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SAVE's Breakfast Eye Opener sheds light on domestic violence

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TRI-CITY VOICE

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September 24, 2013

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Induz Dandia

BY MEDHA RAMAN

Laser lights, brightly colored dresses, rhythmic music, and festive dances will once again light up the night as "Induz Dandiya" takes center stage at Centerville Junior High School in Fremont. The event has sold out for the past three years, and volunteers at Induz are looking forward to record participation and fundraising for the organization's projects in the United States and India.

Induz is one of the few nonprofit organizations to focus on multi-cultural arts curriculum for afterschool programs in low income schools to remedy effects of years of cuts in school art and music programs. Induz's signature program, "Passport to the World," has been taught in over 45 schools. "Passport to the World" takes children on a virtual journey across

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Walk 'n Wag

People and pooches walk together to raise funds

SUBMITTED BY JEANIE KRABbenhOFT
PHOTOS COURTESY OF HUMANE SOCIETY SILICON VALLEY

It's that time of year again! The South Bay's premier dog walk, "Walk 'n Wag," will be taking place Saturday, October 5 at Hellyer Park in San Jose. In addition to the 5K walk, a portion of which is lakeside, there will also be gourmet food trucks, agility and detection dog demos, live family entertainment, and a pet costume contest. There will also be a shorter 3/4-mile lakeside walk option. All funds raised benefit Humane Society Silicon Valley (HSSV).

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Raise a stein to Oktoberfest

"A toast, a toast to cheer and good times, a toast, a toast to cheer and good times. ONE TWO THREE! DRINK UP!" The strains of "Ein Prosit" will be ringing strong and true as Oktoberfest revelers celebrate the tastes and sounds of German culture around the world. The 180th Munich Oktoberfest runs for 16 days with the party getting started on September 21, but Tri-City locals can have a taste of the festivities at Newark's Swiss Park on Saturday, September 28.

Swiss Park was one of the first in the area to offer an Oktoberfest celebration and has been hosting an event for more than 20 years. This year's event is the first presented in conjunction with the Newark Chamber of Commerce and City of Newark. "The aim is to bring another fun event to the community," says Chamber Consultant Linda Ashley.

Outdoor activities will run from noon to 5 p.m. and include a German Makes Car Exhibition starting at 1 p.m., Kids Zone featuring the popular "Walk on Water" that was enjoyed at SummerFest, local vendor booths, silent raffle, and of course, great beer, food, music, and dancing. Bill Bly's Continental Sound will play from 1 p.m. to 5 p.m. and band member Rene will play his alphon around 3 p.m.

Swiss Park is providing the beer and food and attendees can get a special bratwurst meal for \$10. For kids unsure of the German fare, hotdog meals are available for \$5.

Event sponsors are Newark Recycles and Washington Hospital Healthcare System; music sponsor is Washington Township Medical Foundation; gold sponsors are

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Get Your Child's Plate in Shape

Washington Hospital Seminar Offers Tips for Healthy Eating

We all know children need to eat a nutritious diet to grow up strong and healthy. But sometimes it's hard to figure out exactly how much of what they should be eating. And even if you do know how to fill their plate, getting kids to eat right can be difficult.

"It's important to get kids into the habit of eating a wide variety of healthy foods when they are young," said Lorie Roffelsen, a registered dietitian at Washington Hospital. "It's harder to change eating habits and behaviors when you get older."

Roffelsen will offer tips and strategies for families to eat healthier when she presents "Get Your Child's Plate in Shape" on Wednesday, October 2, from 6:30 to 8 p.m. Parents are encouraged to bring their children to this interactive seminar, which will be held at the Conrad E. Anderson, M.D. Auditorium, located at 2500 Mowry Avenue (Washington West) in Fremont. The cost is \$5 and you can register online at www.whhs.com or call (800) 963-7070 for more information.

She will first explain what it means to eat a healthy diet based on MyPlate, a tool developed by the U.S. Department of

Agriculture to encourage consumers to make healthy choices based on the 2010 Dietary Guidelines for Americans. With MyPlate, half your plate should contain fruits and vegetables with the other half containing protein and grains. At least half your grains should be whole grains, according to MyPlate. It also includes recommendations for dairy, an important source of calcium and vitamin D, depending on your age.

Nutrient-Rich Foods

Roffelsen will talk about the important nutrients that are provided by each of the food groups. Fruits and vegetables contain fiber and nutrients like vitamins A and C, folic acid, and potassium. Eating a diet rich in fruits and vegetables may help to reduce heart disease and certain cancers. Vitamin A helps keep eyes and skin healthy and vitamin C is important for the growth and repair of all body tissues.

Grains contain dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). Dietary fiber from whole grains or other foods may help to reduce blood cholesterol levels and lower the risk



Join Washington Hospital for a fun family evening! Learn healthy eating tips, participate in hands-on activities and take away healthy snacks to cook at home. The class "Get Your Child's Plate in Shape" will take place on Wednesday, Oct. 2, from 6 to 8:30 p.m. in the Conrad E. Anderson, M.D. Auditorium, Room A at 2500 Mowry Avenue in Fremont. Fee: \$5 per family (pay at the door). Class limited to 50, please call (800) 963-7070 to register.

of heart disease, obesity, and type 2 diabetes. B vitamins play a key role in metabolism and are essential for a healthy nervous system.

In addition to providing protein, foods like meat, poultry, fish, beans, eggs, nuts, and seeds contain B vitamins, vitamin E, iron, zinc, and magnesium. These nutri-

ents support the healthy development of bones, muscles, cartilage, skin, and blood.

Dairy products provide calcium, potassium, vitamin D, and protein. Calcium and vitamin D are critical for the development of strong bones and teeth.

"Serving a colorful array of fruits and vegetables helps to ensure that your child will get a wide range of nutrients," Roffelsen added. "It's also recommended to consume low-fat dairy products and lean meats whenever possible to cut down on the amount of saturated fat your family eats."

She will also address the role of physical activity in keeping children healthy. She said kids should be encouraged to engage in at least one hour of physical activity per day.

Activity Stations

After the lecture, there will be several activity stations set up so parents and children can participate in hands-on activities to learn more about nutrition and healthy eating. For example, one station will be titled "Make, Take and Bake Your Own Pizza," and will have all the ingredients for children to make a personal pizza.

"Kids like to handle things like dough," Roffelsen said. "They will be able to roll out their own dough, put on sauce and cheese or other toppings of their choice, and take it home to bake."

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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



Follow WHHS on Facebook & Twitter



InHealth
A Washington Hospital Channel

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	
	9/24/13	9/25/13	9/26/13	9/27/13	9/28/13	9/29/13	9/30/13	
12:00 PM 12:00 AM	Deep Venous Thrombosis	Minimally Invasive Hip Replacement	Heel Problems and Treatment Options	Your Concerns InHealth: Sun Protection	Strengthen Your Back! Learn to Improve Your Back Fitness	Community Based Senior Supportive Services	Hip Pain in the Young and Middle-Aged Adult	
12:30 PM 12:30 AM								
1:00 PM 1:00 AM		Minimally Invasive Treatment for Common Gynecologic Conditions	Women's Health Conference:Age Appropriate Screenings	Voices InHealth: Healthy Pregnancy	Women's Health Conference: Can Lifestyle Reduce the Risk of Cancer?		Minimally Invasive Surgery for Lower Back Disorders	Disaster Preparedness
1:30 PM 1:30 AM	Women's Health Conference:Aging Gracefully							
2:00 PM 2:00 AM	Strengthen Your Back! Learn to Improve Your Back Fitness	Washington Township Health Care District Board Meeting September 11th, 2013	Deep Venous Thrombosis	Washington Township Health Care District Board Meeting September 11th, 2013	Don't Let Back Pain Sideline You	Keeping Your Heart on the Right Beat	Washington Township Health Care District Board Meeting September 11th, 2013	
2:30 PM 2:30 AM								
3:00 PM 3:00 AM	Minimally Invasive Surgery for Lower Back Disorders				Do You Suffer From Anxiety or Depression?			
3:30 PM 3:30 AM								
4:00 PM 4:00 AM	Skin Cancer	What Are Your Vital Signs Telling You?		What Are Your Vital Signs Telling You?	Do You Suffer From Anxiety or Depression?	Treatment Options for Knee Problems	Deep Venous Thrombosis	
4:30 PM 4:30 AM	Diabetes Matters: Diabetes Meal Planning	Vitamins and Supplements - How Useful Are They?	Raising Awareness About Stroke	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma				
5:00 PM 5:00 AM	Diabetes Matters:Top Foods for Heart Health					Latest Treatments for Cerebral Aneurysms	Disaster Preparedness	Diabetes Matters: Key To A Healthy Heart with Diabetes
5:30 PM 5:30 AM								
6:00 PM 6:00 AM	Diabetes Matters: Diabetes Viewpoint	Your Concerns InHealth: Sun Protection	Learn About Nutrition for a Healthy Life	Lunch and Learn:Yard to Table	Washington Township Health Care District Board Meeting September 11th, 2013	Washington Township Health Care District Board Meeting September 11th, 2013	Latest Treatments for Cerebral Aneurysms	
6:30 PM 6:30 AM								Your Concerns InHealth: Senior Scam Prevention
7:00 PM 7:00 AM	Healthy Nutrition for Your Heart	Varicose Veins and Chronic Venous Disease	Do You Have Sinus Problems?					
7:30 PM 7:30 AM						Diabetes Matters:Top Foods for Heart Health	Your Concerns InHealth: Vitamin Supplements	Inside Washington Hospital: The Green Team
8:00 PM 8:00 AM	Washington Township Health Care District Board Meeting September 11th, 2013	Latest Treatments for Cerebral Aneurysms	Washington Township Health Care District Board Meeting September 11th, 2013	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment & Percutaneous (Under the Skin) Treatment	Diabetes Matters: Diabetes Meal Planning	Voices InHealth:The Great-est Gift of All	Diabetes Matters: Diabetes Viewpoint	
8:30 PM 8:30 AM		Keeping Your Heart on the Right Beat				The Weight to Success		Diabetes Matters: Research:Advancing Diabetes Management
9:00 PM 9:00 AM						How to Maintain a Healthy Weight: Good Nutrition is Key		
9:30 PM 9:30 AM								
10:00 PM 10:00 AM	Arthritis: Do I Have One of 100 Types?	Your Concerns InHealth: Senior Scam Prevention	Your Concerns InHealth: Vitamin Supplements	Financial Scams: How to Protect Yourself	Learn About Nutrition for a Healthy Life	Turning 65? Get To Know Medicare	Voices InHealth:The Legacy Strength Training System	
10:30 PM 10:30 AM								
11:00 PM 11:00 AM	Treating Infection: Learn About Sepsis	Turning 65? Get To Know Medicare	Kidney Transplants			Healthy Nutrition for Your Heart	Your Concerns InHealth: Senior Scam Prevention	Varicose Veins and Chronic Venous Disease
11:30 PM 11:30 AM				Lunch and Learn:Yard to Table				

Giving Babies and New Moms a Healthier Start

Research shows newborn babies who receive the highest level of care for infant feeding and mother-baby bonding are more likely to enjoy better health. That's the basis for the Baby-Friendly Initiative launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) in 1991. Today, just 166 American hospitals and birthing centers are designated as Baby-Friendly. Washington Hospital hopes to be added to this important list by the end of 2013.

"Committing ourselves to the Initiative's '10 Steps to Baby-Friendly Designation' helps our Hospital start babies off with the best nutrition possible according to proven standards, while also benefiting the health of new mothers," said Carmen Williams, R.N., manager of Maternal Child Health at Washington Hospital and one of the leaders of the Hospital's Baby-Friendly Initiative. "Giving children a healthier start means we are also contributing to a healthier community overall, with fewer illnesses, like diabetes, and lower rates of obesity."

The Baby-Friendly Initiative focuses on the proven benefits of breastfeeding for both moms and babies. These include improved mother/child bonding, as well as better infant nutrition, providing antibodies, hormones and antioxidants, while also stimulating the immune system. Health benefits for breastfeeding mothers include decreased blood loss after the birth, lower risk of breast and ovarian cancer, and a greater overall sense of empowerment and satisfaction.

The Baby-Friendly Initiative extends even further than the individual patient or community. Scientific evidence shows, if every baby were exclusively breastfed from birth for six months, an estimated 1.5 mil-

lion lives—mothers and children—would be saved world-wide, according to WHO and UNICEF.

The global program has been endorsed by numerous leading health care academics and associations, including the American Academy of Family Physicians, the American Academy of Nurses and the American Academy of Pediatrics, as well as the U.S. Surgeon General.

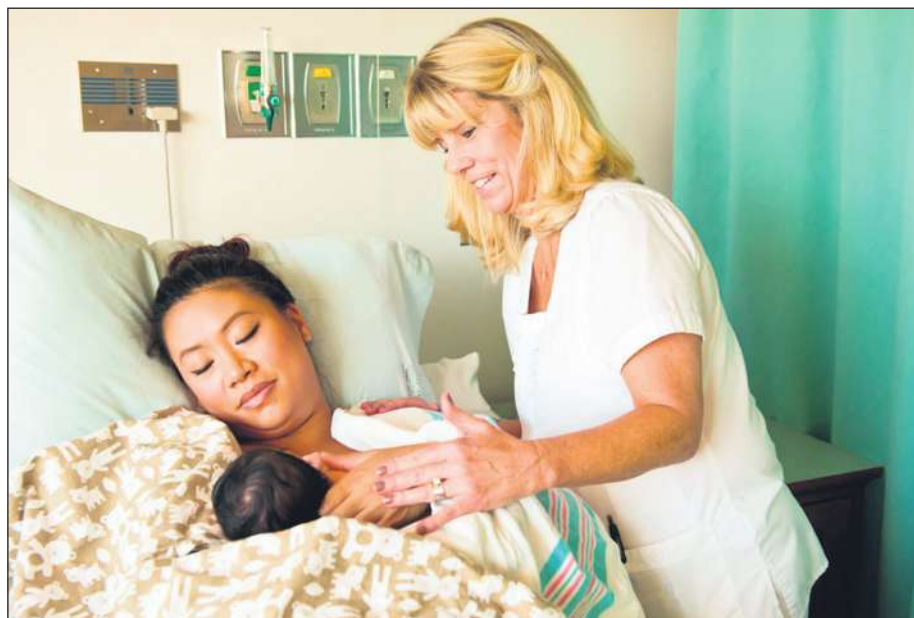
Washington Hospital's Baby-Friendly Initiative is consistent with its designation as a Magnet hospital, the highest level of recognition a hospital can achieve for quality of nursing care. Both programs contribute to a strong focus on patient-centered care to improve health outcomes. These strategies also encourage greater teamwork, training and competence among professionals in the hospital.

