County Library District’s 2013 Summer Reading Program kicks off Saturday, June 1. The annual program, which continues through Saturday, August 31, encourages everyone to read during the summer.

“The summer months provide a much needed break for children, but, from personal experience, I know that parents look for ways to make the time stimulating and productive,” said County of Santa Clara Supervisor Mike Wasserman, Delegate for the County Library District Joint Powers Authority. “I hope adults and children take full advantage of the benefits of joining our library summer reading programs.”

Santa Clara County Library is offering two different summer reading programs. Children ages 0-12 can read, earn a prize, attend performances, and participate in craft projects at the library, where they can read books and be rewarded for their progress. While they “Dig Into Reading,” the children’s summer reading theme, they’ll explore the wonders under their feet—buried treasure, evidence of ancient civilizations, insects, rocks, gardening, and more. Teens, ages 13 and up, and adults can delve “Beneath the Surface” to examine the under layers of the physical world, ancient civilizations, as well as the human psyche. They will be able to attend a program or write reviews to share.

All are invited to join the fun by registering for Summer Reading online at www.sctl.org or in person at any one of the district libraries. By signing up for the Summer Reading Program, and reading or listening to five books, teens and adults can enter a drawing to win a Nexus Google Tablet or an iPad mini.

Visit Santa Clara County Library District online at www.sctl.org.

CAMP Kid SCOOP

Smart Fun in the Summertime!

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

 Dig into reading at KidScoop.com!

© 2013 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 29, No. 25

Kid Scoop Together: Proof It!

Are you an eagle-eyed reader? Read the articles below and correct the **nine spelling and grammar errors** you find. The first one is done for you.

Worm Grunting

Worm grunting is done ^{by} driving a stake into the ground and pulling a flat metal rod across the top. This creates a bullfrog-like grunting sound. Within minutes, hundreds of earthworms crawl out of the ground, where fishermen gather them up for bait.



Why do the worms come up? Researcher, Ken Catania of Vanderbilt University in Nashville, TN has an explanation. He believes that worm grunting is similar to the vibrations moles make as they dig through the ground. Moles eat worms, so when the worms feel those vibrations, they scurry to get out of the ground and away from the mole.

Every April, the citizens of Sopchoppy, FL hold a one-day Worm Grunting Festival. In addition to dancing, eating good food, a hula hool contest and other games, the festival includes a Worm Gruntin' Contest and the crowing of a Worm Grunter King and/or Queen.

Standards Link: Writing: Edit work to check for correct spelling.

Kid Scoop VOCABULARY BUILDERS

This week's word: **COMPOST**

The noun **compost** means a mixture of decaying leaves, vegetables and other plant products that is used to improve garden soil.

Vivien spread the **compost** over her vegetable garden.

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

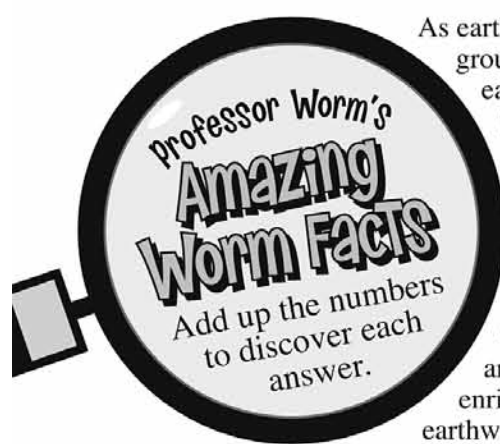
Kid Scoop-doku™

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

	M	W		
M		O		W
	W	R	M	
W		M		
		S		M

World of Worms

The world just wouldn't be the same without worms.

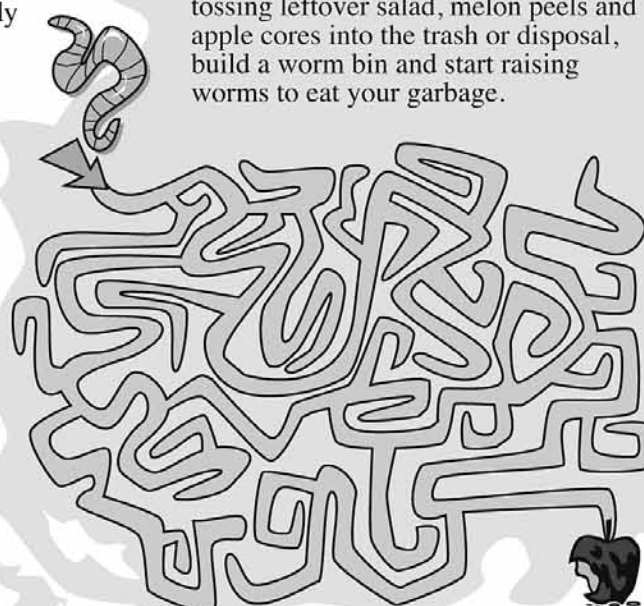


As earthworms burrow or dig into the ground, they swallow soil. They eat rotting plants and leaves. As this debris passes through the worm's body, it is ground up by tiny stones in the worm's gizzard and leaves the body as waste.

This waste is called worm **castings**. Castings are dark and fertile and enrich the soil. Each day an earthworm produces its weight in castings. That's a lot of recycling!

Yum! Love that Garbage!

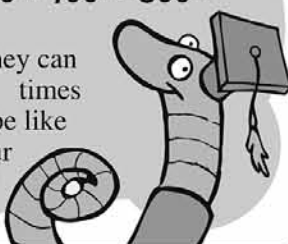
Garbage is for worms! You might think it is gross, but certain kinds of worms think garbage is yummy. Instead of tossing leftover salad, melon peels and apple cores into the trash or disposal, build a worm bin and start raising worms to eat your garbage.



How long was the longest earthworm ever found?
 $9 + 6 + 7 =$ feet

How strong are earthworms? They can push things up to $3 + 3 + 4 =$ times their own weight. That would be like you being able to push four refrigerators at one time!

How many different kinds of earthworms are there?
 $300 + 700 + 800 =$



Standards Link: Number Sense: Solve addition problems.

Amazing Worm Facts

Replace the missing vowels to learn more about earthworms.

B _ by worms _ re not b _ rn, but h _ tch from c _ coons sm _ ller th _ n a gr _ in of r _ ce.

An _ arthw _ rm br _ ath _ s thro _ gh its sk _ n and has f _ ve h _ rts.

Th _ re ar _ e _ rthw _ rms _ verywh _ re except d _ s _ rts and p _ les.

_ lm _ st all _ f the _ _ rthw _ rms in N _ rth Am _ ric _ are n _ t n _ tive, but w _ re intr _ d _ ced fr _ m the _ ld W _ rld.

_ n one _ cre, th _ re can be m _ re than a m _ ll _ on e _ rthw _ rms.

Standards Link: Life Science: Know that all organisms cause changes in their environments and these can be beneficial or detrimental.

Scratchy Worms

Do you think you can hear an earthworm move?

If you put an earthworm on a clean, dry sheet of paper and listen very carefully, you will hear a little scratching noise. This noise is made by the eight small bristles an earthworm has on nearly every segment of its body. These bristles help earthworms move.



Standards Link: Science/Investigation: Follow instructions for an investigation.

Double Double Word Search

RECYCLERS
DISPOSAL
GARBAGE
SERVICE
STRONG
DEBRIS
STONES
BURROW
MASTER
WORMS
GROSS
COVER
SOIL
DARK
DIG

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

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

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

FROM THE Kid Scoop LESSON LIBRARY

www.kidscoop.com

Recycle Poster

Look through the newspaper for names and addresses of agencies involved in recycling. Make a poster encouraging students to recycle and list where different items can be recycled. Post this in your school.

Standards Link: Research: Students use the newspaper to locate information.

RIDDLE RHYMES

More at www.facebook.com/RiddleRhymes

FARMER'S
FRIEND

DEDICATED
DIGGER

ALL MY
CHEWING

HELPS PLANTS
GROW BIGGER!

What am I?

ANSWER: An earthworm.

Write On!

Best Book of the Summer

Tell other kids about a book you think they should read during the summer.



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.

PUBLIC NOTICES

BULK SALES

NOTICE TO CREDITORS OF BULK SALE
(U.C.C. §6104, 6105)
ESCROW #: 0126005181

NOTICE IS HEREBY GIVEN to creditors of the within named seller that a bulk sale is about to be made of the assets described below.

The names and business address of the Seller(s) is/are: USA Long Sheng Enterprises, Inc.
3625 Thornton Avenue Fremont, California 94536
The location in California of the Chief Executive Office of the seller is: same as above
As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are: None.

The names and business address of the Buyer(s) is/are: Kar Mon Yau and Rong Li
3625 Thornton Avenue Fremont, California 94536
The assets to be sold are described in general as:

All stock in trade, furniture, fixtures, equipment and other property
And are located at: 3625 Thornton Avenue Fremont, California 94536
The business name used by the Seller(s) at those locations is: " **Q Q Noodle** "

The anticipated date of the bulk sale is : JUNE 20, 2013

All the office of **Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520.**

The bulk sale **IS** subject to California Uniform Commercial Code Section 6106.2.

If so subject, the name and address of the person with whom claims may be filed is as follows:

Old Republic Title Company @ 1000 Burnett Avenue, Suite 400, Concord, CA 94520.

The last day for filing claims shall be : JUNE 21, 2013

which is the business day before the sale date specified herein.

Dated: 5/23/2013
Kar Mon Yau
Rong Li

6/4/13

CNS-2491528#

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13677494

Superior Court of California, County of Alameda
Petition of: Lihseh Lu for Change of Name
TO ALL INTERESTED PERSONS:

Petitioner Lihseh Lu filed a petition with this court for a decree changing names as follows:

Lihseh Lu to Melissa Lihseh Lu Wu

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: 07/15/13, Time: 9:00 am, Dept.: 504

The address of the court is 24405 Amador Street, Room 106-Court House, Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice, What's Happening

Date: May 29, 2013
WINIFRED Y. SMITH

Judge of the Superior Court
6/4, 6/11, 6/18, 6/25/13

CNS-2492614#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG13677494

Superior Court of California, County of Alameda
Petition of: Lihseh Lu for Change of Name
TO ALL INTERESTED PERSONS:

Petitioner filed a petition with this court for a decree changing names as follows:

Lihseh Lu to Melissa Lihseh Lu Wu

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: 08-02-13, Time: 8:45 a.m., Dept.: 504

The address of the court is 24405 Amador St., Hayward, CA 94544

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening Tri-City Voice

Date: April 29, 2013
WINIFRED Y. SMITH

Judge of the Superior Court
5/28, 6/4, 6/11, 6/18/13

CNS-2489096#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 477837

The following person(s) is (are) doing business as:

Redstone Realty, 4428 Technology Dr., Fremont, CA 94538, County of Alameda

Oliver H. Zhang, 837 Clara Lane, Pleasanton, CA 94566

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/ Oliver H. Zhang

This statement was filed with the County Clerk of Alameda County on May 02, 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).

5/28, 6/4, 6/11, 6/18/13

CNS-2490676#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478756-57

The following person(s) is (are) doing business as:

Rumi Awards, 2. Rumi Media Awards, 3900 Newpark Mall Rd., #105, Newark, CA 94560, County of Alameda

Neti Cast, Inc., Nevada, 39800 Fremont Blvd #212, Fremont, CA 94538

This business is conducted by Corporation

The registrant(s) commenced to transact business under the fictitious business name or names listed above on 5/1/13

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/ Zabina Nasser, Vice President

This statement was filed with the County Clerk of Alameda County on May 22, 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).

5/28, 6/4, 6/11, 6/18/13

CNS-2490671#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478753

The following person(s) is (are) doing business as:

Rescutex, 44865 Fremont Blvd, Fremont, CA 94536, County of Alameda.

1540 White Birch Ter #220, Fremont, CA 94536.

Mamadou Boury, 1540 White Birch Ter #220, 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 05/22/2013.

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/ Mamadou Boury

This statement was filed with the County Clerk of Alameda County on May 22, 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).

5/28, 6/4, 6/11, 6/18/13

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478592

The following person(s) is (are) doing business as:

Scholz Investment, 4662 Westwood Ave., Fremont, CA 94536, County of Alameda.

HongLan Thi Nguyen, 4662 Westwood Ave., 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 April 29, 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/ HongLan Thi Nguyen

This statement was filed with the County Clerk of Alameda County on May 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).

5/28, 6/4, 6/11, 6/18/13

CNS-2488513#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478187-88

The following person(s) is (are) doing business as:

1. National Taxi Cab, 2. Delta Airport Cab, 39398 Sutter Drive, Fremont, CA 94538, County of Alameda.

National Taxi Cab, LLC, CA, 39398 Sutter Drive, Fremont, CA 94538.