The journey to designation

"A hospital's journey to Baby-Friendly designation is quite comprehensive and very detailed," explained Barbara Eusebio, RN, JD, CPHQ, Washington Hospital's chief of Quality and Resource Management, in a report to the Washington Township Health Care District Board of Directors in August. "It requires a powerful team at the Hospital who can come together, rewrite policies and procedures, undergo considerable training, extend the skills to all levels of staff, and establish auditing to insure that quality is maintained."

Led by lactation consultant Debbie Hunt, R.N., the team spearheading the Baby-Friendly Initiative at Washington Hospital includes nurses and other lactation consultants, as well as pediatric hospitalists and an obstetrician on the medical staff.

"We are fortunate to have five trained and experienced lactation consultants as part of the team at our Hospital," reported Eusebio.



The Baby-Friendly Initiative, launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF), focuses on the proven benefits of breastfeeding for both moms and babies. Today, just 166 American hospitals and birthing centers are designated as Baby-Friendly. Washington Hospital is working towards being added to this important list, and hopes to be certified by the end of 2013.

The Hospital's trained lactation consultants offer education and support to breastfeeding mothers from the moment of birth and even after moms and babies have left the Hospital to go home.

Ten steps to success

The Baby-Friendly Initiative team at Washington Hospital leads the way in adopting the 10 steps to success. These include:

- Teaching all pregnant women about the benefits and management of breastfeeding
- Helping mothers initiate breastfeeding within one-half hour of birth
- Showing mothers how to breastfeed and maintain lactation, even if they should be separated from their infants when they go back to work, or for other reasons
- Giving newborn infants no food or drink other than breast milk, unless there is a medical reason
- Practicing rooming in, which enables the mother and baby to remain together 24 hours a day while in the hospital
- Encouraging breastfeeding on demand
- Giving no artificial nipples or pacifiers to breastfeeding infants
- Helping to establish breastfeeding support groups, and referring mothers to the groups when they are discharged from the hospital

"These steps make it possible for more new mothers and babies to experience the greatest possible health benefits from breast-

feeding," stated Eusebio. "In the past year alone, we've increased the breastfeeding rate at Washington Hospital by 10 percent. As of June 2013, 80 percent of all women delivering at our Hospital were breastfeeding their babies. This is amazing progress."

After instituting all the necessary steps, Washington Hospital is now waiting to be notified about a site visit by the Baby-Friendly Initiative's evaluating group. Although the objective is to receive certification as a Baby-Friendly Hospital, the more important goal is to deliver the highest quality health services and support for babies, mothers and the community.

Learn more about the Baby-Friendly Initiative.

To find out more about Washington Hospital's Maternal Child Health services, go to www.whhs.com/womens-health. To view Barbara Eusebio's report to the Health Care District's Board of Directors, go to www.whhs.com/about/board-of-directors/2013 and select the 8/14/13 "related video." To learn more about the Baby-Friendly Hospital Initiative, visit www.babyfriendlyusa.org.

Is a Relaxing Massage on Your Wish List?

Autumn can be a hectic time of year. Fitting a relaxing massage into your schedule may be just the break you need to feel rejuvenated. The Washington Wellness Center features a variety of massage packages that can offer a moment of peace and relaxation for you or another busy person in your life.

"You can treat your sister, mother, father, husband or girlfriend to a wonderful experience," said Laura Constantine, R.N., Washington Women's Center coordinator. "A massage is the perfect way to take a break from busy schedules."

The Wellness Center is a comfortable place to enjoy a personalized massage, she added. It features a spa-like setting where one is pampered. You are provided with a fresh robe to slip into and a private dressing area with individual lockers for personal items.

"Women are invited to linger afterward and bask in that calm and relaxed feeling that comes from having a massage," Constantine said. "They can sit in their robes and enjoy a nice cup of tea or coffee. We can even provide a warm blanket to curl up in."

Real Men Get Massages

There is a separate area for men's massage with a room that is comfortable and relaxing. With different entrances for the men's and women's massage areas, privacy is assured.

Massages aren't just for spa day, they are also for real men who work hard and want to relax. Whether you sit at a desk or lift heavy objects, a good massage can make stiff muscles feel so much better.

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During the month of October, The Washington Wellness Center is offering a "Think Pink" massage special. The "Think Pink" massage is available for \$50 and includes a 50 minute massage of your choice (Swedish, therapeutic, or deep tissue) and aromatherapy. Call (510) 608-1301 to make an appointment or for more information.



Washington Hospital Healthcare System
Investing in the health of the community.

www.whhs.com/womenscenter

Evening Lecture Series



Get Your Child's Plate in Shape

Bring your children for a fun family evening! A Registered Dietitian will share healthy eating tips, and kids will have the chance to participate in hands-on activities. They'll make their own pizza to take home and bake, and also measure out the dry ingredients for apple yogurt muffins.

Class limited to 50.

Fee: \$5 per Family (Pay at the door)

Bring the kids and join us for this special interactive family class!

Wednesday, October 2, 2013
6:30 to 8 p.m.
Conrad E. Anderson, M.D. Auditorium, Room A
2500 Mowry Avenue (Washington West)
Instructor: Lorie Roffelsen, R.D.

To reserve your space or for more information visit whhs.com/event/class-registration or call (510) 608-1301.

Wellness.Balance. Life.





Stay connected to Washington Hospital through Facebook, YouTube and Twitter.



Dr. Arthur Ting

11:00am-1:00pm on October 5, 2013
Reception to follow

DeVry University
6600 Dumbarton Circle
Fremont, CA 94555

Demonstrating the MAKO
technology surgical robot and
advances in Biomedical Technology

Arthur J. Ting, M.D. is an experienced and established figure in the Bay Area sports medicine world. The San Francisco native directs a talented staff of medical specialists devoted to the treatment and prevention of sports-related injuries.

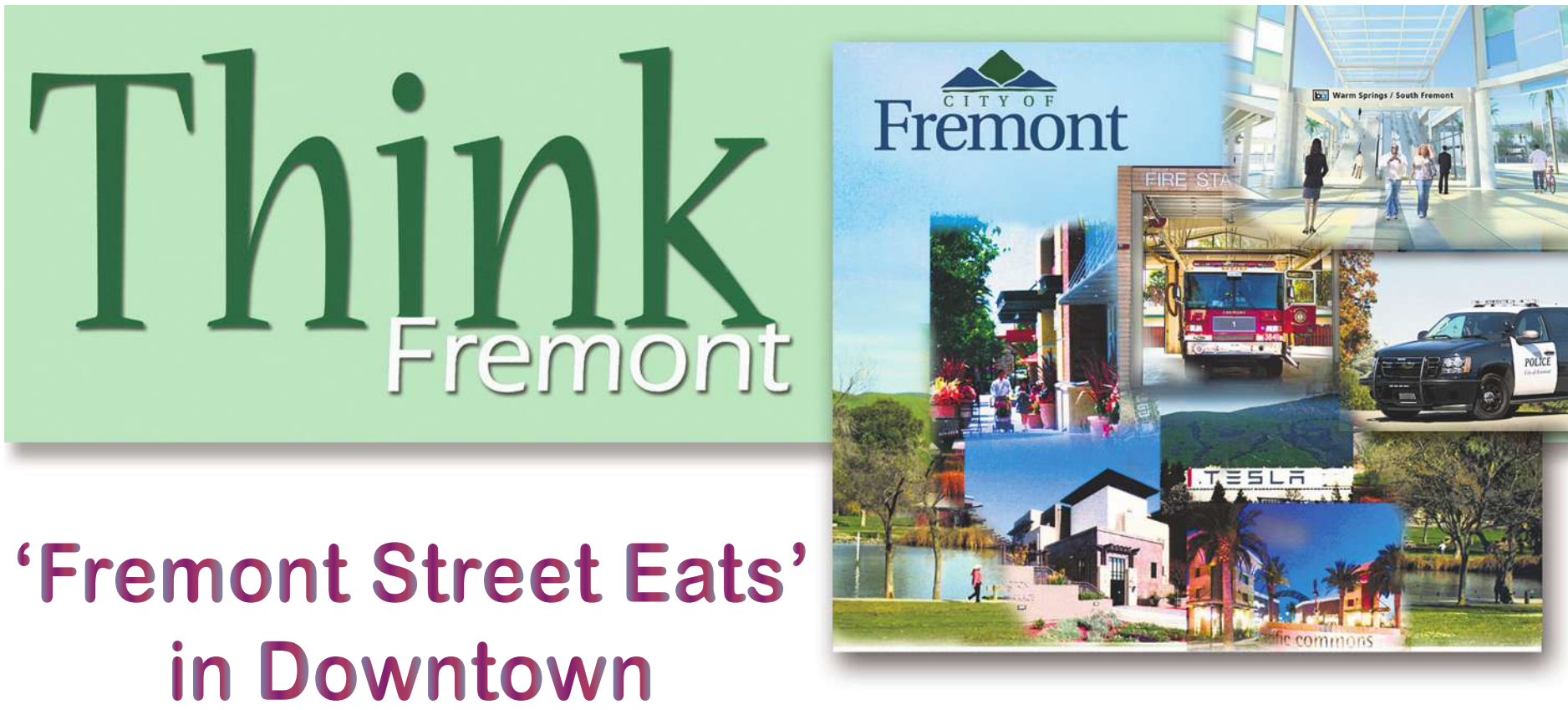
Dr. Ting has a practice located in Fremont, CA at Arthur J. Ting MD, Sports Medicine and Orthopedic Surgery, which is responsible for the medical treatment of many Bay Area professional sports organizations including the NFL, NBA, MLB, and NHL.

Dr. Ting has served as the team physician for the San Jose Sharks for 23 consecutive seasons. Dr. Ting has also served as the head physician for several major professional sports organizations at the SAP center, including the National Lacrosse League's San Jose Stealth (2005-07), and the three time Arena Football League Champions, The San Jose Sabercats. He has also well-known and highly acclaimed by Motorsport athletes worldwide as the FIM's (Federation Internationale de Motocyclism's) Chief Medical Officer for the US Moto GP held in Laguna Seca.

His extensive work with Bay Area amateur athletes includes being team physician for several community colleges and numerous high schools throughout the Greater Bay Area.

Dr. Ting was the head physician for the U.S. Track & Field squad at the 1990 Goodwill Games in Seattle, the 1993 Pan Am Games and a 1994 dual meet against Great Britain. He was a member of the medical staff at the 1984 Summer Olympics in Los Angeles and at the U.S. Olympic Trials in 1988 and 1992.

Dr. Ting received his medical degree from St. Louis University, completing an orthopedic residency at the University of Southern California Medical Center in Los Angeles. He completed a fellowship in sports medicine at the Kerlan-Jobe Orthopedic Clinic in Inglewood, California.



Are you hungry ... for a place where you can go hang out with your friends, family, and neighbors, shop, dine, and play?

We're talking about a true Downtown for Fremont—the heart of the community where people come to connect, communicate, and celebrate. Be a part of Downtown Fremont's evolution and join community members for Fremont Street Eats every Friday through Oct. 25 from 4:30 p.m. to 9 p.m.!

Stop by for an explosion of culinary delights and experience the "Gourmet Truck" phenomenon. Fremont Street Eats is located in Downtown on Capitol Avenue between State and Liberty streets (in front of the Fremont Family Resource Center) and is produced by the Fremont Chamber of Commerce and Food Truck Mafia.

Help Us Help You: Building Division Survey

The City of Fremont's Building and Safety Division has made some significant improvements in its processes and is looking for feedback on its progress so far.

The Building and Safety Division reviews plans and issues permits for construction projects within the City of Fremont. It provides periodic inspections throughout the construction process to ensure that the project is in general compliance with the approved plans, specifications and codes.

But the City understands that there is always room for improvement - and that's where you come in.

If you have recently pulled a building permit in the last year, please take a moment to complete our brief survey at www.fremont.gov/BuildingDivSurvey so that the Building and Safety Division can improve its services.

For more information about the Building and Safety Division, please visit www.fremont.gov/BuildingandSafety.

Fremont Small Businesses Have a New Ally on Their Side

Fremont has always valued its small businesses. That's why the City has created a new point of contact for everything small-business related.

Enter Jackie Hall, the City's new Small Business Ally.

Jackie will be serving as the City's Development Services "concierge." With more than 17 years of experience serving the City of Fremont, she is certainly an excellent fit for the position.