This business is conducted by a limited liability company.

The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

/s/ Kanwar A. Singh, Member and President of LLC

This statement was filed with the County Clerk of Alameda County on May 9, 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).

5/21, 5/28, 6/4, 6/11/13

CNS-2486111#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478399

The following person(s) is (are) doing business as:

Fremont Acupuncture, 736 Joaquin Ave., San Leandro, CA 94577, County of Alameda.

Reyna Diaz Ambrose, 736 Joaquin Ave., San Leandro, CA 94577.

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/ Reyna Diaz Ambrose

This statement was filed with the County Clerk of Alameda County on May 13, 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).

5/21, 5/28, 6/4, 6/11/13

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).

5/21, 5/28, 6/4, 6/11/13

CNS-2486107#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 477860

The following person(s) is (are) doing business as:

SVD Print, 29995 Ahern Ave., Union City, CA 94587, County of Alameda

Silicon Valley Direct, Inc., 29995 Ahern Ave., Union City, CA 94587; 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 5-1-2013.

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/ George Demienne, President

This statement was filed with the County Clerk of Alameda County on May 2, 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).

5/14, 5/21, 5/28, 6/4/13

CNS-2483316#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 478039

The following person(s) is (are) doing business as:

Motivation By Walker, 37800 Central Court, Suite H, Newark, CA 94560, County of Alameda;

Mailing Address: 159 Coleridge Terrace, Fremont, CA 94538, Alameda County

Michelle Lupe Vargas, 159 Coleridge Terrace, 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 2/15/13.

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/ Michelle Vargas

This statement was filed with the County Clerk of Alameda County on May 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).

5/14, 5/21, 5/28, 6/4/13

CNS-2483315#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 413140

The following person(s) has (have) abandoned the use of the fictitious business name: **Floral Accent & Gift Baskets, 4075 Papazian Way, Ste 101, Fremont, CA 94538**

The fictitious business name referred to above was filed on 7/10/08 in the County of Alameda.

Wendy Lee, 1638 Boxwood Ave., San Leandro, CA 94577

This business was conducted by:

St/Wendy Lee

This statement was filed with the County Clerk of Alameda County on April 29, 2013.

5/14, 5/21, 5/28, 6/4/13

CNS-2482668#

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 #901038 Probation Data Management System South County – Thursday, June 13, 2013 at 2:00 PM at Social Services Agency, California

Poppy Room A&B, 2nd Floor, 24100 Amador Street, Hayward, CA and **North County** – Monday, June 17, 2013 at 2:00 PM at General Services Agency, Room 1107, 11th Floor, 1401 Lakeside Drive, Oakland, CA

Response Due by 2:00 pm on July 19, 2013 County Contact: Lovell Laurente (510) 208-9621 or via email: lovell.laurente@agov.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.agov.org.

6/4/13

CNS-2492269#

CITY OF UNION CITY
Department of Public Works
City Project No. 13-07
Notice to Contractor

Sealed proposals for the work shown on the plans entitled: **UNION CITY CORPORATION YARD CNG COMPRESSOR UPGRADE**, will be received at the office of the City Clerk of the City of Union City, City Government Building, 34009 Alvarado-Niles Road, Union City, California, until **THURSDAY, JULY 25th, 2013, 2:00PM PST**, at which time they will be publicly opened and read in the Council Chambers of said building. There is a mandatory job walk on **Tuesday July 9th, 2013 10:00 A.M. at the Corporation Yard**. Project is funded by Public Works Capital Improvement Fund. The Contractor shall possess a Class A California contractor's license. All questions should be emailed or fax to **Travis Huang** of City of Union City, email: travish@unioncity.org or fax to **(510) 489-9468**. The successful bidder shall furnish a Payment Bond, a Performance Bond, and a Maintenance Bond. Minimum wage rates for this project as predetermined by the Secretary of Labor are set forth in the special provisions. If there is a difference between the minimum wage rates predetermined by the Secretary of Labor and prevailing wage rates determined by the Department of Industrial Relations for similar classifications of labor, the contractor and his subcontractors shall pay not less than the higher wage rates. Pursuant to Section 1773 of the Labor Code, the general prevailing rate of wages in the county in which the work is to be done has been determined by the Director of the wage rates appear in the Department of Transportation publication entitled General Prevailing Wage Rates, (current semi-annual which have been predetermined and are on file with the Department of Industrial Relations are referenced but not printed in said publication.

CITY OF UNION CITY

DATED: May 30th, 2013

6/4/13

CNS-2491597#

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 **26th Day of June 2013** at or after **10:30 am** 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

Iris Grant AA16025 4/15/13

Erika Legeer AA982A 4/9/13

John Ford B101 4/19/13

Venencio Torres B137 4/17/13

Rosa Areola B242 3/10/13

Sergio Hernandez B296 4/2/13

Brenda Rossi C231-32 12/9/12

Danielle McGraw C303 1/9/13

6/4, 6/11/13

CNS-2491918#

Five things every parent should know about summer jobs

SUBMITTED

OPINION



WILLIAM MARSHAK

Tis the season of budgets and cities are sending muted messages of joy, tempered by caution to constituents as the economy begins to recover and tax collections increase. However, the effects of what has been called "The Great Recession" are still with us and many pitfalls must be circumvented before we can break out in the song, "Happy Days Are Here Again." Paradoxically, the song by Milton Ager (music) and Jack Yellen was written in 1929 when the country also found itself in challenging economic times.

Today, the dark clouds of economic uncertainty appear to be lightening and as cities prepare to expand their employee ranks, a word of warning is darkening the horizon. Silver clouds in our skies may have a cutting edge to them. Calculations to fund the master fund for State of California and public employees - California Public Employees' Retirement System (CalPERS) - that "provides retirement, health and related financial programs and benefits to more than 1.6 million public employees, retirees and their families and more than 3,000 public employers" is about to undergo a major change.

Silver clouds with dark linings

When times were good, employer contributions to CalPERS retirement plans were modest since investments provided good returns, ostensibly supporting generous retirement benefit promises. In the past, many employees were drawn to civil service, despite lower pay than private enterprise, by the stability of employment and substantial, guaranteed, retirement income and benefits. As times have changed, although stability is no longer certain, public salaries have become attractive in their own right, especially in a depressed economy. The mantra of hiring "the best and the brightest" to be competitive with other public agencies resulted in pay escalation and, along with it, inflated retirement promises. This worked when inflation kept pace with those promises. However, when an economic downturn rears its ugly head, results can be devastating - deflation and loss of value; past promises of retirement income and other post-employment benefits remain but with inadequate funding.

Actuaries and financial experts have found methods to account for the rise and fall of the economy, to "smooth" the vagaries of growth patterns and assure that money promised is available. Instead of calculating monies necessary to keep retirement promises on a relatively short term basis, projections over decades has been used, based on assumptions. The old adage of what happens when you "assume" can be a bitter pill and mislead, resulting in serious consequences. These manipulations may be deemed insufficient to maintain necessary fund balances, resulting in painful adjustments.

In this case, significant adjustments will be made to CalPERS contribution

requirements by public agencies. The method and length of "smoothing" economic patterns will be modified with, at this time, an uncertain effect on employer contributions. As each city and public agency begins to relax a bit from the tension and torture of recession, the effect of retirement promises is about to make itself felt... again. This was one of the primary problems at many public agencies when the recession began and will now leave its mark as we emerge from the various "bubbles" and Ponzi schemes we periodically embrace. As finance directors present budgets and projections, it is imperative that they restrain organizations itching to increase salaries and personnel. The lessons of severe recessions are harsh but hopefully, provide a cautionary tale that will be taken seriously. Temporary reserves are fine and can help our cities weather a modest downturn, but the cost of future retirement promises are just like diamonds... forever.

William Marshak
PUBLISHER

Calif. salmon experiment puts fish in river water

AP WIRE SERVICE

SACRAMENTO, Calif. (AP) - State fish and wildlife officials are studying a new way of transporting hatchery salmon that are intended to repopulate the Sacramento River system, a newspaper reported.

About 100,000 Chinook salmon have been taken to San Francisco Bay, where they were released, in water actually from the Sacramento River, The San Mateo County Times reported this week (<http://bit.ly/12h3faP>).

The theory being tested is that the fish will develop a memory of the water's chemical makeup that will improve their ability to get to the river from the bay to spawn.

Fish and Wildlife biologists have raised concerns that too many hatchery fish are straying and not returning to the river.

The experiment could help boost salmon populations and impact how hatcheries release the fish, the newspaper reported.

"We're hoping that this is the way of the future," said Andrew Hughan, a Fish and Wildlife spokesman.

Salmon are known to develop smell-related memories on their way to the ocean that guide them on their return trip. The process is known as imprinting.

"They know how the water tastes and smells from their river of origin," said Colin Purdy, leader of the three-year study, now in its second year.

But they are also vulnerable on their trip through the river - hence the decision to release them directly into the bay. That decision, however, deprives them of the chance to imprint, a phenomenon the fish and game experiment seeks to re-establish.

Researchers will determine how many of the 100,000 salmon released as part of the experiment return to the Sacramento River. They will then compare that number to the survival and stray rates of two other groups from the same hatchery.

PUBLISHER
EDITOR IN CHIEF
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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**™

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Dawn Torre, Volunteer Coordinator

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Family Giving Tree needs warehouse space

SUBMITTED BY BARBARA LEWIS

Family Giving Tree (<http://www.familygivingtree.org>) is in urgent need of warehouse space from July 15-August 31, 2013 to process donations to this year's annual Back to School Drive. "With the Back to School Drive kicking off on June fifth and warehouse operations scheduled to begin August first, the need to acquire adequate space now is very urgent," says Family Giving Tree Chief Operations Officer David Bratton-Kearns.

The warehouse space needed must be at least 35,000 square feet and include restrooms (two per gender), lighting, electrical outlets, one loading dock and street-level, drive by access for loading and unloading.

According to Bratton-Kearns, any location within Silicon Valley is suitable, though the "sweet spot" for donation drop-offs by host companies and organizations is an area bounded by Interstate Highway 880 on the east, Route 237 on the north, El Camino Real (Route 82) on the west and Interstates 280/680 on the south.

"Nice to have's would be a covered drive through, an office that can be secured and a separate room for staff breaks and meals," continues Bratton-Kearns. "If a single warehouse were available that could accommodate both our Back to School Drive and our Holiday Wish Drive (which requires 100,000 square feet of space), that scenario would be ideal, but is not necessary. Our focus is on filling our immediate need for the Back to School Drive. Potential donors of warehouse space may reach me at (408) 946-3111, extension 200 or davidbk@familygivingtree.org."

The drive operates much like Family Giving Tree's Holiday Wish program. Wish cards are sent to host companies and organizations to be displayed on colorful posters, which Family Giving Tree provides. Individuals may take a card and shop for a new backpack and fill it with the recommended school supplies or donate money by mail or online at www.familygivingtree.org for purchase of the items by Family Giving Tree.

Detailed information is available at www.familygivingtree.org.

Funding for Santa Clara County Library Services Due to Expire

SUBMITTED BY NANCY HOWE

On Tuesday May 28th, Joint Powers Authority Board (JPA) of the Santa Clara County Library District unanimously approved placing a special tax measure on an August 2013 mailed ballot that would continue existing library funding at current rates to help maintain and protect local library services and programs.

"We know how important local libraries are to each of our communities," said President Ken Yeager, County of Santa Clara Board of Supervisors. "Without these funds, our libraries would not be able to buy needed books and up-to-date research materials and would have to cut programs for children and seniors."

If adopted by voters, the Measure provides funds to continue to help local libraries to buy books and research materials; maintain library hours and services; keep qualified librarians; continue summer student reading programs; and, among other services, provide an award-winning bookmobile program to bring books to seniors, the disabled and others.

"Every library operated under the Santa Clara County Library JPA benefits from this funding," said Supervisor Joe Simitian. "The Measure requires that every dollar from these revenues raised within a city is returned for the benefit and operation of the local library in that city."

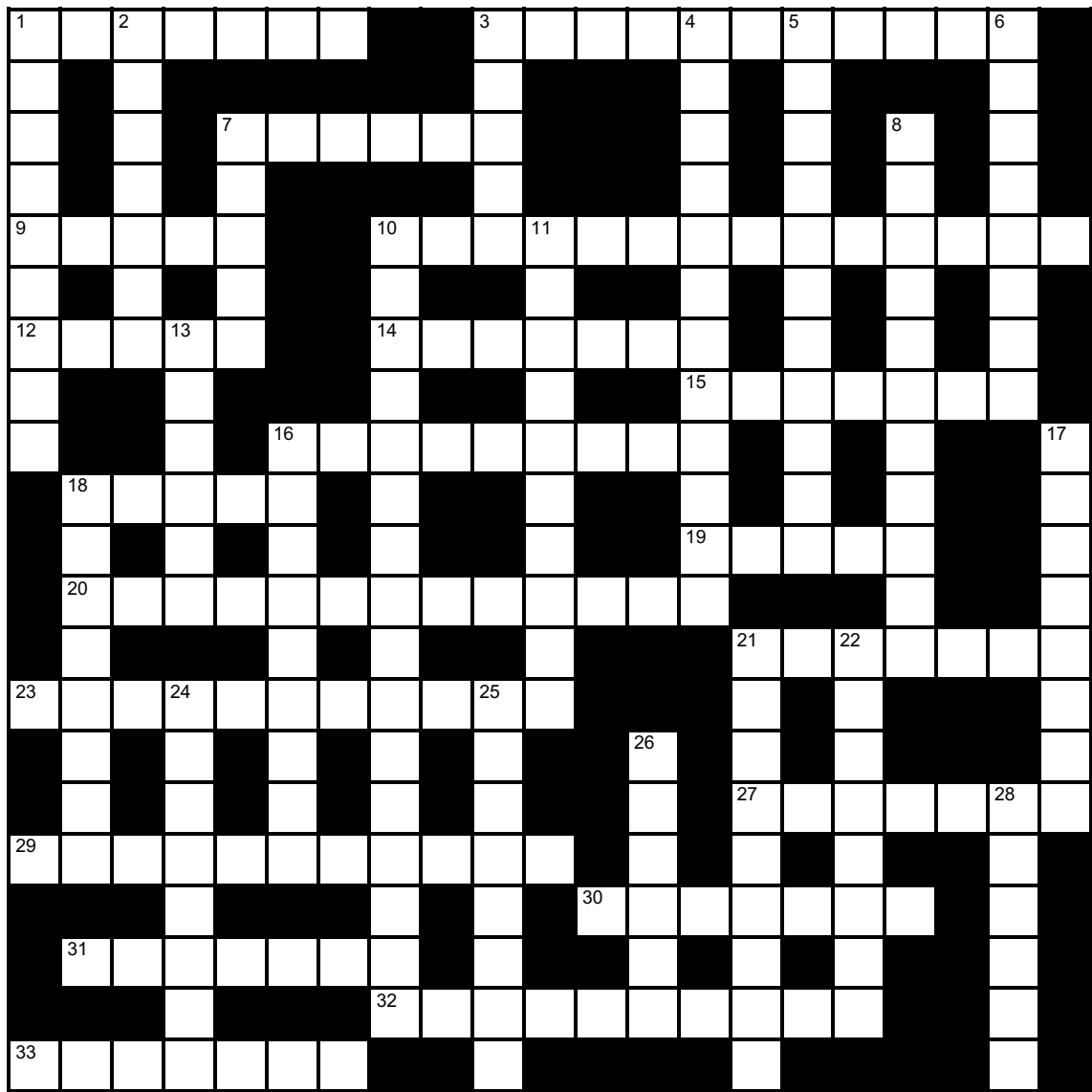
Taxpayer funding for local libraries has been in place for the past twenty years, and is due to expire. The Measure simply continues this funding to maintain and protect local library services, without increasing existing taxes.

Ballots will be mailed to registered voters starting July 29th and must be returned by August 27, 2013.

Visit Santa Clara County Library District online at www.scccl.org

Mind Twisters

Crossword Puzzle B 216



- Across
- 1 Entail (7)

3 Distinguishing (11)

7 Eye site (6)

9 A flat place? (5)

10 Accountability of doing the task (14)

12 Group of instrumentalists playing a specialized form of music (5)

14 More acute (7)

15 Creates (7)

16 To show on television (9)

18 Slow (5)

19 Postal scale unit (5)

20 Speaking, writing, reading (13)

21 Variant of something original (7)

23 Word meanings (11)
- 27 Turns in (7)

29 Gadgets to do mathematical operations (11)

30 not either (7)

31 Run (7)

32 Audience (10)

33 Analyze (7)
- Down
- 1 Unable to see with naked eye (9)

2 Bad guy in the movie (7)

3 Opportunities, so to speak (5)

4 Graphic depiction (12)

5 Gaiety, fun (11)

6 Decade of the shoulder pads (8)

7 Abrupts emissions of air (5)
- 8 Class of aircrafts that work on blade rotation (11)

10 Burdens of obligation (16)

11 Landing device (10)

13 Render harmless (6)

16 Quality that delights the senses (9)

17 Money and investment (8)

18 Micro-organisms (8)

21 Oscillation, periodic motion (9)

22 Fidgety (8)

24 Who does not like this dessert? (8)

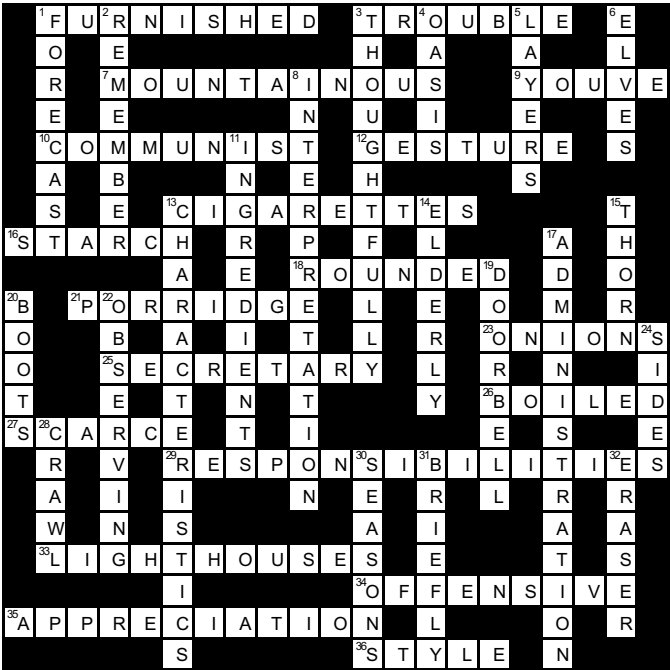
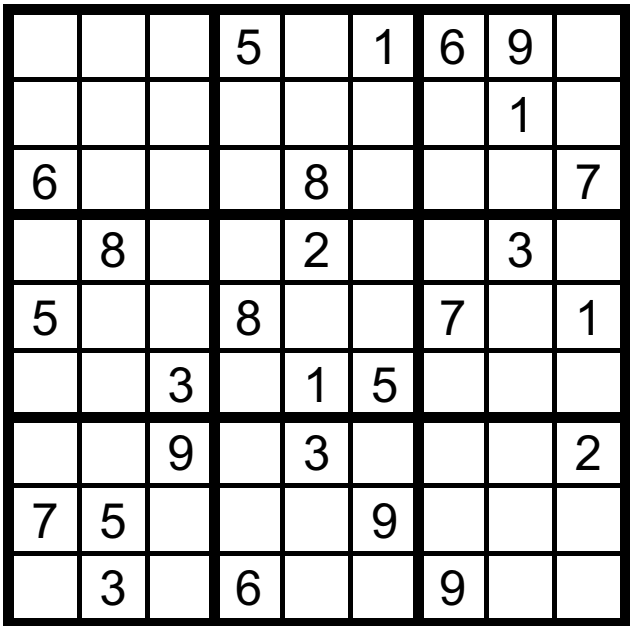
25 One of the gases in air (8)

26 Gadget to shoot films (6)

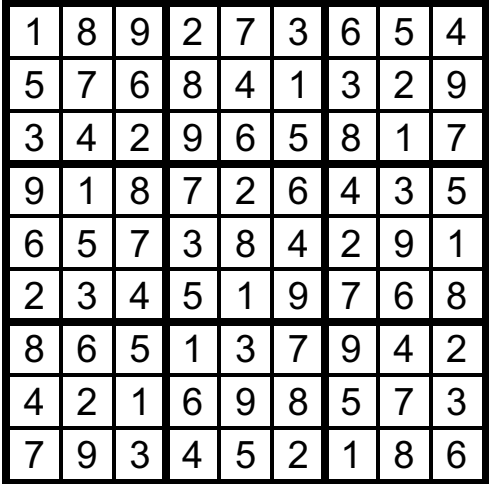
28 Heir's concern (6)

Sudoku:

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



B 215



Tri-City Stargazer JUNE 5 – JUNE 11, 2013 BY VIVIAN CAROL

For All Signs: There is a significant pattern of planets in the sky that begins now and will last through mid-Sept. This is highly unusual and is worthy of our attention. Not only is it symbolic of current events, but also every child born during this period will carry this pattern in his/her personal horoscope and psyche forever. This is a serious message of the World Soul, written on the ceiling of the sky.

Part of the pattern is what we call a “kite” formation. This is suggestive of a specific direction in which we are pointed. If we do not take it, the winds of life will take the kite down. There is little wiggle room in the direction. The equilateral triangle shape is in the compassionate water signs, Cancer, Scorpio and Pisces. The straight line of the kite’s spine is the pointer, from Capricorn to Cancer.

The environment, which includes the waters of the world, is the focus of the kite and the direction is toward recognition of the damage we are doing to the earth and water on the planet. There will be global issues that show how imperative it is to follow the pointer, to engineer

everything we create to remain in harmony with the natural laws. There is likely to be immediate retribution, or karma, if we do not.

Meanwhile, there is a T square of planets that are hanging off one side of the kite, constantly threatening imbalance. Just imagine attempting to fly a kite that has something heavy dangling on one side. The aerodynamics of this arrangement must be handled just exactly right to avoid collapse into the heavy T square. The sidcar T includes the Uranus/Pluto square that has been with us since 2011, plus Jupiter in Cancer, filling in what was an empty corner. Feeding and watering (nurturing) everyone on our world is the key to preventing disaster.

The apex of the T is in Uranus in Aries, which is reminiscent of those who demand their personal priorities, regardless of whether the entire kite may crash in the process. The only way to manage this pointer is to work together. Those who stand apart and seek recognition for their own purposes instead of cooperating with the

pointer may have to be cut loose for the good of the whole. People who are malnourished and thirsty will rebel against their rulers. Lack of food and hope is the stuff of revolutionary fervor.

Children born now through September 2013 are given a task for their futures. In their own ways, they will each become a part of the long term solutions this planet seeks. They will have the kite pointer with the dangling T. Somehow each of them will need to find a solution to the need for being Number One. The “itch” may become the internal driver that causes them to seek new and better solutions for taking care of each other on a planet that is shrinking.

Meanwhile the events of this summer pose a warning of potentially imminent danger to our crops and waterways.

- Aries the Ram (March 21-April 20):** This is a powerful time to consider your spiritual purposes. If you notice fatigue, disappointment, or depression at this time, stop. Be still and listen for the Voice deep within your soul.
- Taurus the Bull (April 21-May 20):** You are at the helm and pulling others together so they can join the same bandwagon. Social life is favorable but there is more than “play” in the atmosphere. There is purpose.
- Gemini the Twins (May 21-June 20):** The “rules” and the world’s expectations have you tied up like a pretzel right now. If you relax on the control issues, the solution will surface.
- Cancer the Crab (June 21-July 21):** You occasionally confuse what

- you think with who you are. There are those who will disagree with you this week. Just don't let it become a battle to the death.
- Leo the Lion (July 22-Aug 22):** Needs of your home and family are in conflict with your need to be social. It will require ingenuity to satisfy both ends of the continuum. Avoid creating resentment inside or outside yourself.
- Virgo the Virgin (August 23-September 22):** There may be a crisis with your children or a lover this week. There are elements of obsessive thinking and criticism involved. Be intentional about keeping an open mind.
- Libra the Scales (September 23-October 22):** After a long slump, income and business is improving. Your skills may be showcased in

- some way. Stay in touch with your absolute honest self and things will go smoothly.
- Scorpio the Scorpion (October 23-November 21):** You have yourself in balance at this time. Your work is supporting your ideal self. It is important to resist allowing the chaos in the world to pull you off track. There are positive energies around lovers and/or children.
- Sagittarius the Archer (November 22-December 21):** You are bringing projects to closure now. Clean up the details and prepare to launch into new territory at the end of this month.
- Capricorn the Goat (December 22-January 19):** Beware of the tendency toward obsessive thinking and criticism. Be intentional about keeping an open mind and

- don't insist on a black and white answer.
- Aquarius the Water Bearer (January 20-February 18):** Business life should be on the upswing during this period. Give attention to a broad overview of where you wish to go. Don't let the itty details drag

- you down.
- Pisces the Fish (February 19-March 20):** Mechanical objects are not cooperative right now. They may break down. Check for safety dangers in your home. Business from the internet or from a distance comes your way.