In her new role as the City's Small Business Ally, Jackie will assist small businesses with the following:

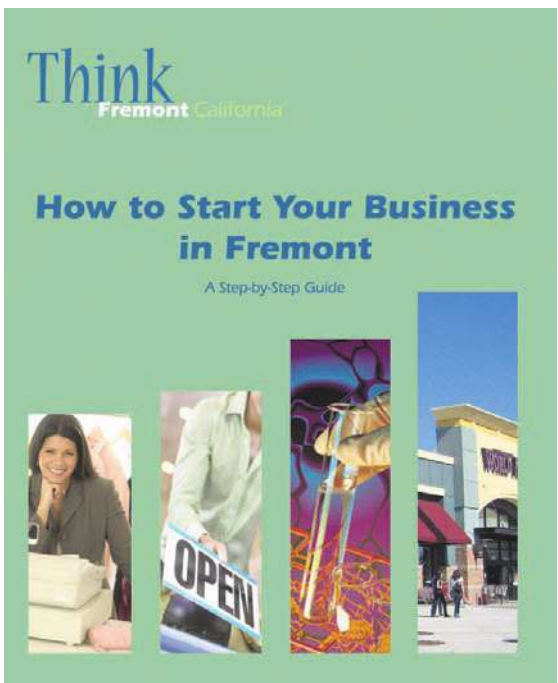
- Facilitating project reviews and permits
- Helping businesses with internal City/outside agency contacts and resources
- Tailoring and streamlining permit processes
- Coordinating with the City's Office of Economic Development, the Fremont Chamber of Commerce and other business organizations

The Small Business Ally programs will commence with a series of meetings and events hosted by the City and the Fremont Chamber of Commerce. These meetings will be with the Irvington, Centerville, Niles, Mission San Jose, Warm Springs and other Business Associations to introduce both Jackie and the program. Feel free to share any suggestions and ideas on how to best meet the needs of businesses.

If you'd like to reach Jackie Hall, you can contact her at (510) 494-4487 or jhall@fremont.gov.



Think Fremont for all your Business Needs



The City of Fremont offers a business-friendly environment and actively supports the development of a strong, diverse, and vibrant business community. City staff provides assistance to locate and grow your business in Fremont, and markets the city as a quality place in which to live and do business.

The City's Office of Economic Development sponsors and supports a variety of workshops to help Fremont businesses expand. In addition, the Department also works with state and regional organizations to strengthen Fremont's position in the global economy.

If you are thinking about starting a business in Fremont, be sure to check out the City's "How to Start a Business Guide." The booklet provides the necessary steps and includes a helpful checklist to get you started. Visit www.fremont.gov/StartaBusiness to view the guide.

For more information about your business needs, contact the City's Office of Economic Development at (510) 284-4020 or econdev@fremont.gov.

Upcoming Free Small Business Workshops

Please join us next month for two free business workshops hosted by the Fremont Main Library and co-sponsored by the Fremont Chamber of Commerce and City of Fremont.

Finding and Engaging Your Core Customer

We all know how difficult it can be to find that perfect customer. In this business workshop you will learn techniques that help you:

- Define who your core customer is.
- Locate where they are.
- Engage them in an effective manner.

Thursday, Oct. 17
9 a.m. to 12 p.m.
Fremont Main Library, Fukaya Room
2400 Stevenson Blvd., Fremont

Grow Your Business with Email and Social Media

Many businesses find themselves seeking the right strategies, tools, and tactics to make their marketing efforts as effective as possible. Between Facebook and Twitter,

email and mobile, deals, and new social network tools there's a lot to keep up with. This session will make sense of the noise.

Thursday, Oct. 24
9 a.m. to 12 p.m.
Fremont Main Library, Fukaya Room
2400 Stevenson Blvd., Fremont

To register for these workshops visit the Alameda County Small Business Development Center website at www.acsbdc.org.



LETTERS POLICY

The Tri-CityVoice welcomes letters to the editor. Letters must be signed and include an address and daytime telephone number. Only the writer's name will be published. Letters that are 350 words or fewer will be given preference. Letters are subject to editing for length, grammar and style. tricityvoice@aol.com



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Clothing accepted:

Clothing in useable condition, shoes belts, purses, bedding/linens, jewelry/accessories, towels, sheets, curtains, small household items

Hope Services partners with E-Steward Certified (ECS Refining) who extracts the maximum value from materials and equipment while minimizing our impact on our environment. This results in No landfill and No processing overseas; just refining materials to their purest form.

Call 510-795-6100 for more information

www.hopeservices.org

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Walk 'n Wag



Corporate and private teams are currently forming to raise funds on behalf of the walkers. Not a team person? Individual participants are also welcome to fundraise and walk. Supporters compete for “wagging rights” to see which individuals and teams have accrued the highest number of donations, thus earning the title of “Top Dog.” Last year approximately 800 people and their pooches walked in support of HSS; this year the goal is 1,000 participants. Walkers do not need to have a dog and those who can't attend the event are welcome to make a donation. There is no registration deadline for the event and attendees can register on-site if they like. There is no fee to participate but donations are appreciated! Information on forming a team, joining a team, or making a donation can be found at www.hssv.org/walk.

Currently in its 11th year, “Walk ‘n Wag” has been a community institution since its inception. With numerous booths, live entertainment, and good food, it's a fantastic opportunity for friends and families to have a good time while raising money for a great cause. “Walk ‘n Wag is truly a celebration of our life-saving work and the bonds that exist between humans and their pets,” says Beth Ward, Humane Society Silicon Valley's Vice President of Operations.

This will be HSSV's first year holding the event at Hellyer Park. The larger venue means a longer walk option, more walkers, and more fun! Registration for “Walk n' Wag” begins at 9 a.m. next to the pavilion in the Buena Vista Group Area and the walk starts at 10 a.m.

Sponsors include Presenting Sponsor NVIDIA, Safe Place Storage, Parktown Veterinary Clinic, The Whole Pet Vet, Pharmaca Integrative Pharmacy, and Danny Thomas Party Rentals.

HSSV is an independent, non-profit agency offering quality adoptions, medical care, education programs and pet care services to enhance the human-animal bond. HSSV is a 2012 recipient of the Maddie's Fund Lifesaving Award. More information about HSSV can be found at www.hssv.org, <https://www.facebook.com/humanesocietysv> and <https://twitter.com/hssv>.

Walk 'n Wag
Saturday, Oct 5
9 a.m. Registration
10 a.m. Walk
Hellyer Park
985 Hellyer Ave., San Jose
(408) 262-2133
www.hssv.org
No fee, donations appreciated



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Dr. Eric Okamoto, M.D.

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CALIFORNIA DEPARTMENT OF PUBLIC HEALTH

Consumers warned about sugar candy Imported from India

SUBMITTED BY ANITA GORE/HEATHER BOURBEAU

Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, sent a warning September 13, 2013 to consumers not to eat Santos Rewadi Sugar candy, batch number 12/030, imported from India after tests conducted by CDPH found the product contained levels of lead that exceeded the state's standards. Consumers in possession of the candy should discard it immediately.

Santos Rewadi Sugar candy product is sold in a seven-ounce (200g) package that is clear with a green and yellow border on each side with a red and white top banner that displays the brand name “Santos” written in yellow, and includes a picture of an elephant. The bottom of the package displays the name, weight and “product of India” in a yellow rectangle and red banner.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1800-495-3232.

For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department. Additional information is available at www.cdph.ca.gov on the CDPH Childhood Lead Poisoning Prevention page.





SAVE's Breakfast Eye Opener sheds light on domestic violence

By SARA GIUSTI

We've all heard the stories: he pushes her around, lashes out. Or she hits him, belittles him. Both try to hide their bruises. Sometimes these stories make it to TV and the newspaper, too, the ones you can't believe, the ones that haunt.

What is more jarring is that these stories of domestic violence are not happening to someone else, in some other place. Domestic violence can happen to anyone, anywhere. According to Centers for Disease Control's National Intimate Partner and Sexual Violence Survey in 2010, more than one in three women and more than one in four men have experienced domestic violence in their lifetimes. Domestic violence is often defined as a pattern of abusive behavior used to gain power or control in an intimate relationship. Abuse can take many forms, including physical, emotional, verbal, psychological, reproductive, or financial abuse. Thankfully, help is out there; Fremont is home to a nonprofit organization whose mission is to end the destructive cycle.

Safe Alternatives to Violent Environments (SAVE) has been

serving and advocating for those affected by domestic violence since 1976. No matter what age, gender, sexual orientation, disability, ethnicity, language spoken, or geographic location, SAVE will help victims to safety. SAVE offers an incredible array of free services: a 30-bed emergency shelter for women and children, 24-hour hotline, support groups, crisis counseling, and court advocacy are only a small part. Community outreach and education is critical to SAVE efforts including an annual Breakfast Eye Opener, now in its 11th year.

The Breakfast Eye Opener was created to shed more light on domestic violence. "No one is immune [to domestic violence] and the more we shed light on it, the better we can reach those who need SAVE's help," said Tina Fernandez, SAVE's Development and Communications Specialist. As a primary fundraiser, all proceeds support SAVE's free services. Indeed, the event is a true "eye opener" to the reality and severity of domestic violence, featuring speakers from survivors, SAVE Board Members, and others.

Headline speaker Cindy Spickler, advocate for domestic violence awareness and prevention and an intimate partner

abuse survivor, will share her story of survival and a mother's perspective of the effects abuse has on children. She will be joined by SAVE Board Member and President and CEO of ICE Safety Solutions Pam Isom, who will also speak about the effects domestic violence and abuse have on children. Speakers also include SAVE Board Member and Alameda County Deputy District Attorney Danielle London. Pauline Weaver, SAVE Board Member and a retired Alameda County Public Defender, is emceeing the Breakfast.

Unlike prior years, the Breakfast will not have a specific theme. "We are focusing on raising awareness of domestic violence and the importance of prevention, with an emphasis on the lasting [and] devastating impact abuse has on victims and their families," explained Fernandez. Moreover, "Children who witness domestic violence are at much greater risk to either become abusers or be vulnerable to abuse when they are older and enter into intimate partner relationships of their own. One of SAVE's areas of concern is to help our clients and their children break the generational cycle of abuse," she said.

continued from page 1

Raise a stein to Oktoberfest

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General admission is \$5; children under 12 are free. Get a best value combo ticket for \$15 which includes admission, commemorative mug, and a beer. Purchase in advance for \$13 at the Chamber or Swiss Park.

The festivities move indoors from 5 p.m. to 11 p.m. with the Swiss Edelweiss band providing the music for the evening. Dinner is served from 6 p.m. to 8 p.m. with a choice of bratwurst, sauerbraten or kassler. Reservations are advisable for dinner so that enough food will be available. Dancing starts at 7 p.m. The cost for dinner and dancing is \$22, or you can just dance the night away for \$10.

For more information and to order tickets, go to www.newark-chamber.com or call (510)744-1000, stop by Swiss Park or call them at (510) 793-6272.

Oktoberfest

Saturday, Sept 28

Noon - 5 p.m. Outdoor event

5 p.m. - 11 p.m. Indoor event

Swiss Park

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(510) 793-6272

<http://swissparknewark.com>

(510) 744-1000

www.newark-chamber.com

Outdoor Admission: \$5, children under 12 are free

Indoor Admission: \$22 dinner and dancing, \$10 dancing only

The Eye Opener breakfast includes a cash raffle drawing, recognition of SAVE's Board, staff, volunteers and sponsors, and a moment of silence for those who have been affected by domestic violence.

If you can't make it to the Breakfast, but would still like to be involved, attendees will be Tweeting live from the event, sharing their reasons for attending along with their thoughts and reactions during the Breakfast. SAVE encourages attendees and supporters to sign up for Twitter beforehand. SAVE's Twitter is @SAVE_againstDV, and people will be using #SAVEbfast to tag Tweets from the event.

SAVE's Breakfast Eye Opener is designed to share new stories—stories full of hope and success, not harm and statistics.

SAVE Breakfast Eye Opener

7:30 a.m. – 9:00 a.m.

Friday, Sept 27

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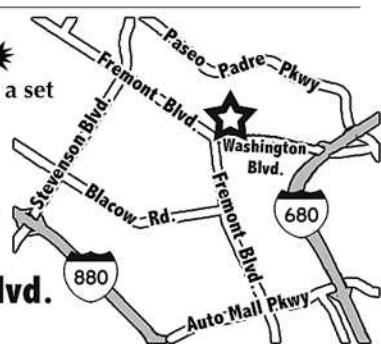
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Fremont Police Log

SUBMITTED BY FREMONT PD

Saturday, September 14

Officers are sent to ascertain the problem call on Silverlock Rd. A frantic caller reported that a family member showed up at the house very upset. The family member, an adult female, knocked on the door the house and was allowed to enter, but all of a sudden she pulled out a gun and shot one round into the ceiling. Two juveniles and a second adult female were inside the house, but the caller ran outside. Officers responded and met with the original caller to begin obtaining information. Officer Luevano was able to call inside and convince the family to leave the house while the suspect was distracted. Officer Kennedy was in the back yard of an adjacent house and sees the suspect near the back of the house unarmed. It's then learned (via Luevano) that the gun was taken from the suspect and hidden. Sgt. Epps leads a team to make entry and the female is arrested. A nearby PD calls and says that they are looking at the female as a suspect in a case in their City. They arrive and take her into custody.

Sgt. Miskella located and recovered two stolen vehicles abandoned at 4444 Hansen. An hour and a half later, Sgt. Miskella responded to a vehicle accident and found that the owner of one of the recovered vehicles had crashed his car after it was released back to him. Might be time to get rid of that car!

Sunday, September 15

A caller reported that a male broke the glass door of a business on Milmont Dr, and then fled when he saw the reporting party. Units flooded the area but the suspect was not located. Investigated by Officer Torrico.

Officers investigated a residential burglary on the 48000 block of Carlsbad Rd.

Officers investigated a residential burglary on the 40400 block of London Ave.

Officer Madsen sees a 2004 Chrysler Sebring traveling at a high rate of speed east on Decoto Rd. By

the time he catches up to it they are near 11th Street in Union City. The driver pulls over and officers contact a 17 year old adult male, who has an active felony warrant for stealing a vehicle. The Chrysler he was driving was also reported stolen out of Antioch. The adult male goes to jail.

Monday, September 16

At approximately 9:40 a.m. officers responded to a residential burglary that was possibly in-progress. An off-duty Fremont Firefighter reported a residential burglary in the 700 block of Honda Way. The firefighter found the front door of the residence open when he arrived to check on the occupants. Jewelry, cash and other misc. items were stolen. Officer Chinn handled the investigation.

Tuesday, September 17

During the night unknown suspects burglarized a vehicle that was parked on the front lawn of a residence on Third Street in Niles. The vehicle was ransacked, but the only item taken was a bag of elephant dung that the vehicle owner had received as a gag gift. Appears they may have thought it was a bag of marijuana. We assume they must have been pretty shocked by the surprise!

Shortly after 4:00 p.m. officers respond to a bank robbery that had just occurred at the Wells Fargo Bank located in Irvington. Witnesses reported that three black male adults had walked into the bank and then yelled for everyone to get on the floor. The men are masked up with bandanas and no weapons were seen. Two of the masked men vault the counter and rummage through cash drawers. One bank employee gets thrown to the ground and one customer victim/witness goes to the hospital for chest pains (previous medical condition). All three males run out of the bank with an undisclosed amount of money and jump into a waiting "getaway car" parked behind the bank. Officers quickly set up and begin searching, but the suspects are not found.

Wednesday, September 18

Officers were dispatched to the Carriage House Apartments for a motorcycle theft that had just oc-

curred. A patrol officer locates the stolen motorcycle traveling in excess of 100 mph on SB 880 at Warren. A second officer catches up and they attempt the stop the driver at 880 & 237. The suspect doesn't stop and continues to flee. Officer continued to follow for approximately three minutes until the suspect exited onto surface streets in San Jose. The pursuit was terminated.

Thursday, September 19

Sometime during the night unknown suspects gained entry to a business on Davenport via the wall of a neighboring business. Loss is computer hardware and software. Case investigated by CSO Aguirre.

At approximately 1:35 a.m. we received a call from a motorist who had just passed by Mojo's and reported that 30 people including men, woman and security were in a fight. The bartender tells dispatch that they kicked everyone out and now everyone was fighting out front. The crowd was running up and down Peralta Blvd. Half of the patrol shift was needed to clear the bar and surrounding parking lots (churches and Train Depot) due to the large crowd. One person needed medical treatment for a head wound, so Fire responded. In the end, no one wanted to be a victim or desired prosecution and officers requested multiple taxi's to get everyone home. Officers spend one hour on scene trying to sort everything out. Documented by Ofc. Allsup.

Community Notices:

We have received several recent complaints regarding traffic in and around our schools in Fremont. Please feel free to log your complaints via our "traffic complaint" form at www.fremontpolice.org. Logging your complaint will get your school on the rotational list that our Traffic Division utilizes to prioritize patrol and enforcement efforts.

The Tri-City Animal shelter is currently full of adoptable pets. We'll be open on Saturday from 11 am - 4 pm if you'd like to come by and meet some of them. You can also go to www.petharbor.com to view the shelter animals online.

Sex offender caught and arrested

SUBMITTED BY
UNION CITY PD

Mountain View Police earlier this month arrested registered sex offender Christopher Miller for lewd behavior toward two young children at a Mountain View Walmart. Other Police Agencies have now identified the 70 year old San Jose man as a suspect in similar behavior in a fast food restaurant in Union City and the sex assault of a child in a San Mateo book store.

In all the cases, the suspect wore a fisherman style hat, evidence that helped lead police toward an arrest.

On Sunday June 23rd, at about 3 p.m., a 10 year-old female victim was lured away to an



isolated area and attacked in a Barnes & Noble Store in San Mateo. During the subsequent investigation, San Mateo Police Detectives sent photos and video out to the media, visited numerous local sex offenders, and handled a volume of tips from the community in an attempt to locate and identify this suspect.

On Thursday July 25th, at about 4:30 p.m., a male subject matching the description of the Barnes & Noble Case exposed himself to a mother and three young females in a Burger King Restaurant on Alvarado Niles Road in Union City. Union City Police quickly recognized the similarity to the SMPD case and the two agencies have been working collaboratively to identify a suspect.

Information about this case and suspect was shared by both agencies via a Law Enforcement information flyer network.

On Saturday, September 7th at about 4:29 p.m., a similarly described suspect was confronted

by a mother in a Walmart Store after touching himself inappropriately while staring at her two female children. The mother began shouting at Miller and informed a Walmart employee about the incident.

Because the mother brought the actions of Miller to the attention of a Walmart employee, Mountain View Police was then contacted by a loss prevention team member who provided a description of Miller's vehicle, license plate and direction of travel. This enabled Mountain View officers to locate and stop the suspect's vehicle as he attempted to leave the scene.

During the course of their investigation, Mountain View Police quickly realized that the suspect in their case matched the description of the San Mateo and Union City Police Department cases, including the distinctive "fisherman" Style hat worn by the suspect in all three incidents.

continued on page 32

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bargain market



continued from page 2

Get Your Child's Plate in Shape

Washington Hospital Seminar Offers Tips for Healthy Eating

At another station, kids will practice their math skills and be able to measure out the dry ingredients for apple yogurt muffins. They can take the muffin mix home, where they can add the apples and yogurt before baking.

"Open attitudes about eating new foods starts with encouraging children to participate in shopping and choosing foods, and helping with food preparation at home," she added. "Kids enjoy being involved in the kitchen. Depending on their age and development, they can help with simple food preparation like measuring the ingredients or mixing a bowl, to chopping vegetables, and stirring a pot as they get older."

Roffelsen will also offer some practical tips such as eating together as a family as often as possible, and avoiding distractions like the television or electronic gadgets while eating. She says you tend to eat more when your attention is focused on something other than the meal, and you may stuff yourself beyond a comfortable feeling of fullness.

"Encourage your kids to try everything, especially new vegetables and fruits," Roffelsen added. "They may not like something the first few times, but eventually their tastes may grow accustomed to it and they will like it."

To learn more about eating healthier with MyPlate, visit www.choosemyplate.gov. For information about programs and services offered at Washington Hospital that can help you stay healthy, visit www.whhs.com.

continued from page 3

Is a Relaxing Massage on Your Wish List?

"A lot of men don't think of pampering themselves with something like a massage," said Constantine. "A massage is more than just an indulgence. It offers a number of health benefits."

In addition to feeling absolutely fantastic, massage can calm the nervous system and reduce stress and anxiety. It can also help to improve blood circulation, stimulate the lymphatic system, which aids the immune system, and prevent and relieve muscle cramps and spasms.

Regular massage can help to prevent sports injuries and improve flexibility for better athletic performance. It also triggers the release of endorphins, which help with pain. So if you experience back pain or a stiff neck, massage can help in a lot of ways.

"So many men sit in front of a computer all day, which can really take a toll on your neck and back," Constantine stated. "Massage can help you feel better after a long day at the office. Research also indicates that regular massage can help to lower blood pressure."

According to the Centers for Disease Control and Prevention, about one in three adults have high blood pressure, which increases the risk for heart disease and stroke.

"If you have a stressful job or you are a busy dad, massage is a very enjoyable way to do something for your health," she added.

A 2010 study from Sweden showed that even hand and foot massage can significantly lower your heart rate, cortisol level, and insulin level, which lowers stress.

It Feels Great

The Wellness Center features licensed massage therapists who each have more than 12 years of experience, according to Constantine. Therapists tailor their massages to meet the individual needs of each person.

"A massage simply feels great," Constantine said. "It also offers a number of health benefits depending on the type of massage. We offer the whole gamut, from Swedish to hot rocks."

The Swedish massage uses long, fluid strokes and deep, circular motions to reduce tension, improve circulation, and relieve muscle tension.

The sports massage is similar to the Swedish massage but is more for client's who work out frequently or are involved in sports. It helps improve flexibility, and prevent or treat injuries.

Deep tissue massage works deep into the muscle to help ease and release muscular tension. It uses slower, more forceful strokes to target the deeper layers of the muscles and connective tissue.

The pregnancy massage is for expectant mothers. It helps alleviate back pain and aids circulation, providing some relief from the discomfort of pregnancy.

Therapeutic massage integrates neuromuscular therapy and reflexology with Swedish strokes to help relax and restore balance to the body.

The hot rock massage helps the muscles relax. Hot rocks are strategically placed in certain areas like the neck and spine.

The foot reflexology is a gentle massage of the foot that helps to relieve tension.

Make a Massage Appointment Today!

"A lot of people feel more comfortable getting a massage at a hospital," Constantine said. "There is a trust factor because the focus here is on health. Some of the clients who come for regular massages have arthritis or other health issues, and they feel confident knowing that their individual needs will be met."

To make a massage appointment or purchase a massage gift certificate, please call the Washington Wellness Center at (510) 608-1301. The Wellness Center is located at 2500 Mowry Avenue (Washington West) in Fremont, Suite 150.

For information about other services offered at the Washington Wellness Center, visit whhs.com/womenscenter.

Think Pink!

Washington Hospital's 5th Annual Think Pink Event will take place on Tuesday, October 15, from 5 to 7:30 p.m. in the Tent Atrium at Washington West (2500 Mowry Ave.) in Fremont. Wear pink and join us for an evening of education, lectures and fun! Register online at www.whhs.com or call (800) 963-7070. For more information, visit www.whhs.com/think-pink.

Massage Special

October is Breast Health Awareness Month. The Washington Women's Center is offering a massage special to encourage you to get your screening mammogram. Come to the Washington Women's Center for your mammogram and stay for a "Think Pink" massage. The "Think Pink" massage is available for \$50 and includes a 50 minute massage of your choice (Swedish, therapeutic, or deep tissue) and aromatherapy. Gift certificates are available. Treat yourself, treat a friend, but be sure to keep up with your yearly health screening and appointments. Call (510) 608-1301 to make a massage appointment today.

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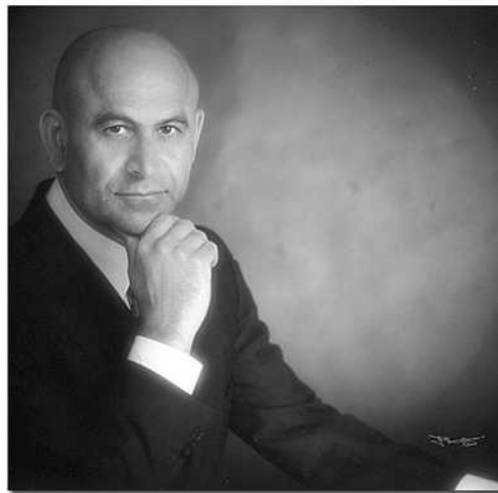
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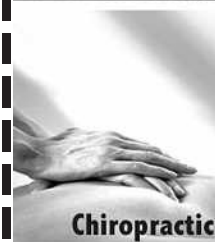
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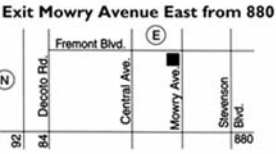
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History

John H. Peterson Farm

By MYRLA RAYMUNDO

Those driving along Alvarado-Niles Road to Mission Boulevard will see a solitary house on the road leading to Quarry Lakes. Is that home part of Union City or Fremont?

In response to my query, Beth Armstrong provided materials about the home - the John H. Peterson farm

Alameda Creek land, originally known as the Niles fruit district, was the earliest area cultivated as commercial orchards in Washington Township.

Born in 1845, Peterson immigrated to the United States from Denmark in 1866. Originally landing in New York, Peterson came to San Francisco by way of Nicaragua in June, 1866. He lived in the Hayward area for a few years then moved to Humboldt County be-

- with an address of 35261 Alvarado-Niles Road, Union City. On a whim, my husband, Ray, and I strolled by and a nice young couple invited us inside. I was mesmerized. The furniture was old and the kitchen sparse. Three huge bedrooms and two baths were just an addition to the adjacent two-story house.

Reading from Beth's material written by Mr. Ward Hill of San Francisco, dated February 2, 1992, this farm complex is composed of four buildings - a farmhouse, tank house, carport and barn. They are positioned in a grove of mature trees, in contrast to surrounding 30 acres of flat, open land, seasonally planted with flowers by a local grower.

The T-plan house is divided into two sections, a gabled, rectangular plan: a two-story wing on the east, and perpendicular to the two-story section, a single story, gabled wing extending to the west.

John H. Peterson built this house and related farm buildings in 1884 after purchasing a 50-acre parcel from the Jonas Clark Estate in 1883. He cultivated 18 acres of apricots, peaches, plums, cherries, sugar beets and grains. The Peterson farm and other

fore moving to this property near Alameda Creek. In 1872, Peterson married California native, Clara T. Bradford, with whom he had five children.

In the 1930's, one of Peterson's daughters and her husband, whose surname was Trask, lived in the house and maintained the farm.

The State of California, which bought the property in 1958 for the Route 84 Realignment Project, rents the property to a local flower grower. Some of the workers and their families live in the house.

The house retains much of its original exterior ornament and form, one of the few surviving farm houses dating from the early years (1880s) of the fruit growing industry in Washington Township. Commercial fruit growing became an important industry that dominated the local agricultural economy until the mid-20th century. The Peterson house is also one of the few farm houses to survive in the Niles district, the house is an outstanding example of an 1880s Queen Anne style farm house in Washington Township, a rare example of a large 19th century farmhouse that retains integrity of materials, design and setting.

'MY MILPITAS' APP TO LAUNCH

SUBMITTED BY RENEE LORENTZEN

The City of Milpitas is fast approaching the launch of new mobile app "My Milpitas" set for Thursday, September 26. The free app that allows users to access tools like Latest News & Events, City Locations, Resident Reporting, and Employment Opportunities will be available through the Apple App Store. An app for Android users is expected to be released in the near future.

"My Milpitas" users can expect their questions, comments, and concerns to be answered by several of the City's departments and staff is excited for this new communication tool! The City's Public Works Department is expected to experience the majority of the initial interface with the community through the Resident Reporting tool.