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



“Places of Worship” is published on the first Tuesday of every month. Faith-based organizations that have agreed to distribute Tri-City Voice to their congregations are included. A complete list of all greater Tri-City faith-based organizations can be found at: www.tricityvoice.com under “Community Resources.”

PLACES OF WORSHIP

ASSEMBLY OF GOD

Calvary Assembly of Milpitas
130 Piedmont Rd.
Milpitas
(408) 946-5464
www.camilpitas.org

Christian Life Center
33527 Western Ave., Union City
510-489-7045

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

BAPTIST

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

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

Berean Baptist Church
2929 Peralta Blvd., Fremont
510-792-3928

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

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

Christ Centered Missionary Baptist Church
22979 Maud Ave., Hayward

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

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

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

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

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

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

New Hope Baptist Church
925 F St., Union City
510-487-7472

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

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

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

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

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

BUDDHIST

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

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

CATHOLIC

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

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

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

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

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

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

St. James the Apostle
34700 Fremont Blvd.
(w. of Decoto Rd.), Fremont
510-792-1962
www.sjapostle.net

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

CHRISTIAN

Abundant Grace Community Church
meets at SDA Church
32441, Pulaski Dr, Hayward
(650)575-3345
<http://www.abundantgcc.org/>

Calvary Bible Church of Milpitas
1757 Houret Ct., Milpitas
408-262-4900
www.calvarybiblechurch.us

Calvary Chapel Fremont
42986 Osgood Rd., Fremont
510-656-8979
www.calvaryfremont.org

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

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

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

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

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

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

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

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

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

Fremont Community Church
39700 Mission Blvd., Fremont
510-657-0123 www.gofcc.org

Fremont Journey of Faith Church
39009 Cindy St., Fremont
510-793-2100
www.jof-fremont.com

Good Shepherd South Asian Ministry
MultiCultural Worship
4211 Carol Ave., Fremont
510-552-4476
gssam@sbcglobal.net

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

Hayward First Church of the Nazarene
26221 Gading Rd., Hayward
510-732-0777

InRoads Christian Church
3111 Washington Blvd., Fremont
510-657-0251
www.inroadschurch.com

Jyoti Fellowship church
Located in First Church of the Nazarene
26221 Gading Rd., Hayward
510-427-0491

Liberty Church International
Veteran’s Bldg., 37154 Second St. (Fremont Niles) 510-324-1400
www.libertyvision.org

Mount Olive Ministries
1989 E. Calaveras Blvd., Milpitas
408-262-0506
www.mt-olive.org

New Life Community Church
39370 Civic Center Dr. #119 Fremont
510-432-9250
www.newlifeeastbay.org

New Life Christian Fellowship
22360 Redwood Road
Castro Valley,
510-582-2261
www.newlifebayarea.org

New Life Church
4130 Technology Pl., Fremont
510-657-9191
Newlifechurchofsf.org

Solid Rock Church of God In Christ
5970 Thornton Ave., Newark
510-791-7625
www.solidrockcogic.org

CHRISTIAN (ESPANOL)

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

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

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

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

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

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

CHRISTIAN FILIPINO

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

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

CHRISTIAN INDONESIAN

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

CHRISTIAN REFORMED

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

EPISCOPAL

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

EVANGELICAL COVENANT

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

EVANGELICAL FREE CHURCH OF AMERICA

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

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

HINDU TEMPLE

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

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

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

JEWISH

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

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

LDS (MORMON)

Glenmoor Ward
38134 Temple Way, Fremont
510-793-8060

LUTHERAN

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

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

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

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

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

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

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

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

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

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

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

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

METHODIST

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

First Chinese United Methodist Church
2856 Washington Blvd. Fremont
(510) 490 – 0696
www.chinesemethodist.org

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

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

VICTORY CENTER A.M.E. ZION CHURCH
33450 Ninth Street- Union City
510-429-8700

MUSLIM

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

NON DENOMINATIONAL

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

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

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

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

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

ORTHODOX CHRISTIAN

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

PENTECOSTAL

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

PRESBYTERIAN

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

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

First Presbyterian Church of Newark

35450 Newark Blvd., Newark
510-797-8811
www.newarkpres.org

Immanuel Presbyterian Church of Fremont

4333 Hansen Ave., Fremont
510-494-8020 www.ipcf.net

Irvington Presbyterian Church

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

New Bridges Presbyterian Church

26236 Adrian Ave., Hayward
510-786-9333
newbridgespresby@gmail.com

**REFORMED CHURCH
IN AMERICA**

New Hope Community Church

2190 Peralta Blvd., Fremont
510-739-0430
www.newhopefremont.org

SALVATION ARMY

Hayward Citadel Corps

430 A St., Hayward
510- 581 - 6444

The Tri-Cities Corps

36700 Newark Blvd., Newark
510-793-6319

Korean Congregation Army

36700 Newark Blvd., Newark
510 - 793 - 6319

**SEVENTH DAY
ADVENTIST**

Community Seventh-Day Church

606 H St., Union City
510-429-8446
www.unioncity22.adventistchurchconnect.org/

East Bay Fil-Am Seventh Day Adventist Church

32441 Pulaski Dr., Hayward
510-324-1597

Fremont Chinese Seventh-Day Adventist Church

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

SIKHISM

Fremont Gurdwara

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

UNITARIAN

Mission Peak Unitarian Universalist Congregation

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

**UNITED CHURCH OF
CHRIST**

Eden United Church of Christ

21455 Birch St. @ Grove Way, Hayward
510-582-9533
www.edenucc.com

Filipino American United Church of Christ

4587 Peralta Blvd., Fremont
510-797-8408
filamucc@sbcglobal.net

Fremont Congregational Church

38255 Blacow Rd., Fremont
510-793-3970
www.fremontuucc.net

Niles Discovery Church

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

San Lorenzo Community Church

945 Paseo Grande, San Lorenzo
510-276-4808

UNITY CHURCH

Unity of Fremont

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

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page 12

In Alzheimer's shadow: Who cares for caregivers?

Health, estimates there are 10,000 people on the Cape and Islands with Alzheimer's or other dementias.

"That's more people than in Boston. That's because of the demographic we have on the Cape," he said. "This population is growing so dramatically, it's a problem that's going to overwhelm us if we don't deal with it."

Lost caregiver wages and replacement costs for unpaid caregivers come to about \$41,000 to \$56,000 per year per patient, according to the report.

"For the first time, there's a realization there are costs associated that could be reduced with proper care and support," Rehm said.

Programs such as Hope at Home and HopeHealth's physician house calls program help keep costs down by preventing caregiver burnout and delaying institutionalization, said Carol Steinberg, acting CEO of the Alzheimer's Foundation of America.

Dealing with loved ones with cognitive impairment can "really wear the caregiver down," she said.

Counselors at HopeHealth, formerly known as Hospice & Palliative Care of Cape Cod, already were doing phone consultations and then meeting with clients when necessary, Perdue said.

"This is a more in-depth counseling program," she said.

Perdue and a social worker split a caseload of about 45 clients, visiting caregivers to coach them in how to communicate with people with dementia and take care of themselves.

For instance, adult day care is a great respite program for caregivers and a social program for people with Alzheimer's or dementia, Perdue said.

But too often, Alzheimer's patients reject the idea, she said.

Hope at Home counselors coach caregivers on how to work around their charges' fears and resistance, Perdue said.

Nobody comes into the world knowing how to deal with dementia, she said. "It's new territory."

Studies show that caregivers of people with Alzheimer's have shorter life spans than other caregivers, said George Vradenburg, co-founder of USAgainstAlzheimers, a nonprofit organization advocating Alzheimer's treatment.

On average, patients live four to eight years after an Alzheimer's diagnosis, but they can live up to 20 years, experts say.

Early-stage behaviors can include wandering, repetitive talk and violent outbursts, Vradenburg said. Later, patients might not be able to feed, bathe or dress themselves or use the bathroom, he said.

"It's just exhausting," said Vradenburg, who was appointed by Congress to a new

Commission on Long-Term Care expected to report this fall.

"Think of Alzheimer's disease as a fast-moving river," Raia said. It can be dammed up in certain places by keeping patients at home with good supports, he said.

Last year his organization got a grant from the Administration on Aging to train home health aides across the state in how to care for people with dementia.

His organization also has been involved in training senior housing managers to coordinate at-home care for tenants with Alzheimer's. "It will result in cost savings all along the way," Raia said.

McCarthy said she felt guilty about being overwhelmed caring for her husband, particularly since she is a professional home health aide.

Perdue helped her understand the disease process and gain confidence, McCarthy said.

Perdue also helped her with practical issues, too, such as health insurance.

When McCarthy placed her husband in the Epoch Senior Healthcare of Harwich's nursing home after he had a stroke last summer, Perdue counseled her through the process.

Even now, Perdue drops by her home once in a while.

Hard as it was to accept help, it was worth it, McCarthy said. "Now I'm good, and I'm helping people again."

Growing Up Asian in America



Growing Up Asian in America, a signature program of the Asian Pacific Fund, is one of the largest celebrations of Asian heritage in America. It serves as a community resource, helping people of all backgrounds better understand the experiences of young Asian Americans and learn more about life in a place as diverse as the San Francisco Bay Area.

An annual art and essay contest is a forum for students to explore what it means to be Asian American and express how they feel about who they are and where their families came from.

Every year, around 1,000 Bay Area students in grades kindergarten through 12 submit artwork, essays, poems - and now video - on a specific theme. Finalists win cash awards and other prizes.

This year, Fremont 6th grade student Divya Jay Prakash was awarded first place in the essay contest in her age category. Her essay on the theme of "If I Were President" follows:

The Asian-American Renaissance By DIVYA PRAKASH

The humility and simplicity of Gandhi, the raw moral courage that characterized Martin Luther King Junior, wisdom and introspection of Confucius and integrity that was Abraham Lincoln.

All have been brought up in different countries, in different homes and situations, but in the same world with its myriad of ideas. They all faced adversity growing

up, like wind and storms pushing down the small seedlings which had begun to sprout. But they struggled their way up, until the flower of their teachings bloomed, and its fragrance and beauty spread to those around them.

The wisdom that spread through their ideas knows no bounds, does not discriminate ethnicities and races. Wisdom can reach every corner of this world. The teachings of these philosophical men can intersect to form a prosperous nation. If I were President, I would see myself as an important link in the global village that is our world.

As an Asian-American, I often struggle with my own mind. My Asian heritage and the American way I grew up are always pushing and pulling at each other. But in my deepest thoughts, I realize that these ideas do not really contradict, but rather complement each other. Though not everyone may know it, the success of a nation does not depend on whether the ideas it is based on originated in the nation itself.

The Asian principle of filial piety can enhance Dr. King's ideal of mutual respect and unconditional love. The Western principle of individual equality can lead to the Asian teaching that all men are equal in divine eyes. The confluence of east and west will usher in the Asian-American Renaissance... a period

of collective knowledge and enlightenment.

The Gandhi and Confucius in me are my silent guides. They tell me I cannot live in a grand mansion while the lady down the street is struggling to make ends meet. I would be the president who does not live in the White House, but the president who helps feed the homeless in his neighborhood; the president who lives next to the immigrant from Mexico, who struggles to make an honest living in this new country. I would be the president who lives like the people, with the people, and for the people.

The Lincoln and King in me guide me on my path in leading this country to liberty affirmation, and leading the citizens to realize their bold streaks of individuality, and the spirit of resistance they possess within them.

As a great guru once said, "If there is righteousness in the heart, there will be beauty in the character.

If there is beauty in the character, there will be harmony in the home.

When there is harmony in the home, there is order in the nation.

When there is order in the nation, there is peace in the world."

If I had the privilege of being the President of the United States of America, I promise to bring righteousness to the heart, and peace in the world.

Drivers for Survivors Ribbon Cutting Grand Opening

SUBMITTED BY SHERRY HIGGS

Drivers for Survivors' mission is to alleviate the stress associated with some of the more practical aspects of a cancer diagnosis. We provide free transportation services and supportive companionship during treatment of cancer patients, freeing them to focus on their health and essential treatment. We serve cancer patients and their families living in Fremont, Newark, and Union City.

On Wednesday, June 5 we are celebrating our new office location with a Ribbon Cutting Grand Opening. Sponsored by the Fremont Chamber of Commerce and Drivers for Survivors, city officials, community leaders, and various community representatives are expected to attend. This is also an opportunity for those in the community to learn more about our organization. Refreshments will follow the ribbon cutting.