"The new Mobile App will be a huge benefit to not only the public but to Public Works staff. As a concern is encountered by the public, a picture can be taken, sent to Public Works with GPS coordinates and a description of the concern, and the item can be addressed. Staff will even be able to group work based on geographical location and be more efficient. This will streamline the process as the City works on implementing the 'doing more with less' concept," says Public Works Director/City Engineer Jeff Moneda.

Additional app features such as Park Location & Amenities, Commission resources, and accessing City Council video and minutes are expected to launch in January 2014.

Download "My Milpitas" in the Apple App Store for free on Thursday, September 26. Android support is coming soon!

For more information, contact the office of Information Services at (408) 586-2706.

Higuera Adobe information kiosk unveiling

SUBMITTED BY AL MINARD

The information kiosk at the Higuera Adobe has been restored and new information panels have been placed inside the kiosk. This has been funded by the Museum of Local History, Washington Township Historical Society, Mission Peak Heritage Foundation, the Mission San Jose Rotary, and a private donation by Mollie Sinclair. The project was coordinated by Lila Bringhurst with the Museum of Local History.

Unveiling will coordinate with the Caravan Along the Anza Trail on September 28 including an introduction of the Boy Scouts who worked on this project. This will be followed by a tour of the Adobe at 11:30 a.m. led by Lionel Goularte and Vivien Larsen.

Higuera Adobe kiosk unveiling
Saturday, Sept 28
11:15 a.m.

Rancho Higuera Historical Park
47300 Rancho Higuera Rd., Fremont
(510) 494-4300
Free

Social Security Column

Social Security brings the office outside

BY MARIAELENA LEMUS, SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Ah, the great outdoors. With sunny weather, green trees, blooming flowers, and fresh air, many have already flocked to the outdoors to spend as many hours as they can before autumn leads way to winter. Whether you prefer to spend your time hiking in the woods, tossing a ball in the back yard, gardening, or reading on the beach, it's refreshing to get in some outside time.

If you have Social Security business to tend to when you're not tending to your lawn, that's no reason to ditch the outdoors. You don't have to drive to and wait in an office — you can handle much of your Social Security business from your laptop, tablet, or smartphone, wherever you may be.

Let's say you're enjoying a camping trip — but brought your tablet along to stay connected. Your wife mentions she hasn't gotten her Social Security Statement this year, and you remind her that she can get it online after creating a my Social Security account available at www.socialsecurity.gov/myaccount. In a few moments, you both are reviewing your Statements together and dreaming about your

future retirement years — with precision — as you gaze at the stars.

Or perhaps you're at the baseball game with your uncle, your team just hit a home run, and after your cheering subsides he reminds you that you were supposed to look into a Social Security question for him. Simply pull out your smartphone and search our frequently asked questions at www.socialsecurity.gov/faq.

Imagine yourself vacationing on the beach. Fresh from a swim, you're sunbathing on a lounge chair with a cool lemonade, tableside. And it hits you: this is where you want to be! You have your years in, so what are you waiting for? Just exchange your beach book for your tablet and you can apply for retirement benefits from the very place you want to spend your retirement.

Whether you're at the beach, in the park, or enjoying the wilderness, as long as you have an Internet connection, you can do business with Social Security online.

So enjoy the great outdoors, even while taking care of business with Social Security. Let us bring the office to you wherever you are.

Learn more — and do more — at www.socialsecurity.gov.

Are school districts ready for new Common Core Standards?

SUBMITTED BY LEAGUE OF WOMEN VOTERS EDEN AREA

Four school district superintendents representing Castro Valley, Hayward, San Leandro and San Lorenzo have been invited to explain how their districts will implement the new Common Core Standards (CCS). They will explain how they are different from the old standards and how the new CCS Assessments will be done.

The luncheon forum will be held on Friday, Oct. 4 at the San Lorenzo Village Homes Assoc. Community Hall, 377 Paseo Grande, San Lorenzo.

This school year, teachers will begin to implement the most significant changes to classroom instruction since California first adopted standards in 1998. Common Core does not dictate curricula, but it sets goals for K-12 classrooms that emphasize depth over breadth, according to Ed Source.

The luncheon forum is sponsored by the League of Women Voters Eden Area and the American Assoc. of University Women Hayward/Castro Valley Branch.

The cost of the luncheon is \$12, payable to LWVEA and mailed to LWVEA Treasurer, P. O. Box 2234, Castro Valley, CA 94546. There is no charge for those who wish to attend the program without lunch. RSVPs are required with or without lunch. Contact Suzanne Barba at (510) 538-9678 or email suzbarba@comcast.net.

Forum on Common Core Standards Friday, Oct 4

11:30 a.m. – 1:30 p.m.

San Lorenzo Village Homes Assoc. Community Hall

377 Paseo Grande, San Lorenzo
(510) 538-9678

suzbarba@comcast.net

Lunch/\$12

RSVP required for all attendees

(For those who do not wish to order lunch, the program portion is free)

Barbara Aro-Valle steps down

SUBMITTED BY CYNTHIA O'BRIEN

At its June Board meeting, New Haven Schools Foundation accepted the resignation of Executive Director, Barbara Aro-Valle. Ms. Aro-Valle has agreed to continue her duties until September 30. She will be leaving the Foundation to accept full-time responsibilities at Tri-CED Community Recycling of Union City. As a sign of her dedication to the New Haven community, Ms. Aro-Valle intends to return to the Foundation's Board of Directors and to facilitate a smooth transition.

Ms. Aro-Valle has been an integral part of the evolution of the Foundation from its stewardship under the New Haven Unified School District until 2007 when the Foundation became an independent nonprofit organization. Over the last six years she has helped the Foundation expand its scholarship program, brought back the Annual Scholarship Luncheon, created the Annual Mutt Strut and assisted with the Foundation's annual casino night gala. All have brought indispensable funds to support the Foundation's operations and grant programs. In addition, Ms. Aro-Valle facilitated the Foundation's partnership with the New Haven

Boosters Association that has supported the \$100K Pledge to the school district to ward off significant cuts to the co-curricular programs these past two years. This connection has increased grants for New Haven students, programs and projects by another \$50,000 per year.

Ms. Aro-Valle's departure brings opportunity to the New Haven Schools Foundation. Under the guidance of president, Rebecca Venable, a transition committee has been established. The committee's purpose is to review the Foundation's strategic plan and to recruit and hire an Executive Director. The Foundation Board of Directors remains committed to the health and stability of the New Haven Schools Foundation and the work they do for the school district.

Ms. Venable welcomes community input during this transition period. Public comments can be directed to transition@nhsfoundation.org. Updates will be available at the Foundation website: www.nhsfoundation.com.

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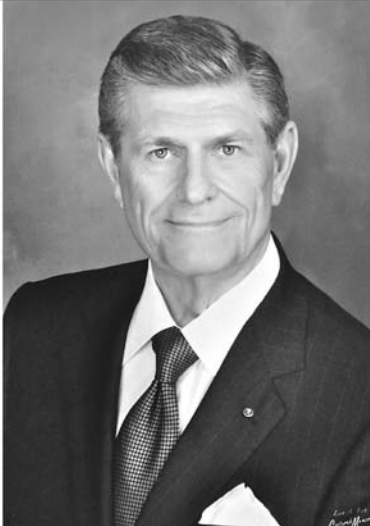
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BUSINESS

Bills sent to the governor, at a glance

AP WIRE SERVICE

SACRAMENTO, Calif. (AP), Gov. Jerry Brown has until mid-October to act on the following bills sent to him at the end of this year's legislative session:

– AB4, by Assemblyman Tom Ammiano, D-San Francisco, prohibits local law enforcement agencies from detaining people for deportation if they are living in the country illegally and are arrested for a minor crime.

– AB10, by Assemblyman Luis Alejo, D-Watsonville, would raise California's minimum wage from the current \$8 an hour to \$10 by 2016. It would be the first increase in the state's minimum wage in six years.

– AB241, by Assemblyman Tom Ammiano, D-San Francisco, would temporarily require overtime payments for domestic workers, while calling for a study of the effect on workers and their employers. The bill requires that domestic workers be paid time-and-a-half if they work more than nine hours in a day or 45 hours in a week. The overtime requirement expires Jan. 1, 2017, unless the Legislature renews it.

– AB375, by Assemblywoman Joan Buchanan, D-Alamo, is intended to streamline the process for dismissing teachers accused of misconduct and responds to a case last year in Los Angeles. It adds homicide charges to the list of offenses that can prompt a teacher's removal, but it removes possession of marijuana and some other drugs from that list.

– AB484, by Assemblywoman Susan Bonilla, D-Concord, would end traditional standardized testing of students in reading, math and social science, despite a threat from the top federal education official to withhold federal money if it becomes law. The bill would replace multiple-choice, pencil-and-paper tests with new language and math tests designed to follow the nationwide Common Core curriculum standards.

– AB524 by Assemblyman Kevin Mullen, D-South San Francisco, makes it a crime to extort money from a person who is in the country illegally by threatening to report their legal status. A similar bill, SB666, by Senate President Pro Tem Darrell Steinberg, D-Sacramento, would make it illegal for employers to report workers to immigration authorities in retaliation for a work-related complaint.

– AB755, by Assemblyman Tom Ammiano, D-San Francisco would

require planners to consider whether a suicide barrier is needed when designing or refurbishing bridges. If barriers are not considered, a bridge project would be ineligible for state or federal money.

– AB1222, by Democratic Assemblymen Roger Dickinson of Sacramento and Richard Bloom of Santa Monica, temporarily exempts public transit workers from contributing more to their retirement funds. The bill is expected to let the state retain \$1.6 billion this year in federal transportation grants while officials dispute a ruling by the U.S. Department of Labor that last year's pension changes violate union members' collective bargaining rights.

– AB1309, by Assemblyman Henry Perea, D-Fresno, prohibits the filing of workers' compensation claims by professional athletes who spent most of their careers with teams based in other states. The bill would block such claims for non-specific cumulative injuries sustained by football, baseball, basketball, hockey and soccer players.

– SB57, by Sen. Ted Lieu, D-Torrance, requires that the state parole board order sex-offender parolees who remove their satellite-linked ankle bracelets to serve six months in jail. A law passed two years ago to ease prison overcrowding sends parole violators to county jails instead of state prison, but many violators serve little or no time because jails have become overcrowded.

– SB62, by Sen. Lieu, would require county coroners to report drug overdose deaths to the state medical board. The bill is intended to help the medical board better track overdose deaths. A related measure, SB809, by Sen. Mark DeSaulnier, D-Concord, would impose a \$6 annual fee on certain medical providers to pay for a state database that allows doctors and pharmacists to quickly review patients' substance history.

– SB135, by Sen. Alex Padilla, D-Los Angeles, would require state emergency officials to develop an \$80 million early warning system for earthquakes. The system would detect the strength and the progression of an earthquake, providing up to 60 seconds of warning before potentially damaging ground-shaking is felt.

– SB254, by Sen. Loni Hancock, D-Berkeley, would establish a fee on consumer mattress purchases, with the money going to local governments to establish mattress recycling centers. The proposal is aimed at reducing mattress-dumping, which supporters say costs municipalities

more than \$70 million a year for cleanup.

– SB260, by Sen. Loni Hancock, D-Berkeley, requires parole hearings for juveniles who were prosecuted as adults and sentenced to lengthy prison terms for crimes they committed before turning 18. It responds to federal and state supreme court rulings that decades-long sentences are improper for youthful offenders who were not convicted of murder, but goes further by requiring hearings even for those convicted of homicide.

– SB294, by Sen. Bill Emerson, R-Redlands, expands the types of sterile compounded drugs for which a license is required and requires inspections of sterile compounding pharmacies by the state Board of Pharmacy. The bill responds to an incident in 2012 in which a Massachusetts-based compounding pharmacy sent contaminated drugs nationwide, resulting in more than 40 deaths and 460 illnesses.

– SB380, by Sen. Alex Padilla, D-Los Angeles, requires public agencies to obtain court orders before shutting down or interrupting cellphone service in most cases. The bill responds to Bay Area Rapid Transit Agency's shutdown of mobile services during public protests in 2011. Gov. Jerry Brown previously vetoed a similar bill.

– SB569, by Sen. Ted Lieu, D-Torrance, requires law enforcement agencies to videotape interrogations when a minor is suspected or accused of committing murder.

– SB606, by Sen. Kevin de Leon, D-Los Angeles, would impose tougher penalties on photographers who harass celebrities and their children. Actresses Halle Berry and Jennifer Garner testified in support.

– SB618, by Sen. Mark Leno, D-San Francisco, streamlines the compensation process for those who have been wrongfully convicted.

– SB649 by Sen. Mark Leno, D-San Francisco, would give county prosecutors the option of charging lower-level, non-violent drug offenses as misdemeanors instead of felonies. Anyone involved in selling or manufacturing drugs would not be eligible for the lesser charges.

– SB770 by Sen. Hannah-Beth Jackson, D-Santa Barbara, would strengthen California's Paid Family Leave program by allowing workers to receive benefits while caring for seriously ill grandparents, grandchildren, siblings and in-laws.

Associated Press writers Laura Olson, Don Thompson and Juliet Williams contributed to this report.