Drivers for Survivors Grand Opening

Wednesday, June 5
5 p.m. – 7 p.m.

Executive One Building

2350 Peralta Blvd., #210, Fremont
(510) 579-0535

<http://driversforsurvivors.org/>

<https://www.facebook.com/DriversForSurvivors>

Favorite Chinese restaurants honored

SUBMITTED BY EMILY MORITA

The Ninth Annual Top 100 Chinese Restaurants Awards Ceremony was held on Saturday, February 16 in Newark, organized by the Chinese Restaurant Foundation, a non-profit trade association. The highlight of this year's awards show was the ribbon cutting ceremony for a 40-foot-long wall exhibit of the "Sweet and Sour Timeline," to celebrate the milestones of American Chinese Cuisine within the past 160 years and its cultural heritage—from the clay pots to the "melting pot." More than 300 restaurateurs and chefs from 39 states, as well as guests from Canada, Australia, and China, attended. Joining the ribbon cutting was Congress Member Judy Chu, Smithsonian Representative Cedric Yeh, Celebrity Master Chef Martin Yan, Newark Mayor Alan Nagy, Fremont Mayor Bill Harrison, and top Chinese restaurant chain representatives, including marketing partners from P.F. Chang's.

To learn more, visit www.ChineseRestaurantFoundation.org.

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	Mission San Jose Chamber Meets 1st & 3rd Wednesdays Dominican Sisters of MSJ Dining Room @7:30 am Find businesses and fun In Fremont’s historical Mission San Jose District info@MSJChamber.org or visit our website at www.MSJChamber.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	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. Payment is for one posting only. Any change will be considered a new posting and incur a new fee. The “NO” List: • No commercial announcements, services or sales • No personal services (escort services, dating services, etc.) • No sale items over \$100 value • No automobile or real estate sales • No animal sales (non-profit humane organization adoptions accepted) • No P.O. boxes unless physical address is verified by TCV	
Fremont Art Association 37697 Niles Blvd. Guest Artist 1st Wed. FREE Life Drawing 2nd Thurs. 7-9p\$ Models Needed for Life Drawing Oil & Acrylic Thurs. 2-4p \$ Plein Air Weds. 9 a.m. FREE 3rd Sat. Photo Outings FREE MORE DETAILS @ www.fremontartassociation.org	Friendship Force of San Francisco Bay Area “Changing the way you see the world.” Travel & host to make international friendships. Off to Wales and Germany soon. Visit clubs in 60 countries. Cultural programs in the Bay Area. www.ffsfb.org Call 510-794-6844 or 793-0857	Daughters of the American Revolution Ohlone Chapter Visit our meetings. We have activities promoting historic preservation, education & patriotism 1st Sat of each mo. Sept - May - 10 am-12 p Centerville Presbyterian Church 4360 Central Ave, Fremont	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	
The Union City Historical Museum 3841 Smith St. Union City Open Thurs.-Sat 10am-4pm Visit our Museum. You’ll find valuable information about our community, past history and current happenings. www.unioncitymuseum.com Call Myrla 510-378-6376	Senior Exercise Class MEN & Women South Hayward Wed & Fri 9:00 - 10:15 am 121 Ranchero Way Hayward (Clubhouse) Gentle Aerobics, Hand weights Stretch bands & Floor work 510-304-5492 suziejo@pacbell.net	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	
Meditation, Buddhism in Plain English 7pm-9pm Tuesdays - Free 36054 Niles Blvd. 650-556-6428 Meditation, discussion, Q&A with David De Young, American Buddhist teacher in Ajahn Chah Thai Forest Tradition. All are welcome.	Fremont Area Writers Want to write? Meet other writers? Join us from 2-4 p.m. every fourth Saturday except July and December. Rm. 223 at DeVry University, 6600 Dumbarton Circle, Fremont Call Carol at (510) 565-0619 www.cwc-fremontareawriters.org	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		
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	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) Tues. Hayward Police 1-4 pm Wed. Fremont Police 9 am - 1 pm Thurs. San Leandro Police 9 am - noon Fri SAVE Office 9 am - noon Office (510) 574-2250 24/7 Hotline (510) 794-6055 www.save-dv.org	Palma Cela Baptist Church Juneteenth Festival Sat June 15 10am-4pm 28605 Ruus Rd, Haywardd Food, Music, Vendors and other activities. Benefits education scholarships Call for info 510-786-2866	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 humanitarian charities. First United Methodist Church 2950 Washington Blvd., Fremont
ARTISTS IN THE GARDEN June 29 – 30 11am – 4pm 24 Local Artists Reasonable Priced Local Art Art Demonstrations, Live Music, Fused Glass, Paintings, Jewelry, etc. Hosted by Regans Nursery 4268 Decoto Road, Fremont www.fremontartassociation.org 37697 Niles Blvd.	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	Call for Art San Leandro Art Assoc. Festival of the Arts Receiving Sat., June 8 10-3pm at Casa Peralta 384 West Estudillo Festival June 29 & 30 Interested artists can apply www.slartassoc.org or slartassoc@yahoo.com	Washington High Class of "69" and Friends-Reunion and Boomer Bash Sept 27,2013 to Sept 29,2013. Contact information: whsclassof69events.com or Willow Sibert 520-237-7211 or Greg 510-659-9473.	Cougars Summer Basketball Camp Girls 8-15 Years of age Mon-Fri, June 24-28 9:30am - 2:30pm Full & Half Day Options Silliman Activity Center Gym 6800 Mowry Ave., Newark www.newark.org 510-578-4620 Sign-Ups Now Being Accepted!
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		Unity of Fremont A Positive Path for Spiritual Living Rev. Ken Daigle, Sr. Minister 10:00 am Sunday Service 36600 Niles Blvd., Fremont 510-797-5234 www.unityoffremont.org “The Church of the Dail Word”	Tri-City Volunteers Food Bank Invigorate your spirit & volunteer. Drop ins welcome Mon - Fri. Work off your Traffic violation by giving back to the community in need. Students 14 years & older welcome. Email Erin: ewright@tri-Cityvolunteer.org

Victor Habib Sculpture

BY MARY LUNNING

Creations of exotic wood inspired by artistic vision will be displayed at the John O’Lague Galleria in the Hayward City Hall from June 3 through July 25. Judy Lively, curator of the gallery, is delighted to announce the June opening featuring the work of Victor Habib along with the paintings of Mark Mertens. Habib creates carved musical instruments, birdhouses, and clowns, just to mention a few. Included in the exhibit will be Mertens’ pastel paintings which delight the eye with tranquil landscapes of Northern California.

Sculptor Victor Habib sees himself as a green artist since he hates to see any piece of wood go to waste. Habib decided to recycle driftwood and used fence board by making birdhouses. “I’ve made over 750 birdhouses. A florist from Los Altos bought 27 of my birdhouses before he even asked the price!” The birdhouses look like something you would find in “The Hobbit” film series. They are all uniquely made with moss and various flowers and plants adorning the tiny awnings of the birdhouse.

But Habib’s passion is exotic wood—bocote, bloodwood, zebra wood, Bolivian rosewood, tulipwood, birds-eye maple, ebony, black walnut burl, and cherry. Most of these strong, durable woods are hardwood trees from tropical forests in Central and South America where trees are smaller. His favorites are zebra, which has lines in it, and bocote. “Working with bocote is like experiencing a sand

dune—the grains of the wood are always different and changing.”

An early project was a Chinese Junk made of oak, bocote, walnut, and cocobolo taking over 300 hours to make. Then came a rendition of the New York City skyline containing 15 buildings with 180 windows! He makes clowns that are a child’s delight with the largest clown weighing in over 100 pounds standing 61 inches high. The clown sits on a unicycle and juggles balls. The tire for the unicycle has 100 pieces of wood in it. Habib’s musical instruments are guitars so real that they look like they could be played, a stand up bass which is 6 feet tall, saxophones, trumpet, piano keys, and violins. “I don’t draw or measure. I have the picture in my head, it explodes into puzzle pieces which I cut out and then put back together,” says Habib. A lion fish, jester’s hat, sting ray, and woodie station wagon are more of Habib’s fantastic creations.

He says that “97 percent of my work involves making parts, building, sanding, and lacquering.” He does not use stain, but instead seals the wood and then applies 15 to 20 coats of satin lacquer. “I work in my two car garage using band saws, chop saws, and sanders. I have an oscillating sander. The chop saw can cut from 0 to 90 degree angles.” You can explore more of Habib’s art on his Web site: www.woodcreationsbyvic.com.

Mark Mertens uses pastels to paint natural landscapes of Northern California. The landscapes have a pastoral quality that gives a peaceful tranquility to each scene

whether it is a river, vineyard, ocean, or mountain. The colors are vibrant with warm light and shadows from the changing times of the day. The paintings draw the viewer into them with their beckoning trails and winding rivers. In some paintings, one can imagine what the land was like before man came into the picture. Mertens’ work gives us a well needed break from the rigors of urban living and is a feast for the eyes of anyone who is a lover of nature.

Come and experience a world of wood that you have never seen before, and inspiring California scenes! The John O’Lague Galleria is open Monday through Friday from 9 a.m. to 5 p.m.. Join the artists at a reception with live jazz and hors d’oeuvres on June 7 from 5:30 p.m. to 7:30 p.m.. Art pieces in the exhibit are for sale.

Victor Habib Sculpture
June 3 through July 25
Monday – Friday: 9 a.m. - 5 p.m.

Reception
Friday, June 7
5:30 p.m. - 7:30 p.m.

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

HOME SALES REPORT

CASTRO VALLEY TOTAL SALES: 12									
Highest \$:		869,500	Median \$:		600,000				
Lowest \$:		302,000	Average \$:		579,708				
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED			
3450 Badding Road	94546	700,000	4	1992	1947	04-12-13			
21041 Baker Road	94546	302,000	2	1056	1976	04-12-13			
3295 Barlow Drive	94546	330,000	2	853	1951	04-11-13			
3244 Barrett Court	94546	600,000	3	1485	1960	04-11-13			
4213 Berdina Road	94546	591,000	3	1995	1977	04-10-13			
18897 Brickell Way	94546	400,000	2	922	1947	04-10-13			
21730 Gail Drive	94546	622,000	3	2023	1966	04-16-13			
4165 Krolop Road	94546	649,000	3	1842	1974	04-12-13			
18440 Watters Drive	94546	623,000	4	2194	1966	04-10-13			
4819 Heyer Avenue	94552	448,000	3	1026	1952	04-12-13			
18891 Mt. Jasper Drive	94552	822,000	4	3022	1989	04-16-13			
35600 Palomares Road	94552	869,500	3	2308	1978	04-12-13			

FREMONT TOTAL SALES: 32									
Highest \$:		2,410,000	Median \$:		510,000				
Lowest \$:		153,000	Average \$:		617,969				
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED			
4645 Bianca Drive	94536	416,000	3	1107	1958	04-10-13			
38787 Kimbro Street	94536	1,000,000	5	2987	1961	04-12-13			
4020 Norris Road	94536	785,000	4	1812	1950	04-10-13			
865 Old Canyon Road	94536	320,000	1	496	1944	04-16-13			
38224 Redwood Terrace	94536	446,000	2	1290	1986	04-15-13			
35878 Salvador Court	94536	601,000	4	1704	1965	04-16-13			
35896 Salvador Court	94536	658,000	4	1751	1965	04-11-13			
37330 Spruce Terrace	94536	153,000	1	593	1986	04-15-13			
4108 Vincente Street	94536	595,000	3	1256	1967	04-16-13			
42325 Blacow Road	94538	500,000	3	1208	1957	04-12-13			
39149 Guardino Drive #148	94538	288,000	2	857	1987	04-10-13			
40365 Leslie Street	94538	456,500	3	950	1955	04-10-13			
4178 McNamara Street	94538	730,000	3	1387	1956	04-12-13			
4023 Rector Common	94538	360,000	3	1389	1980	04-16-13			
4536 Val Street	94538	507,500	3	1036	1959	04-11-13			
40738 Canyon Heights Drive	94539	2,410,000	6	4459	2009	04-12-13			
758 Covina Way	94539	560,000	2	1010	1969	04-11-13			
116 Hackamore Lane	94539	358,500	2	835	1983	04-10-13			
1997 Mento Drive	94539	915,000	3	1434	1961	04-16-13			
44412 Pomace Street	94539	960,000	4	2252	1967	04-11-13			
49061 Rosette Grass Terrace	94539	770,000	3	1772	2009	04-16-13			
297 San Moreno Place	94539	1,310,000	5	2406	1967	04-15-13			
310 Stacey Common	94539	332,000	2	926	1987	04-10-13			
40765 Vaca Drive	94539	177,000	3	1650	1978	04-10-13			
48964 Woodgrove Common	94539	530,000	3	1815	2004	04-12-13			
34446 Calgary Terrace	94555	682,500	3	1769	1992	04-16-13			
34471 Helston Place	94555	700,000	4	1504	1968	04-16-13			
32512 Lake Bridgeport Street	94555	475,000	3	1346	1976	04-15-13			
5358 Matthew Terrace	94555	599,000	3	1481	1988	04-11-13			
34618 Pueblo Terrace	94555	420,000	2	1069	1989	04-10-13			
5075 Shalimar Circle	94555	510,000	2	1346	1988	04-12-13			
33837 Whitehead Lane	94555	250,000	3	1390	1971	04-12-13			