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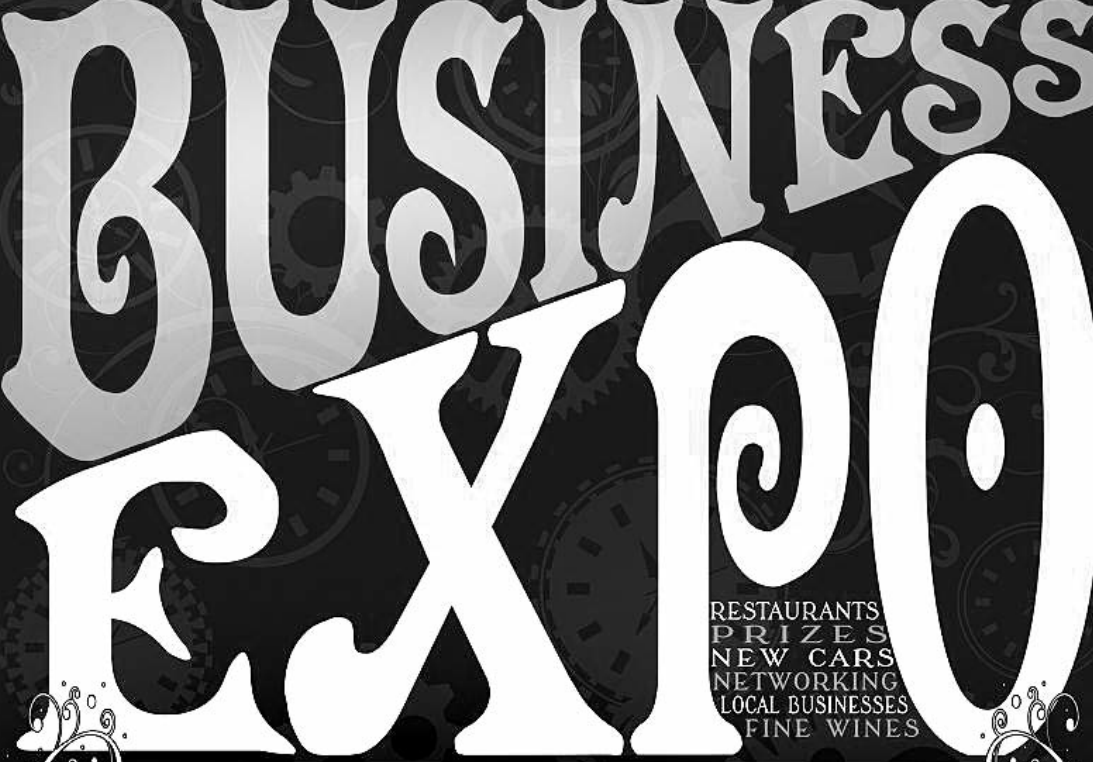
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'Hackathon'

SUBMITTED BY GUY ASHLEY

Rethink AC, Alameda County's first-ever Internal Hackathon, was an overwhelming success as more than 100 County employees brought energy and imagination to the day-long event and delivered a long list of creative ideas to enhance customer service and improve County operations through collaboration, innovation and technology.

Eighteen employee teams came up with ideas for automate inefficient processes, reduce the County's carbon footprint or enhance customer service. The September 13 event culminated with the judges' selection of the Best of the Best Award, which went to nine employees who collaborated on a mobile app concept that would provide information on community services and resources in many categories, including food, housing, child care and transportation.

Event judges selected winners in four categories: Innovation, Collaboration, Technology and Green. Notable entries included a mobile app and online calendar listing County events; and a project to place QR codes outside County buildings to help customers use smartphones to locate the services they need.

Though Rethink AC was the first Hackathon exclusively for County employees, it follows two highly successful events – Alameda County Apps Challenge 2012 and 2013 - in which members of the community were invited to tap into a trove of public County data to develop apps and other ideas to help Alameda County better serve residents.

Tim Dupuis, Alameda County's Interim Director of Information Technology, said Alameda County consulted several partners in private industry for their insights in holding successful employee Hackathons, a process he said helped tremendously in organizing an event that was both fun and productive.

County Administrator Susan S. Muranishi said Alameda County will continue to organize Hackathons and brainstorming sessions for the community and for employees to encourage bold thinking about ways Alameda County can be more efficient in its operations and more effective in the ways it serves residents.

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Improvements made at Rancho Higuera Historical Park

SUBMITTED BY LILA BRINGHURST

Washington Township Historical Society, Mission Peak Heritage Foundation and the Museum of Local History have



joined forces to work on the Rancho Higuera Historical Park. The groups are currently working on restoring the information Center, a redesign of the pedestrian entry gate into the park, and improving the flooring in the Higuera Adobe. The three organizations are collaborating with other organizations to get the project completed, including the Boy Scouts, and the Rotary Club of Mission San Jose.

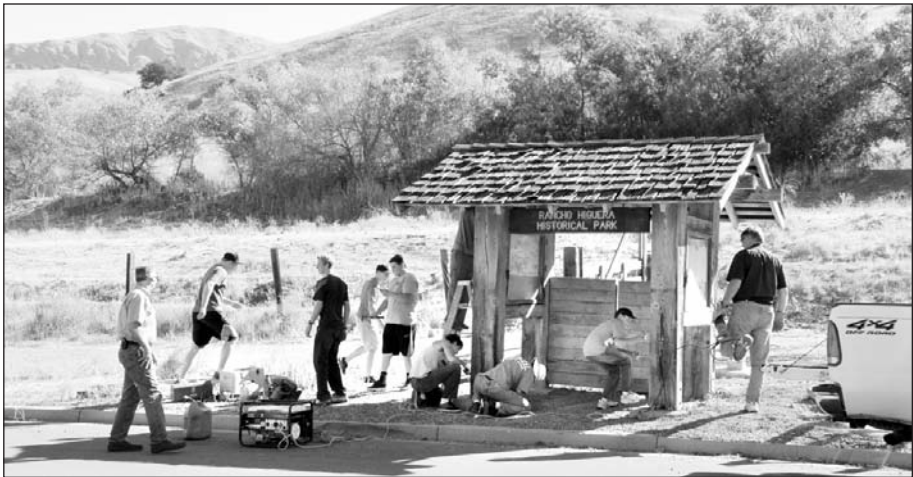
The Information Center is original to the 1979 reconstruction of the Galindo-Higuera adobe and has suffered from the weather. A number of the supporting posts had termite damage and the informa-

tion displays are empty and have suffered damage from graffiti. All four posts have been completely replaced and a new roof installed. Scout Gabe Champion worked on the renovation as an Eagle Scout project. Gabe and his team of volunteer Boy Scouts and parents removed the four posts and replaced them with new redwood posts. They then removed the wood shingles of the roof and installed new tar paper and shingles.

With the Information Center in better shape, four new information displays have been created and mounted in the Center. The multi-color displays detail the history of the adobe and park from the Ohlone days, through the Spanish, Mission, and farming days, and the 1979 restoration.

A pedestrian entry gate was an integral part of the information center, but to make the information center more accessible, the entry gate has been set back. The gate and fence redesign was done by local architect Neelu Hadav. The work on the entry gate was done by Scout Sean Wolnick also as an Eagle Scout project. The project involved digging new post holes, pouring new cement, installing mounting brackets, then putting in the fence posts and gate.

The floors inside the adobe have suffered from ground squirrels digging burrows. The



Rotary Club of Mission San Jose assisted the team with installing a rodent resistant floor. The dirt floor has been dug up and a layer of rock laid down, to make it more difficult for burrowing animals to get into the adobe, and then the original dirt was put back in and tamped down.

The unveiling of the work done on the information center and the adobe will be held in conjunction with a car caravan along the DeAnza Trail from Fremont to Oakland, on Saturday, September 28th. The car caravan is in celebration of National Public Lands Day and is sponsored by the National Park Service.

The car caravan will start at Rancho

Higuera Historical Park at 11:15 am. The kiosk will be officially unveiled and the adobe will be open for tours. Lionel Goularte, whose family used to live and farm on land that is now the historical park, will talk about growing up on the property and all that went on during the farming years. After the car caravan moves on to its next location, the Adobe will still be open until 3 p.m.

Rancho Hieguera Open House
Saturday, Sep 28
11 a.m. - 1 p.m.
Rancho Higuera Historical Park
47300 Rancho Higuera Rd., Fremont

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National Public Lands Day Caravan along the Anza Trail

BY STEVE TAYLOR AND GARRETT MARTIN
PHOTOS COURTESY OF NATIONAL PARK SERVICE

As the imperial British and upstart colonists were squaring off in the East for the American Revolution around 1776, Lt. Colonel Juan Bautista de Anza

Colonel de Anza and his crew weeks to travel from Fremont to Oakland, but this Saturday, September 28, you can join other residents and history buffs by car as they retrace the northern portion of the Anza Trail in a few fun-filled hours. Follow the whole route or meet up at the stops that interest you most.

tally over 1,200 miles! After being rebuffed by local government he received permission and assistance from the Crown of Spain. With 20 soldiers and herds of livestock he reached Monterrey in May 1774. Having reached the capital of Alta, California, he returned south.

Due to his initial success, he was sent on a second mission north with both friars and colonists and in 1776 reached San Francisco. De Anza picked the sites for both the Presidio of San Francisco and Mission San Dolores, which later were built by Jose Joaquin Moraga. The trail named in his honor, marks the path he took as he opened up an overland route through California. The path was crucial in the settlement of California along with the establishment of San Francisco and later Los Angeles.

The de Anza Trail event is part of National Public Lands Day (NPLD), the nation's largest, single-day volunteer effort for public lands. You can join volunteers of all ages for NPLD's 20th Anniversary at events all over the East Bay Regional Parks District or uncover the local legacy of Spanish California's first settler families by car caravan.

The East Bay Regional Park District, Peralta Hacienda Historical Park, and the National Park Service are all partners with Juan Bautista de Anza National Historical Trail for the event. For information, call (510) 544-3183 or (day of) (510) 542-0534.

National Public Lands Day Caravan along the Anza Trail
Saturday, Sept 28
11:15 a.m.
Rancho Higuera Historical Park
47300 Rancho Higuera Rd., Fremont

12:30 p.m.
Alameda Creek Niles Staging Area
(near Mission Blvd. at Niles Canyon Rd.), Fremont

1:45 p.m.
De Anza Park
Corner of Foothill Blvd. and City Center Dr.
(near Chase Bank), Hayward

2:30 p.m.
Peralta Hacienda
2465 34th Ave., Oakland
(510) 544-3183
www.AnzaHistoricTrail.org



led more than 240 men, women, and children on an epic journey on the other side of the continent, right through the Tri-City area to establish a settlement at San Francisco Bay. It took

The caravan begins at Fremont's Rancho Higuera Historical Park where attendees will tour the adobe and see the unveiling of new information panels and other site improvements.

Bring a picnic lunch to Alameda Creek and hear an East Bay Regional Park District Naturalist talk about the native landscape encountered by the Anza Expedition.

At De Anza Park in Hayward, a National Park Service Ranger will lead a kids' activity to tell the story of the epic 1775-76 Anza Expedition.

Tour the grounds of the first non-native homestead in present-day Alameda County at Peralta Hacienda in Oakland (admission fee applies for house tours after the program).

The car caravan is a chance to learn critical and almost forgotten local history. Centuries ago, the Spanish sought to settle more of the lands they had claimed in the New World and as a result, pushed north out of present day Mexico into "Alta" California. Starting in San Diego in 1769, they began establishing the famous missions along the coast to both control their lands and convert natives to Christianity. These outposts were in need of an overland supply route, so in January 1774 Colonel de Anza set off from Tubac in present day Arizona for California, a journey to-

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What You Should Know About Prostate Cancer

SUBMITTED BY JESSIE MANGALIMAN

Prostate cancer, the most common cancer in men over age 50 years and the second leading cause of cancer death among American men, is the subject of a special presentation at Kaiser Permanente Hayward Medical Center on Thursday, Sept. 26.

William Tu MD and Kelly Morgan, MD from the Kaiser Permanente Hayward and Fremont Urology Department will present a special lecture on

prostate cancer, PSA testing (prostate cancer testing), prostate cancer management and treatment options. The presentation will be held at Hayward Medical Center, 27400 Hesperian Blvd., Conference Rooms C1-C3, next to the hospital cafeteria.

The free lecture is open to the public. Light refreshments will be served.

For additional information and to RSVP, call Paul Koch, (510) 675-6889.

What a Close Shave!

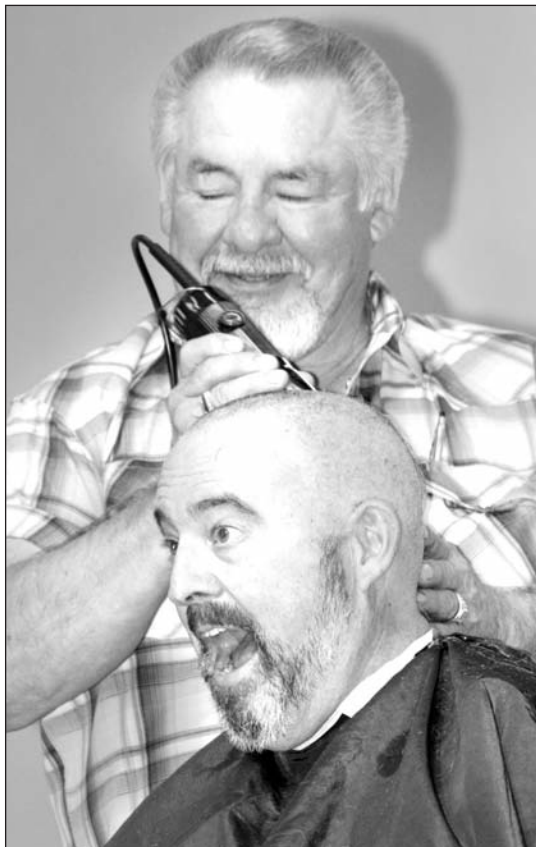
SUBMITTED BY GRAHAM ELEMENTARY SCHOOL, NEWARK
PHOTO BY ARLENE PAXTON

Now that the 2013 API (Academic Performance Index) test results have been announced, a principal in Newark kept his promise to shave his head at a school celebration assembly on September 6.

Last spring, students of James A. Graham Elementary School were challenged by Principal Terrance Dunn. He promised that if their STAR test scores increased, he would shave his head. The challenge worked. The school's state API growth target is five points; this year, Graham's scores skyrocketed by 45 points! This was the greatest growth of any elementary school in Alameda County, and one of the Top 50 growth achievements of California's 6,219 elementary schools.

Dunn says, "At Graham, we have recognized that our diversity is a great strength. We learn to work together. We learn to communicate. We learn to appreciate each other to build a positive community. Here's our secret - we succeeded together."

He attributes the school's growth to several key factors. "We have skilled, veteran teachers who are open to new ideas. We have caring parents who want the best for their children. We have students who do their best. We have support from the district and from community groups including the Rotary Club of Newark, the Rotaract Club of Greater Fremont, and Avanzando. And, we have a staff full



Principal Terrance Dunn has his head shaved to complete his promise

of people who love the school and the children. It takes all of us to make a difference."

Looking for a Poet Laureate

SUBMITTED BY GWENDOLYN MITCHELL

The County of Santa Clara in partnership with Silicon Valley Creates has announced the opening of the application submission process for the April 2014 –March 2016 Santa Clara County Poet Laureate post. The selected poet's role is to elevate poetry in the awareness of Santa Clara County residents and to help celebrate the literary arts. As the application deadline approaches, Santa Clara County poets are reminded to send in their applications by September 30, 2013, 5:00 p.m.

The honorary post of Santa Clara County Poet Laureate was created by the County of Santa Clara Board of Supervisors on November 18, 2008. The County works in partnership with Silicon Valley Creates, formerly Arts Council Silicon Valley, to identify a nominee to fill the two-year post, following appointment by the Board of Supervisors.

The Poet Laureate will receive a modest honorarium.

The selection process will be administered by Silicon Valley Creates. Applications will be peer-reviewed by established poets by October 2013. Interviews with finalists will be conducted and completed in November 2013. The recommended Poet Laureate will be announced at a meeting of the Board of Supervisors in December 2013.

Application guidelines are available at www.sccgov.org/poetlaureate and at www.svcreates.org. For more information, please contact Silicon Valley Creates at grant.apps@svcreates.org or 408-998-2787 ext 214.

Alternative transportation for Sharks fans

SUBMITTED BY BRANDI CHILDRESS

Back by popular demand for the 2013-2014 Sharks hockey season, the Santa Clara Valley Transportation Authority (VTA) is providing a more convenient, affordable transit alternative to the traffic-riddled, driving and parking experience!

At the suggestion of Sharks fans last hockey season, VTA will once again run a special game-day train leaving Santa Teresa with direct service to the San Jose Diridon Station, eliminating the need to transfer between trains at the Convention Center Station located two stops from Diridon. An additional return train to south San Jose leaves no earlier than 15 minutes after the end of the game. This train is different than the one departing for the Winchester Station in Campbell so check the head signs before boarding to make sure you are headed in the right direction!

This new transit option starts Friday, September 20th. The direct service, offered at all Sharks home games will vary depending on game start times so please check the special train schedule departure times at <http://www.vta.org/sharks/>.

For more information on VTA Bus and Light Rail services, please contact VTA Customer Service at (408) 321-2300, TTY (408) 321-2330. You can also log onto www.vta.org and sign-up to receive VTA email updates. Follow us on Twitter: @VTA and "Like" us on facebook.com/scvta!

Hayward Cleanup scheduled

SUBMITTED BY KATHY SUPER

The next Keep Hayward Clean and Green clean-up day will be September 28, 2013 at Burbank School, Hayward from 8:30 a.m. to 12 noon. The school is located at B. Street and Filbert. Come and help clean up your community. Tools available, community service hours available, children under 18 require adult supervision. Registration on site or go to www.ca.hayward.ca.us and look for the KHCG logo.

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THEATRE REVIEW

Web of Murder

BY JANET GRANT
PHOTOS BY DAN SPARKS

The scene is set in a brooding Victorian mansion high atop a cliff overlooking the Pacific Ocean. Enter one rich, nasty, old, will-toting, wheel-chair bound widow, her spinster daughter, her personal physician, a long-suffering housekeeper, two nieces and their fiancées, and a mystery man. What ensues is a night of exciting, fast-paced suspense courtesy of Broadway West's production of "Web of Murder."

From the start, Jonathan Troy's modern-day whodunit skillfully directed by Paula Chenoweth sets the right atmospheric tone. The house is gloomy, winds are howling, the inhabitants are miserable and expectations run high that something wicked is on its way.

The audience is immediately drawn into the story by observing Stephanie Osterman (Dawn Cates), a maiden daughter trapped in the desolate mansion with a cruel and unloving mother. Ms. Cates portrayal of Stephanie is at once believable, as she wanders dolefully throughout the house while her youth withers away. Her



only kind companion is Nora, the Housekeeper, artfully portrayed by Elizabeth Lowe. Ms. Lowe's character is compassionate and rather humorous. It seems she found the key to surviving the taunts of her demanding mistress long ago.

Minerva Osterman as the mistress of the house is convincingly played by the talented Mary Galde. Ms. Galde lavishes her role with such heartless and sadistic glee; you can almost hear her snarl. She is only tempered by her physician, Dr. Adler portrayed by Kyle Smith. Mr. Smith is effective as the stiff, non-sense but snaky doctor.

Nicole Odor as the niece, Mary Hamilton, adds a note of humanity and hope to



the ensemble. She comes at her Aunt's bidding with her uninvited fiancé Keith Latimer, energetically played by Mikey Schott. Mr. Schott's clean-cut, nice guy role blends well with Ms. Odor's sweet and somewhat naïve character.

The bleak setting of the play is broken up on several occasions with the humor and timing of Mary's sister, Belle Hamilton (Ambera De Lash), and her fiancé Pete Martinelli (Jim Woodbury). Ms. De Lash as the trusting, air-headed showgirl and Mr. Woodbury's gum-smacking, reformed thug worked well together and drew some of the evening's well-earned laughter.

Spencer Stevenson was also convincing as "The Man." His bravado understated some mysterious secret that kept you wondering throughout.

Sir Walter Scott wrote, "O, what a tangled

web we weave when we practice to deceive." You would have thought he was discussing "Web of Murder" as this Broadway West production has it all: nasty characters, a will, a Victorian mansion, baying hounds, howling wind, icky spiders, suspense, secrets, deceit, mystery, death, cool card tricks, and lots and lots of entertainment.

If you love a good old-fashioned type of whodunit, come see Broadway West's marvelous "Web of Murder," where the game is definitely afoot.

"Web of Murder"
September 20 - October 19
8 p.m. (Sunday matinees at 1 p.m.)
Broadway West Theatre Company
4000-B Bay Street, Fremont
(510) 683-9218
www.broadwaywest.org
Tickets: \$10 - \$25

Pets Add Life Children's Poetry Contest

SUBMITTED BY AMERICAN PET PRODUCTS ASSOCIATION

Calling all poetic pupils! Bob Vetere, American Pet Products Association (APPA) President and CEO, is pleased to announce that the association's non-profit campaign, Pets Add Life (PAL), is accepting submissions for the 6th annual Pets Add Life Children's Poetry Contest now through January 31, 2014. Students in 3rd - 8th grade are encouraged to write unique poems about the joys and benefits of owning pets of all types for a chance at top prizes.

"The contest is a wonderful opportunity for kids to creatively express their love of animals, whether it's lizards, fish, rabbits, dogs, cats, horses, and everything in between, while also allowing

them to compete for some really great prizes," Vetere said.

Students can submit poems via PAL's Facebook page at facebook.com/petsaddlife, online at www.PetsAddLife.org or mail final poems and submission forms to: Pets Add Life, 661 Sierra Rose Dr., Reno, NV 89511. Deadline for submissions is January 31, 2014 at 5 p.m. EST.

In addition, teachers within the contest grade levels are welcome to incorporate this national contest into their lesson plans, and submit poems in one entry, on behalf of his/her classroom.

One student from each grade level (six total) nationwide will win a \$250 gift certificate for pet products, and a byline in a nationally circulated publication or online outlet. In addition, the six winning students' classrooms will each win a \$1,000 scholarship to spend on pet-related education or to support a pet in their classroom.

To learn more about the "Pets Add Life Children's Poetry Contest," please visit www.petsaddlife.org or contact Brooke Gersich at (775) 322-4022.

Beautification Event

SUBMITTED BY
SUPERVISOR NATE MILEY

Alameda County Supervisor Nate Miley and the Fall Cleanup Committee invite residents and friends of Ashland, Cherryland and Fairview to help in the 11th Annual Unincorporated Area Clean Up & Beautification event Saturday, September 28. Meet at the Meek Park (Hayward) staging area at 8 a.m. to register. Activity begins at 9 a.m. and lunch will be held at noon. For additional information, contact Anna Gee (510) 891-5585 or anna.gee@acgov.org.

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continued from page 1

Induz Dandia



the globe, teaching them about local arts, culture of the region, geography, and history. The program helps Bay Area student communities learn about other cultures in a fun and creative way; to interpret the arts of the region they visit on their own. It fosters better understanding of cultures around the world and instills pride in children whose families come from the country visited.

The program is very popular among teachers and students; kids feel like they have traveled around the world, passport in hand, without ever stepping out of the classroom. In addition, through "Project Tulika," Induz has been providing free art, music, and dance education to children at orphanages in India for the last five years.

Induz founder Ray Mitra says the technology industry and the national education system realize that creativity fuels innovation; and art education helps young minds think outside the box and come up with creative solutions. In 2013, the U.S. government introduced STEAM (Science, Technology, Engineering, Arts, Math), an initiative to add art and design to the national agenda for education. Induz's program can help bring essential arts skills to those that need it most for a better and brighter future.

"All art, be it music, dance, painting or any other form, is a medium for bringing diverse cultures and communities together. We see the point of connection as being 'Where Art Meets Heart.' If we can accomplish that for our children then the world of their future will be a peaceful and happy place," says Mitra.

To raise funds for their many projects, Induz will once again host Dandia on Saturday, September 28. Dandia is a traditional folk dance of India

from the western state of Gujarat and is typically performed during the Hindu "Navratri" ("Nav" = nine and "ratri" = nights) festival. According to Hindu mythology, Goddess Durga visits the earth during these nine days to destroy evil and bring joy to the hearts of people. In the Dandia dance, men, women and children typically dance in two concentric circles with sticks in their hands. Danced with grace, energy and vigor, the opposite sides hit the sticks to a beat producing a rhythmic sound. Live music for both Dandia and Garba will be provided by the Bay Area's very popular Alaap group. Induz Dandia is also the first in the U.S. to include a laser lights display with the dancers.

Please visit www.sulekha.com/induz or contact Ray Mitra at (510) 875-5006 for tickets. More information and volunteering opportunities can be found at www.induz.org or by contacting Mitra.

Induz Dandia
Saturday, Sept 28
7 p.m. - 11:30 p.m.
Centerville Junior High School Auditorium
37720 Fremont Blvd., Fremont
(510) 449-8530
(510) 875-5006
www.sulekha.com/induz
www.induz.org

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For more information and to order tickets go to
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 Fri - Sat: 11:30 am - 10 pm
 Sun: 1 pm - 8 pm

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* Kaiser Insurance Not Accepted

Thursday, October 3

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Hardeep Ahluwalia, MD
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 Fremont, CA 94538
 www.checkmylegs.com



100% Satisfaction Guarantee

Carlton Plaza of Fremont is a vibrant, activity filled community where residents enjoy fitness classes, crafts, reading, puzzles, cooking, writing, card games, billiards and plenty of lively conversation.

Musically inclined residents enjoy playing the grand piano in the beautiful living room and a frequent schedule of live music, movies, dance and wine tasting keeps toes tapping and the atmosphere merry. Please call today to schedule a tour.

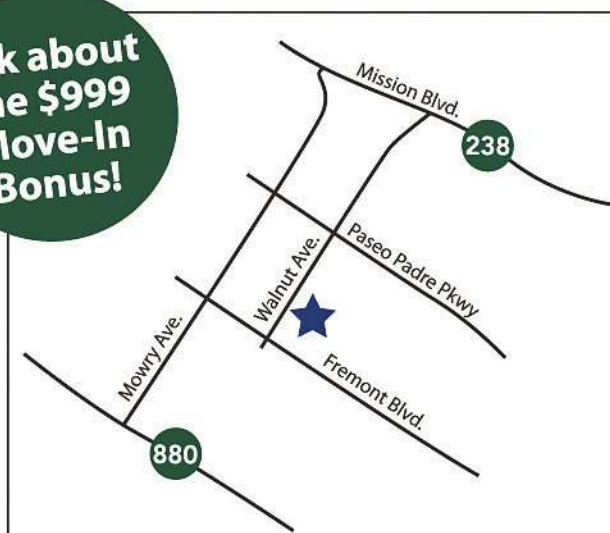
Tom MacDonald
 Founder

Dancing, Fitness, Learning, Fun. This is Senior Living?!

Carlton Plaza of Fremont is an independent living and assisted living community with a unique personality as expressed by its residents. A council of residents meets to plan activities, events, excursions, and more. The community has a liaison on staff whose role is to bring those plans to life.

With a focus on physical, spiritual and cognitive enrichment, Carlton Plaza of Fremont features fitness classes enjoyed by people at all levels of physical ability.

Ask about
 the \$999
 Move-In
 Bonus!



Express yourself with great friends and fun at Carlton Plaza of Fremont. Call today to schedule a tour and complimentary luncheon.



Carlton Plaza of Fremont
 3800 Walnut Avenue • Fremont
 (510) 505-0555
 Lic. No. 015600118

CarltonSeniorLiving.com



510-797-1136

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Broadway West Theatre Company Presents

WEB OF MURDER

by Jonathan Troy
Directed by Paula Chenoweth

September 20 – October 19

Set in a brooding Victorian mansion high on a remote bluff above the Pacific Ocean, the play centers on the rich and eccentric Minerva Osterman, who has called together her potential heirs for the advance reading of her will. She knows that it will please some and disappoint others—unless they take the sinister steps necessary to protect their interests. Murder ensues, the will disappears, and a diabolic plot is revealed.