HAYWARD TOTAL SALES: 28									
Highest \$:		880,000	Median \$:		320,000				
Lowest \$:		125,000	Average \$:		357,768				
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED			
24036 Carmelita Drive	94541	400,000	3	1138	1948	04-11-13			
370 Falgren Avenue	94541	310,000	3	1175	1957	04-16-13			
714 Kingsford Way	94541	320,000	3	1381	2003	04-15-13			
25099 Oakridge Court	94541	365,000	3	1421	1973	04-11-13			
925 Simon Street	94541	280,000	5	2507	1910	04-12-13			
21953 Western Boulevard	94541	365,000	4	1605	1961	04-15-13			
237 Willow Avenue	94541	353,000	3	1546	1952	04-12-13			
359 Willow Avenue #3	94541	125,000	2	1015	1980	04-16-13			
27254 Grandview Avenue	94542	730,000	4	2744	1998	04-16-13			
1143 Roxanne Avenue	94542	354,000	3	1187	1949	04-16-13			
2437 Sebastopol Lane #3	94542	235,500	1	787	1984	04-16-13			
125 Sonas Drive	94542	880,000	4	3452	2010	04-10-13			
26481 Cascade Street	94544	240,000	3	1472	1953	04-16-13			
24603 Diamond Ridge Drive	94544	160,000	1	870	1991	04-15-13			
29061 Dixon Street	94544	630,000	2	832	1937	04-11-13			
28129 Harvey Avenue	94544	360,000	-	1335	1981	04-15-13			
127 Hermes Court	94544	390,000	3	1416	1951	04-16-13			
32263 Ithaca Street	94544	285,000	2	820	1951	04-11-13			
544 Marlin Court	94544	320,000	3	1610	1979	04-10-13			
85 Schuyler Avenue	94544	348,000	3	1031	1951	04-11-13			
24155 Alberta Court	94545	545,000	-	2891	1978	04-12-13			
3478 Baumberg Avenue	94545	216,000	2	1008	1940	04-12-13			
2166 Boca Raton Street	94545	311,000	3	1436	1956	04-11-13			
24982 Copa Del Oro Drive #201	94545	227,000	2	855	1986	04-12-13			
1192 Huron Lane	94545	450,000	5	1756	1957	04-12-13			
2655 Leeward Street	94545	365,000	3	1128	1957	04-11-13			
27775 Orlando Avenue	94545	318,000	3	1000	1955	04-10-13			
21228 Gary Drive #321	94546	135,000	2	1034	1982	04-10-13			

MILPITAS TOTAL SALES: 04									
Highest \$:		758,000	Median \$:		672,000				
Lowest \$:		400,000	Average \$:		646,375				
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED			
996 Courtland Court	95035	672,000	3	1763	1981	05-07-13			
1720 Grand Teton Drive	95035	758,000	5	1769	1965	05-07-13			
1003 Hamilton Avenue	95035	755,500	4	1705	1978	05-06-13			
406 Timber Way	95035	400,000	3	1215	1966	05-07-13			

NEWARK TOTAL SALES: 07									
Highest \$:		574,500	Median \$:		412,000				
Lowest \$:		129,000	Average \$:		395,071				
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED			
39975 Cedar Boulevard #231	94560	325,000	3	1283	1985	04-16-13			
39865 Cedar Boulevard #332	94560	129,000	1	777	1986	04-12-13			
36910 Darvon Street	94560	410,000	2	812	1958	04-10-13			
6444 Moores Avenue	94560	574,500	4	1642	1963	04-10-13			
8186 Thornton Avenue	94560	455,000	4	2172	1952	04-10-13			
6094 Tourraine Drive	94560	460,000	3	1100	1959	04-16-13			
7456 Wells Avenue	94560	412,000	3	1064	1951	04-12-13			

SAN LEANDRO TOTAL SALES: 13						
	Highest \$:	564,000	Median \$:	350,000		
	Lowest \$:	290,000	Average \$:	371,346		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
400 Davis Street #109	94577	300,000	2	1674	1982	04-16-13
1935 Dolly Avenue	94577	425,000	3	1146	1952	04-15-13
182 Garcia Avenue	94577	300,000	2	1076	1925	04-12-13
591 Lafayette Avenue	94577	290,000	2	1160	1940	04-15-13
314 Lorraine Boulevard	94577	315,000	2	1166	1940	04-16-13
2045 Pacific Avenue	94577	425,000	4	1296	1952	04-12-13
625 Pershing Drive	94577	432,000	3	1324	1939	04-16-13
557 Superior Avenue	94577	425,000	2	1276	1927	04-10-13
850 Begonia Drive	94578	350,000	3	1659	1978	04-15-13
3494 Figueroa Drive	94578	300,000	3	1115	1955	04-12-13
14609 Midland Road	94578	564,000	3	1612	1950	04-16-13
1560 Oriole Avenue	94578	340,000	3	1164	1930	04-10-13
15355 Dewey Street	94579	361,500	2	858	1950	04-11-13

LIFE CORNERSTONES

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



Agnes M. Powell
RESIDENT OF FREMONT
July 9, 1939 – April 20, 2013

Peter Kelly Thompson
RESIDENT OF SAN FRANCISCO
December 29, 1954 – May 8, 2013

Robert W. Brunelli
RESIDENT OF FREMONT
December 6, 1930 – May 20, 2013

Mark H. Miller
RESIDENT OF SOUTH NEWARK
August 24, 1933 – May 21, 2013

Elizabeth May Strano
RESIDENT OF MODESTO
August 24, 1933 – May 21, 2013

Esther Serra Bautista
RESIDENT OF UNION CITY
January 2, 1929 – May 22, 2013

Ming Hui Lai
RESIDENT OF NEWARK
December 17, 1937 – May 23, 2013

Armando "Cas" Castiglioni
RESIDENT OF FREMONT
September 2, 1930 – May 24, 2013

Eamonn Gibbons
RESIDENT OF FREMONT
October 10, 1934 – May 26, 2013

Amber "Bee" Luippold
RESIDENT OF FREMONT
September 21, 1938 – May 27, 2013

Joseph W. Theriault, Sr.
RESIDENT OF FREMONT
November 29, 1927 – May 27, 2013

Annette M. Filena
RESIDENT OF FREMONT
March 10, 1938 – May 30, 2013

Rufina D. Acle
RESIDENT OF NEWARK
July 19, 1926 – May 31, 2013

Robert W. Stillwagon
RESIDENT OF FREMONT
November 9, 1933 – June 1, 2013

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Antonio C. Mejia
RESIDENT OF FREMONT
July 10, 1945 – May 23, 2013

Louis Van Hecke
RESIDENT OF TRACY
October 7, 1924 – May 24, 2013

Cipriano J. Vera
RESIDENT OF FREMONT
September 27, 1923 – May 25, 2013

Norris Gilmore
RESIDENT OF FREMONT
November 16, 1935 – May 29, 2013

Jessica L. Barnes
RESIDENT OF FREMONT
September 17, 1981 – May 31, 2013

Sister Marcellina Gatschene
RESIDENT OF FREMONT
June 6, 1917 – May 31, 2013

Rose M. Borsberry
RESIDENT OF FREMONT
August 13, 1938 – June 1, 2013

Frank Moreno
RESIDENT OF FREMONT
April 14, 1922 – June 2, 2013

Melanie M. Gawel
RESIDENT OF TRACY
October 21, 1954 – June 3, 2013

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

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Obituary

Clyde H. Pearson



Clyde H. Pearson, a Purple Heart recipient, passed from this earth suddenly, but peacefully, on December 18, 2012. He was 65 years old. Clyde was a true fighter and veteran, with a heart of gold.

A memorial service will be held in Clyde's honor at the Veterans Memorial Building in Niles on Saturday, June 8, 2013 at 2:00 p.m.

Clyde's death is preceded by his father, Milton, his mother, Clara, his sister, Ruth, and his brother, Van. Clyde is survived by his sister, Elaine, four nieces, one nephew and their families. Clyde is also survived by his brother-in-law, Everett, and three nephews-in-law, many cousins, and many, many friends.

Clyde graduated from Newark High School in 1967. Following graduation, he and his brother joined the U.S. Army. Clyde was a very proud Vietnam War vet. He retired from the U.S. Army in November 1969, after receiving severe injuries on February 26, 1969 in Cu Chi, Vietnam. Sadly, his brother, Van, was killed in the same incident.

In the years following Clyde's recovery from his injuries, he gave his life to veterans. Clyde held the position of secretary of the Niles Veterans Memorial Building. He also held many positions with several

veterans organizations. Clyde was a lifetime member of the American Legion, Military Order of the Purple Heart, VFW, DAV, and the Vietnam Veterans of America. Clyde was also a member of AMVETS, VAVS and 40/8, La Societe des Quarante Hommes at Huit Chevaux.

For nearly 35 years, Clyde was a very hard working VA volunteer at the medical facilities in Livermore, Palo Alto, and Menlo Park, California, and Des Moines, Iowa. Clyde also assisted in many functions held for the residents at the Veterans Home in Yountville and Marshalltown, Iowa.

Words cannot express how deeply Clyde is missed by his family and friends. Rest in peace Clyde. We love you.

In lieu of flowers, please donate to a charity of your choice.

In Memorium

As far as I am aware, my father, Felipe "Phil" Galvan, is the first USA Veteran (Army, WWII) to be buried at The Ohlones Indian Cemetery in Fremont.

May he rest in Peace...

Andy Galvan
Fremont



Government Briefs

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

City of Milpitas will sue over former Redevelopment Agency assets

SUBMITTED BY SUSAN BARRETT

May 28, 2013 - The Milpitas Successor Agency’s Board, the City Council of the City of Milpitas and the Board of Directors of the Milpitas Economic Development Corporation have authorized litigation to resolve the disagreement regarding control over the former Redevelopment Agency’s cash and non-cash assets.

The State Department of Finance has issued an order to transfer approximately \$38 million dollars for distribution to taxing entities. Milpitas disputes the validity of this order. This litigation will be filed against the County of Santa Clara, the California Department of Finance and the California State Controller and will be coordinated with litigation the County already has commenced on the same issues. Milpitas’s counsel has been in contact with the County Counsel and with counsel for the State Controller and DOF regarding these matters.

In February of 2011, the Milpitas Economic Development Corporation, a private non-profit public benefit agency was created. In March of 2011, the Redevelopment Agency of the City of Milpitas transferred funds and assets to the Economic Development Corporation in accord with law. Three months later, in June 2011, the California State Legislature dissolved all Redevelopment Agencies. In June of 2012, fifteen months after funds were legally transferred to the Milpitas Economic Development Corporation, the Legislature adopted laws that attempted to invalidate the transfer of those funds, even though those transfers were valid when made.

The State Legislature passed those retroactive provisions in order to seize as much money as possible to cure a budget shortfall created by its own mismanagement. The State has done this before, using local government assets as an emergency reserve fund when it cannot meet its own financial obligations. The State arrogantly assumes its own needs are more important than that of local government, but Milpitas’ use of the disputed funds would definitely be for local projects benefiting Milpitas and its citizens, such as for Milpitas parks, schools and affordable housing, whereas in the hands of the State, the funds will likely be scattered to the winds.

These funds were legally distributed for the purpose of benefiting the Milpitas community. The State of California should not be allowed to take them back because it cannot control its own spending.

Milpitas State of the City

BY FRANK ADDIEGO

Mayor José Esteves of Milpitas delivered the State of the City address at the Milpitas Community Center May 30th about fiscal responsibility and the need to make unpopular but necessary decisions. “If I have a theme for my comments today,” he said, “it’s about reality check.”

“Tonight, we have come together and see what’s going on in the city of Milpitas,” he said to a capacity crowd at the community center. “We have weathered the storm, and now find ourselves in a better position than we’ve ever been in.”

Like most Bay Area cities, Milpitas has faced tough times with a deficit budget. The City was forced to cut many programs, while maintaining its commitment to safety, safe roads, clean parks and job creation “We had to have reductions in police and fire protection,” said the mayor.

“I don’t think the cuts were unreasonable,” said Milpitas Chief of Police Steve Pangelinan, “I think the mayor’s points were very well-taken... I’m certainly proud to be part of his management team.” During the address, Mayor Esteves announced that despite cuts, emergency response time has achieved a two-year low.

The mayor and city council

were not above cuts themselves. According to the mayor, council salaries were cut by 10 percent. Medical benefits were also cut. “When we have a burden, we share it as well,” he said.

While the City’s financial rating has greatly improved, Milpitas still faces many hurdles including a lawsuit from Santa Clara County, which the mayor called a “major challenge.” The suit alleges that the City transferred funds of over \$150 million from redevelopment purposes to another fund. “Although this is a wait and see situation, this will not affect the annual budget.”

As a result of cuts, many projects are on hold, including a hotel, new parks, a new elementary school and affordable housing for seniors. However, the planned BART extension is still due to be completed in 2006 or 2007.

While most of those in attendance appeared enthusiastic about the State of the City address, one of Esteves’ most ardent critics, Rob Means, vocal at many council meetings and a candidate for mayor against Esteves in 2012, said, “He thinks [cutting city employees] is a good idea. I don’t.” When asked about Means’ presence at the meetings, Esteves said, “I believe in two sides of the coin. I always want to see the other side.”

FUDTA ratifies agreement with District

SUBMITTED BY BRANNIN DORSEY, PRESIDENT, FUDTA

Fremont Unified District Teachers Association (FUDTA) has ratified the tentative agreement (84.7 percent of the 1115 ballots cast) with Fremont Unified School District. “We are pleased to announce that our members have ratified our tentative agreement. It is our first three year contract since 2004 and is our first pay increase since 2007. Over the past five years our members have sacrificed so much to ensure that the students in Fremont Unified received the best education possible. This is the first step in regaining what we’ve lost.”

Union City City Council Meeting

May 28, 2013

Proclamations and Presentations

Christina Chen spoke on behalf of the Rising Sun Energy Center and its California Youth Energy Services program. The program will hire students aged 15-22 for a seven-week employment program focused on residential installation of environmentally friendly products, such as CFL bulbs and low-flow showerheads.

Nick Fresqué criticized Union City’s bond from Goldman Sachs, and warned of building a “housing bubble.”

Consent Calendar

Reappoint Lilia Reynoso and Enrique Romero to the Public Art Board.

Adopt a resolution to modify the terms of payment agreement with SkyVenture Silicon Valley, LLC (a.k.a. iFLY) located at 31310 Alvarado-Niles Road allowing a percentage of ticket sales reimburse City for delinquency.

Items Removed From Consent Calendar

designate councilmembers Jim Navarro and Lorin Ellis as voting delegate and alternate voting delegate, respectively, for the League of California Cities Annual Conference, September 18-20, 2013 in Sacramento.

City Commission/Committee Reports

Members of the Youth Commission presented a report on tobacco products sold and marketed to teenagers in Union City. Some commission members have worked as teen decoys in sting operations.

Oral Communications

Former Fremont councilmember Steve Cho and Steve Smith invited members of the public to Fremont’s annual 4th of July parade. The theme is “United We Stand.”

Mayor Carol Dutra-Vernaci: Aye
Vice Mayor Emily Duncan: Aye
Councilmember Lorrin Ellis: Aye
Councilmember Pat Gacoscos: Aye
Councilmember Jim Navarro: Aye

Honda encourages Hepatitis testing, plans legislative push

SUBMITTED BY ANTHONY KUSICH

Rep. Mike Honda (CA-17) hosted Hepatitis Testing Day at the Capitol on May 23, 2013 getting tested and commenting on the importance of early detection of these life-threatening ailments. Attended by representatives from leading national health organizations and a bipartisan panel of legislators, including Hank Johnson (D-GA), Bill Cassidy (R-LA), and Charlie Dent (R-PA), attendees were given the opportunity to test for both hepatitis B, which is treatable, and hepatitis C, which is curable.

“I have worked in Congress to bring the issue of viral hepatitis to the forefront of public awareness. As the author of several hepatitis-related bills over the past few years, being able to take part in the first-ever Congressional testing day holds a very special significance. So much progress has been made and we now have screening guidelines, greater public responsiveness, and an action plan but today is also a reminder that until we get comprehensive legislation passed and real education and testing funds, our work will not be done.”

More than five million people living in the United States have hepatitis B or C, with the vast majority unaware they are affected. The diseases afflict ethnic minorities at a disproportionate rate, with Asian Americans accounting for over half of type B cases and type C occurring twice as frequently in African Americans. Honda is co-chair of the Congressional Hepatitis Caucus and will re-introduce bipartisan legislation in late 2013 to provide a public health response to the epidemic.

Hayward Police Log

SUBMITTED BY HAYWARD PD

May 22

The Jack In The Box restaurant on Winton Avenue at Clawiter Road was robbed at 10:30 p.m. The suspect was described as a Black Male Adult, 20’s, 5’05, thin, wearing a gray hooded sweatshirt with the hood over his head, and his face covered by a light colored scarf. The suspect carried a black single strap messenger style bag, and was armed with a black semi-auto handgun. Nobody was injured.

May 24

On Parkside Drive, a suspect attempted to break into a home at 10:59 p.m. by breaking a window in the backyard. The suspect fled when the alarm on the home

sounded. An alert neighbor investigated the sounding alarm and saw the suspect run from the yard to a vehicle. The neighbor was able to obtain the license plate of the vehicle. Officers used this information to identify and detain the suspect, who was on probation for burglary, and the witness neighbor identified the suspect. The suspect was arrested for burglary and several related charges.

May 26

An informant reported that a woman brandished a knife at him in the downtown area at 6 p.m. A Police Sergeant located the woman in the area and attempted to speak to her. The woman did not verbally acknowledge the Sergeant’s presence and attempt to speak with her. She suddenly reached into her purse and attempted to arm herself with a knife that was inside. She was restrained and determined to be a danger to herself or others and therefore detained for a psychiatric evaluation.

Paratransit Operator Wins Safety Award

SUBMITTED BY CITY OF UNION CITY

Every year, MV Transportation recognizes their finest bus and van operators across the country with the Katherine McClary Award Program. These operators are recognized for their primary focus on safety and customer service. Operators are recognized at the Division, Regional and National levels.

This award has special symbolic meaning for MV Transportation. In 2004, Katherine McClary was tragically hit and killed by an MV Transportation vehicle in North Carolina. From this heart-breaking event, MV Transportation wants all of its employees to remember that safety is #1. Each employee will understand and know the significance of Katherine McClary’s tragic death, caused by an MV employee. The McClary Video is shown to all trainees and annually to all employees in their safety meetings.

This year, MV’s Union City Division recognized Keith Fujita as their Operator of the Year. Keith has been a paratransit driver since 2011. He has a very positive attitude towards his work and has great customer service skills. MV Transportation and Union City Paratransit are lucky to have him as part of their team.



SPORTS

Huskies complete a successful season



MEN'S VOLLEYBALL SUBMITTED BY DARRELL MOORE

A year ago two brothers and two of their friends set their minds to be 2013 Mission Valley Athletic League (MVAL) boys varsity volleyball champions after a devastating 2012 season record of 10-25. The four boys picked up additional Washington Huskies players to form a club volleyball team in the off season. With no prior club experience and after months of training and preparation, they started as the 36th seed out of 47 teams. Towards the end of club season, the boys fought their way to the 16th seeded team before three starters sustained serious injuries; the team had to shift their focus to rehabilitation in time for the start of the 2013 high school MVAL season.

By the time league play started, the team was nearly completely recovered, winning their Division II

matches before another hard blow; the team's setter fractured his wrist and, along with other injuries, impacted the team. Their dream of a league championship faded. But the Huskies did not waiver; they adapted and worked their way through the situation.

Although the Huskies did not become league champions, they achieved greatness and made history at Washington High School (WHS). As a result of their exceptional play, they became the first boy's Husky volleyball team to compete in the North Coast Section championship round, finishing in second place. A banner commemorating this accomplishment is displayed in the WHS gym. In addition, the team qualified, for the first time ever, to play in the California Interscholastic Federation (CIF) regional finals. Although the Huskies lost their first match in the regional finals, they can be proud of overcoming tremendous obstacles to make the 2013 season a resounding success.

Lady Colts vie for championship

SUBMITTED BY BIFF JONES PHOTOS BY BETH JONES

They have been there before and are planning to repeat as North Coast Section (NCS) champions this year as well. In a semifinal contest May 29 at California High School (San Ramon), Lady Colt pitcher, senior RaeAnn Garza, controlled the Grizzlies, allowing only three hits, one walk and racking up six strikeouts. She drove in the lone run of the game in the top of the sixth inning with a double that gave the Lady Colts a 1-0 win and admission to the championship game.



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Camp Fee includes: A UK International Soccer camp T- Shirt, player of the week awards, World Cup prizes and an individual evaluation certificate.

Participants are asked to bring cleats, shin guards, soccer ball, snacks and a water bottle.

Who: Ages 5-14

When:

• Session 1: Monday-Friday, July 8 – 12, 2013 (online registration code #72945601)

• Session 2: Monday-Friday, July 15 – July 19, 2013 (online registration code# 73945601)

Where: Silliman Center SportsField - 6800 Mowry Ave, Newark

Times: 9:00 am to 12:00 pm

Cost: \$90.00 per session

Register online <http://www.uksocca.com/Online/A303.php?CID=6001> or mail payment to:

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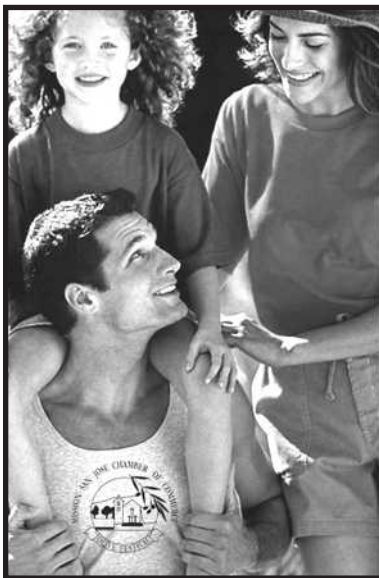


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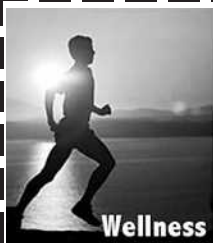
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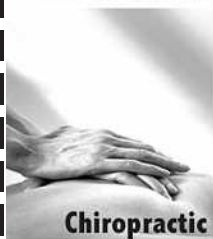
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Lady Colts repeat as champions



SUBMITTED BY MIKE HEIGHTCHEW
PHOTO BY MIKE HEIGHTCHEW

On June 1, the James Logan Lady Colts defended their NCS Division I championship standing against the Freedom High School Falcons at St. Mary's College (Moraga), using a team effort, to emerge victorious 4-1.

In a rarely accomplished feat, Logan used the same winning formula they have fol-

lowed throughout the season – a solid offense coupled with excellent defense. Challenged from the start, the Lady Colts stifled a Falcon scoring opportunity in the first inning as a perfect throw from Center Fielder Alexis Mattos to Caley Bonansea cut down a potential score at home plate.

In the second inning, the Colt offense sent a message that this was going to be their game as the lineup, top to bottom, contributed. Tayler Peters hit a double into left-center that scored Caley Bo-

nansea and Melina Rodriguez, who reached base on singles earlier. Deann Garza followed with a line drive over third base that brought Peters home, for a 3-0 Colts lead.

But Tayler Peters was not done for the day as she scored again in the fourth inning when Kimberly Goulart laid down a perfect squeeze bunt putting the Colts in complete control at 4-0. Freedom had what turned out to be an insurmountable mountain to climb. The offense had done

its job and RaeAnn Garza, Logan's starting pitcher, came through as she has done all year by shutting down Falcon hitters, allowing just six hits with an accurate fastball that struck out eight at just the right moments. Freedom was only able to score one run in the top of the sixth inning, not nearly enough to challenge Logan dominance.

It has been a great season for the James Logan Lady Colts, NCS Division I Champions. Congratulations!

Compassion Weekend cleans up at Mattos Elementary

BY MIRIAM G. MAZLIACH
PHOTOS BY LYNNE SPARLING

Mattos Elementary School in Fremont was a hub of activity on the weekend of April 27 – 28 as a group of industrious volunteers were participating in Menlo Park Presbyterian Church's (MPPC) annual "Compassion Week" activity. Mattos was the lucky site selected to receive the "sprucing up." Additional volunteers from Centerville Presbyterian Church, Jubilee Christian Center, Girl Scouts, and local community and business members supported MPPC church efforts.

Stephanie Wesley, a member of MPPC, who lives in Fremont, helped to coordinate the effort at Mattos. She explained, "I had worked on previous projects with my family and church fixing up East Palo Alto schools and others outside of Alameda County. This is the church's first East Bay project."

For eight years, MPPC has held a Compassion Weekend - a time to do good works and make a difference. Wesley said that the church has over 8,000 members, encompassing four campuses: two in Menlo Park, one in Mountain View and another one in San Mateo. Approximately 150 - 300 members live in Fremont. Last year the church completed 40 projects



with the participation of 4,000 volunteers.

Working in conjunction with Wesley during the weekend was Lynne Sparling, a Pastor at Jubilee Christian Center in San Jose. Also involved was Centerville Presbyterian Church, which holds an after-school program for kids at Mattos.

MPPC financed the project and even updated and bought new furniture for the Teacher's Lounge. Volunteers painted rooms and bookcases, planted flowers and trees, installed a sprinkler system, and did general classroom organization and clean up. Professional assistance was provided by the following who donated their services: David Fitzgerald, Professional Landscaping - plan and execution; Western Star Nursery for their donation of trees and plants; and Mary Hogle, Bless This Mess for the Copy Room design.

Throughout the weekend, the dedicated volunteers worked in shifts to complete assigned tasks. Girl Scout Troop 30259 in Fremont created a flower garden as part of their "Journey" and "Breathe" service project. The Girl Scouts planted evergreens and perennials with the hope that soon the Mattos students would enjoy the garden and "walk slow, and breathe deep." Their "Journey" activity had been

planned separately and coincidentally aligned with the Compassion Weekend at Mattos.

Pastor Sparling of Jubilee Christian Center said, "This annual event was born out of a dream to see the church increasingly engaged in acts of service in our own communities, where we share the love of Jesus in simple, yet powerful ways... and touch the lives of thousands of people in the process."

Mattos' Principal Tammy Eglinton who was observing the work of the volunteers firsthand expressed her gratitude, "It's kind of fabulous getting the community, staff, and volunteers to give their time to us with this makeover, the landscaping and even cleaning of classrooms. The students and staff are already excited and can't wait to see the results of the beautification project."

"Serving is the essence and helping out of love - a love initiative," says Pastor Sparling. "This is an investment in the next generation, which is so critical. We hope that this will also provide an opportunity for developing new relationships between churches, neighbors, and ministries in the area, as well as, a continuing relationship with the administration, teachers, and parents of Mattos Elementary School."

James Leitch School celebrates Multicultural Day



ARTICLE AND PHOTOS SUBMITTED BY MALTI GURSAHANI

The annual Multicultural celebration event held at James Leitch School on May 28th celebrated diversity and the volunteering spirit within the Warm Springs /James Leitch Community. "We want our kids to learn about different cultures and show respect to one another. Multi- cultural day gets bigger every year and allows us to come alive, giving everyone time and opportunity to express themselves," said Mrs. Lee, principal of James Leitch Elementary School.

The celebration was a joint effort of the school staff and parent volunteers. School kids were encouraged to wear cultural costumes, creating a festive atmosphere on

campus. With perfect weather and positive energy in the air, team performances, choreographed by parent volunteers and teachers, represented global folk dances and art forms; Ms. Malti Gursahani choreographed a colorful Indian folk dance sequence for kids. Students were delighted to wear traditional costumes and perform in front of a huge and appreciative audience.

Kung Fu was presented by Wesley, a teacher who, along with students Kayla and Alex, shared the importance of self defense, self discipline and confidence. The ballet dance moved the hearts of the audience while teacher Mrs. Harris's class performed a Mexican dance, a good example of team synergy. There was also a Punjabi dance at the event. What a wonderful treat to see these amazing



dances at lunchtime!

The kids presented their show in the school courtyard, for friends and family, at three intervals throughout the day. In addition, the school organized an art booth offered by Ichen Wu, a Chinese painter, who

demonstrated the significance of creative learning in a child's school life. Compliments from school friends, teachers, parents and guests helped to boost each performer's confidence and self-esteem and made for a wonderful day.

FAMILY FESTIVAL

BY LAURA CHEN

On Saturday, June 8, Mission San Jose High School (MSJHS) in Fremont will hold its Fifth Annual Family Festival, the school's largest fundraiser. The event will take place on the high school's football field and features attractions including inflatables, a rock wall, bumper cars, a petting zoo, live performances, carnival games, and more. In addition to entertainment, the school has invited food trucks from around the Bay Area to cater the event.

Family Festival presale tickets include an Unlimited Inflatables Wristband and 10 tickets and can be purchased at www.msjasb.org/familyfestival. At the door, there are two options: 20 tickets for \$10 or an Unlimited Inflatables Wristband for \$15. All proceeds from Family Festival will benefit MSJHS.

Family Festival
Saturday, June 8
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International Festival

SUBMITTED BY JOANNA DIAZ YOSHIOKA

St. Joseph Parish at Mission San Jose is planning a celebration of Fremont's diverse cultures with an "International Festival" on June 8 and 9 behind the Old Mission. The event will feature delicious foods of the Philippines, China, India, Indonesia, Portugal, Italy, Mexico and America, not from restaurants, but rather authentic, locally cooked food from members of the church and other cultural groups.

There will be live entertainment showcasing multi-cultural dance and music, including South Indian classical music and dance, Mexican harp from Salvadore Vasquez, Hawaiian music from Patrick Landeza, and Filipino dance and music, as well as performances from the St. Joseph Youth Choir. Children can enjoy game booths of Skee Ball, Dart Balloons, Ring Toss, and Fishing Pond, while adults can peruse arts and crafts vendors, sample beer and wine, and take tours of Mission San Jose. Fremont Flower Pavilion, Nothing Bundt Cakes, Das Brew, Sew Handy/G-Jewelry, and Curtis Jammin Kettle Korn are just a few of the vendors that will be on hand.

A 55" HDTV, U.S. Liberty Gold Coin, and a Hornblower VIP Cruise for Four will be raffled off at the festi-

val. Tickets are \$2 each, seven for \$10, or 20 for \$20. The drawing will be held June 9; participants need not be present to win. A Pancake Breakfast at 8:30 a.m. Sunday morning and a live parrot show later in the day are all part of this fun weekend.

Nothing brings people together like food, and this event is all about creating community, bringing together people from various cultures and celebrating what each has to offer.

Admission to the festival is free. For information, please go to www.saintjosephmsj.org/festival. Contact Don Kaefer at donaldstjoseph@yahoo.com or Kathy Meuter at meuterk@gmail.com with any questions.

International Festival
Saturday and Sunday, June 8-9
10 a.m. – 5 p.m.
Behind Old Mission San Jose
43300 Mission Blvd., Fremont
(510) 656-2364
<http://saintjosephmsj.org/festival>
Free



Summer Member Show at Foothill Gallery

BY BRUCE ROBERTS

In a quiet little niche along noisy Foothill Boulevard, art fans are invited to appreciate the dazzlingly wide range of artistic talent in the Hayward area. Running through August 2 is the Summer Member Show where members of the Hayward Arts Council from Hayward, Castro Valley, Alameda, and even far off Fresno display their amazing talents.

Fans of painting can admire the work of Barbara Berner, Kathy Ramirez, Nina Starr, and Ruey Syrop. Standing before Jean Witzke's "Quiet Cove" can transport one to the serenity of a lonely beach. Photography lovers will ooh and aah over the exotic photos of David Steffes, and the hometown Hayward work of his wife, Patra Nesseth-Steffes. The small photo assemblages of Nina Kindblad will hold everyone's interest for both the individual pieces and groupings in which they are placed.



Other skills displayed are the mysterious sumi ink reproductions of Alex Miloradovich, the striking linoleum cuts of Florence Planells Benjumea, and the intricate detailed pencil drawings of Jon Nesseth—all wonderful! Beside this fabulous art on canvas or paper, the display includes exquisite jewelry by Heather Reyes and Shannon Jurich; candles, lotion, and pottery by Kris Egan; poetry by Bruce Roberts; and wire sculpture by Robert Wolff.

This show has something for everyone, all from the creative minds of Hayward area artists. Come see the exhibit Thursdays through Saturdays from 10 a.m. - 4 p.m. Park behind 22394 Foothill Boulevard, off of Russell Way. To enjoy the art and meet the artists, attend the reception on Saturday, June 22 from 1 p.m. to 3 p.m. This exhibit is well worth the time.

Summer Member Show
Through August 2
Thursday – Saturday: 10 a.m. - 4 p.m.

Reception
Saturday, June 22
1 p.m. - 3 p.m.
Foothill Gallery
22394 Foothill Blvd., Hayward
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www.haywardarts.org

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Butterfly & Bird Festival

BY DINO LABISTE

PHOTOS COURTESY OF DINO LABISTE,
BILL LACROSSE III, AND JERRY TING

If you enjoy mild temperatures, various cuisines, and wilderness parks, then the Bay Area is a great place to live. Many families call the San Francisco Bay Area home, as do the wildlife that share the neighborhood with us.

Tucked away in the southeastern part of the San Francisco Bay is a wildlife friendly habitat in Fremont called the Nectar Garden. Coyote Hills Regional Park is the home to this garden where families can reconnect to the outdoors and enjoy nature. The Nectar Garden provides a safe haven for butterflies, bees, hummingbirds, squirrels, wrens, and other local wildlife - from chick to fledgling, from caterpillar to butterfly.

lar, to chrysalis, to butterfly. Asclepias, the native Narrow Leaved Milkweed, Showy Milkweed, and non-native Blood Flower and Family Jewels, found in the garden, supply food for hungry caterpillars. Blooming nectar plants provide nourishment for adult butterflies. The garden, open year round, also welcomes migrating birds - Western Tanager, Allen's Hummingbird, Black-throated Gray Warbler, Golden-crowned Kinglet, and the Hooded Oriole - hunting for food and suitable conditions to raise their young.

Through conservation and restoration of natural habitats and urban gardens, everyone can contribute to restoration of dwindling bird and butterfly populations once found in the San Francisco Bay Area. Visit the Butterfly and Bird Festival to enjoy a local, natural wildlife setting and find out how you can help extend its impact.

Butterfly and Bird Festival

Sunday, June 9

10 a.m. to 3:30 p.m.

Coyote Hills Regional Park

8000 Patterson Ranch Rd., Fremont

(510) 544-3220

www.cbparcs.org/features/14th_Annual_Butterfly_Bird_Festival

Free Admission (parking \$5)



On Sunday, June 9, Coyote Hills Regional Park hosts its 14th annual Butterfly and Bird Festival dedicated to increasing the numbers and species of butterflies and birds in the Bay Area by encouraging individuals, families, and communities to create wildlife friendly gardens. The celebration offers an opportunity to learn about wildlife ecosystems and find out how to create wildlife friendly habitats. A nursery vendor will be on site with potted nectar plants and milkweed to get you started.

Visitors can watch a master composter demonstrate how to compost food and yard waste, creating nutrient-rich soil for gardens and landscaping. Representatives of the Ohlone



Audubon Society will talk about birds on the Bay Area. At the festival, attendees can join garden and bee hive tours, listen to speakers talking about butterflies, participate in family hands-on activities and crafts, view stunning nature photo presentations from local photographers, and enjoy food, and music. It is all happening at the free Butterfly and Bird Festival (automobile entry fee to Coyote Hills Regional Park - \$5).

Created in 1998 as an idea of Jan Southworth, a retired Coyote Hills Naturalist, the Nectar Garden started as a demonstration garden for urban living. She was inspired after reading an article stating there were 70 to 100 different species of butterfly found in the San Francisco Bay Area in the 1940s and 1950s but less than 12 species remained due to habitat loss, pesticides, climate change, and heavy grazing. Biologists suggested people start urban gardens as restoration projects and a positive opportunity to interact with wildlife in the Bay Area. The goal of urban gardens in communities and schools was to provide a corridor of safe wildlife habitats.

A frequent visitor to the Nectar Garden is the Monarch butterfly. Every fall, the western population of Monarch butterflies begins an incredible journey, migrating from the southern part of Canada to overwinter in various sites along the Central California coast and Southern California. By February, Monarchs seek mates and locate host plants, the milkweed, to lay their eggs. Visitors to the Nectar Garden have an opportunity to see the metamorphosis of Monarchs, from egg, to caterpil-

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