Performance times are 8 pm on Thursdays, Fridays and Saturdays. There are three Sunday matinees: Sept 29 and Oct 6 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 pm. The October 13 performance starts at 1 pm with refreshments during intermission (included in price of ticket).

Broadway West Theatre Company, 4000-B Bay Street in Fremont

presents the suspense-filled
murder mystery "Web of Murder"
September 20 – October 19

For reservations and information, call 510-683-9218, or purchase tickets on our website at www.broadwaywest.org.

"Making Good Medical Decisions" with Lael Duncan, MD



Are You Prepared to Help Your Aging Parent?

Come hear Dr. Lael Duncan, a patient advocacy expert, discuss the types of decisions facing individuals and families with aging parents. Dr. Duncan will provide guidance and education for those that may encounter a new diagnosis, a hospitalization, an unplanned or elective surgery, or transitioning between home and assisted living.

October 29, 2013 5:00 pm – 6:30 pm
Learn More & RSVP at AlmaViaEvents.org.



510.489.3800

33883 Alvarado-Niles Road | almaviaoofunioncity.org

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



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CHAMBER MUSIC OUTSIDE THE BOX

3:30pm Sat. 9/21/13
Music at Fresno
The Fremont Cliff House, 41401 Vargas Rd. Fremont
Event sponsored by Cliff Walker.

8:00pm Sat. 10/12/13
The Ledge Trio
Old Mission San Jose

8:00pm Sat. 3/15/14
The Bargain
Old Mission San Jose

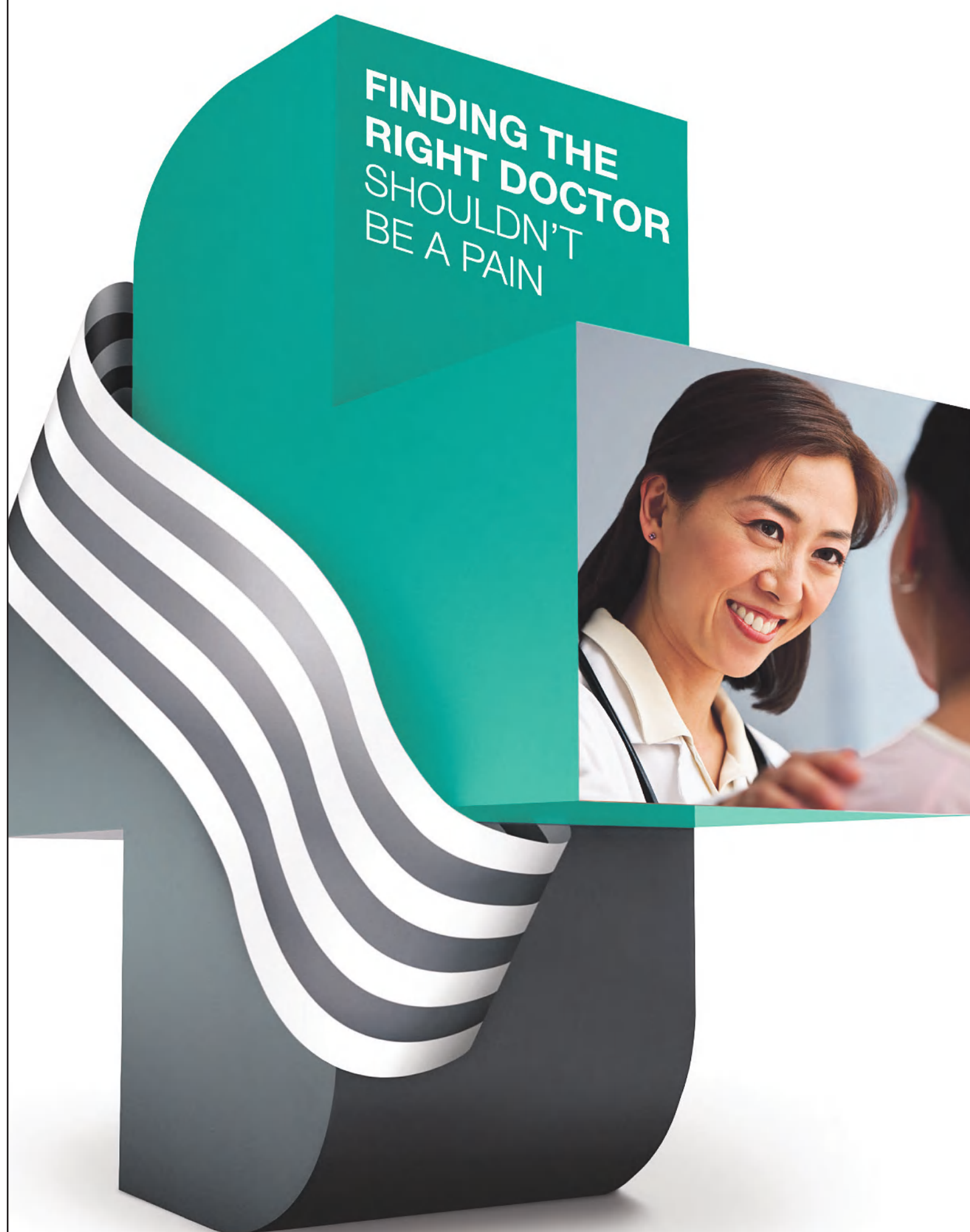
6:30pm Fri. 4/25/14
The Mission Masquerade Ball
The Hilton Hotel, Newark/Fremont

8:00pm Sat. 5/31/14
VIENNA
Old Mission San Jose

Tickets & Info www.musicatmsj.org

Music at the Mission's Educational Outreach Performances underwritten by

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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

Fridays, Jul 19 thru Oct 25
Fremont Street Eats
4:30 p.m. – 9:00 p.m.
Food Truck Mafia offers variety of culinary treats
No smoking & no alcohol
Downtown Fremont
Capital Ave. between State & Liberty St., Fremont
www.fremont.gov/Calendar

Thursday, Aug 15 - Saturday, Oct 18
New Members & Emerging Artists Show
10 a.m. - 4 p.m.
Variety of artworks
Foothill Arts of the Bay
22394 Foothill Blvd., Hayward
(510) 538-2787
www.haywardarts.org

Thursdays, Fridays & Sundays, Aug 22 thru Oct 27
Train Rides \$
10:15 a.m. - 3:30 p.m.
Climb aboard for a ride back in time
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparksonline.org

Sunday, Sep 1 thru Saturday, Sep 30
Shinn Park and Arboretum Art Display
5 a.m. - 9 p.m.
Painting exhibit by local artists
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Monday, Sep 3-Sunday, Sep 30
Cultural Corner Art Display
3 p.m. - 6 p.m.
Exhibit by photographer Tim Charles
New Park Mall
2086 Newpark Mall, Newark
(510) 794-5523

Thursday, Sep -Sunday, Sep 29
The Woman in Black \$
Fri & Sat: 8 p.m.
Sat & Sun: 2 p.m.
Ghost play about the exorcism of demons
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Thursday, Sep 5-Sunday, Sep 29
Animal Feeding \$
3 p.m.
Learn to feed the livestock
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparksonline.org

Arts & Entertainment

Thursday, Sep 5-Sunday, Oct 27
Patterson House Museum Tours \$
Various times
Docent led tour of farmhouse
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparksonline.org

Wednesdays, Sep 25 thru Nov 13
Newark Police Department Citizen Police Academy – R
5:30 p.m. - 9:00 p.m.
Participants learn about local law enforcement
Register by Sept. 9th
Newark City Council Chambers
37101 Newark Blvd., Newark
(510) 578-4352
beverly.ryans@newark.org

Mondays, Sep 9 - Thursdays, Dec 20
10th Street After-School Program
4 p.m. - 6 p.m.
Sports, arts-n-crafts, games & special events
Drop-in program, no day care
10th Street Community Center
33948 10th Street, Union City
(510) 675-5276
www.UnionCity.org

Tuesdays, Sep 11 & Thursdays, Nov 13
Music for Minors II Training
9:30 a.m. - 11:45 a.m.
Learn to become a docent
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 733-1189
www.musicforminors2.org

Wednesdays, Sep 11 - Dec 18
Walk This Way R
10:30 a.m. - 12 noon
Walking & strength exercises for ages 55+
Kennedy Community Center
1333 Decoto Rd., Union City
(510) 574-2053

Thursday, Sep 12 - Sunday, Oct 12
Some Assembly Required
12 noon - 5 p.m.
Artwork using common & recycled objects
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Thursday, Sep 20 - Sunday, Oct 19
Web of Murder \$
Thurs - Sat: 8:00 p.m.
Sun: 12:15 p.m.
Diabolical plot ensues after reading of the will
Broadway West Theatre Company
400-B Bay St., Fremont
(510) 683-9218
www.broadwaywest.org

Saturdays, Sep 21 - Dec 28
Farmers' Market
9 a.m. - 1 p.m.
Food, music & entertainment
Produce from local farmers
East Plaza
11th Street & Decoto Rd., Union City
http://pcfma.com/EastPlaza

Saturdays, Sep 21 - Sundays, Dec 29
San Leandro Art Association Member Exhibit
11 a.m. - 3 p.m.
Variety of art work on display
Casa Peralta
384 West Estudillo Ave, San Leandro
(510) 357-4650

Monday, Sep 23-Friday, Nov 11
Photography Display
8:30 a.m. - 4:00 p.m.
Works by David Steffes
Hayward Senior Center
22325 N Third St., Hayward
(510) 538-2787

Wednesday, Sep 25 - Sunday, Oct 20
48th Annual Fine Art Show
11 a.m. - 5 p.m.
Exhibits of paintings, photography & 3-D works
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.fremontartassociation.org



HAYWARD AREA HISTORICAL SOCIETY

Shrouded Tales and Voices of the Past

Join The Undertaker and HAHS throughout October for historical tours of suspicion, tragedy and death with a touch of the paranormal at Meek Mansion, McConaghy House and the San Lorenzo Pioneer Cemetery.

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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	Peace Terrace, FREMONT 1:30 – 2:00 Acacia Creek Retirement Community, 34400 Mission Blvd., UNION CITY 2:45 – 3:45 Ardenwood School, 33955 Emilia Lane, FREMONT 5:15 – 6:45 Forest Park School, Deep Creek Rd. & Maybird Circle, FREMONT
Tuesday, September 24 10:00 -11:15 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	Tuesday, October 1 9:45–10:15 Daycare Center Visit - UNION CITY 10:45–11:15 Daycare Center Visit - FREMONT 2:15 – 3:00 Daycare Center Visit - NEWARK 4:30 – 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT 5:50 – 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT
Wednesday, September 25 3:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT 4:15 – 4:50 Lone Tree Creek Park, Starlite Way & Turquoise St, Warm Springs, FREMONT 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT	Wednesday, October 2 12:45 – 2:15 Glenmoor School, 4620 Mattos Drive, FREMONT 3:50 – 4:20 California School for the Deaf, 39350 Gallaudet Dr., FREMONT 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT
Thursday, September 26 9:30 –10:15 Daycare Center Visit - UNION CITY 10:30–10:50 Daycare Center Visit - UNION CITY 1:55 – 2:20 Daycare Center Visit - SAN LORENZO 2:45 – 3:40 Bay School, 2001 Bockman Rd., SAN LORENZO	Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060
Monday, September 30 10:00–10:25 Daycare Center Visit - FREMONT 10:25–10:50 Peace Academy,	Wednesday, October 2 1:45-3:00 1991 Landess Ave., Milpitas 3:15-3:45 120 Dixon Landing Rd., Milpitas

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

Senior
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Unity of Fremont
Sunday 10:00 AM



36600 Niles Blvd, Fremont
www.unityoffremont.org
510-797-5234

Friday, Sep 28-Sunday, Oct 13

Les Miserables \$
Fri & Sat: 8:00 p.m.
Sun: 2:30 p.m.
*Musical tale of broken dreams & unre-
quited love*
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org

Saturdays, Sep 28 thru Nov 16
Teen/Senior Computer Gadget
Help

10:30 a.m. - 12:30 p.m.
*Older adults learn to use cell phones &
iPads*
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Tuesday, Sep 24
Ace the Interview! Skills for
Midlife Applicants

6 p.m.
Learn how to prepare for an interview
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900

Tuesday, Sep 24
The Myth-Adventures of
Melanie Moe

3:15 p.m.
Interactive Greek mythological
adventure
Niles Library
150 “I” Street, Fremont
(510) 795-2626

Tuesday, Sep 24

Read to a Dog
6:30 p.m. - 7:30 p.m.
Children read to trained therapy dogs
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Tuesday, Sep 24
Dinner and a Movie \$

5 p.m.
Pizza, drinks & movie
Ages 11 – 16
Union City Teen Center
1200 J St., Union City
(510) 675-5600
www.UnionCity.org

Wednesday, Sep 25
Meeting on Public Safety Re-
alignment

5:30 p.m. - 7:30 p.m.
*Discuss impact of transferring prison in-
mates*
Westminster Hills Outreach
Center
27287 Patrick Ave., Hayward
(510) 782-5795
http://www.acgov.org/board/dis-
trict2/

Wednesday, Sep 25
Collage Technique Demonstra-
tion

10 a.m. - 12 noon
Artist Jaya King creates whimsical pieces
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357

Wednesday, Sep 25

The Vine’s Anniversary Party \$
3:00 p.m. - 9:30 p.m.
*Celebrate with special appetizer & drink
menu*
The Vine
37533 Niles Blvd., Fremont
(510) 792-0112

Thursday, Sep 26
Job Search Strategies

1:30 p.m. - 3:00 p.m.
Learn about hidden job markets
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 795-2627

Friday, Sep 27
SAVE: Breakfast Eye Opener \$

7:30 p.m. - 9:00 p.m.
Learn about domestic violence issues
Hilton Hotel
39900 Balentine Dr., Newark
(510) 490-8390
www.save-dv.org

Friday, Sep 27
Guest Open House \$

8:15 p.m. - 10:00 p.m.
Learn ballroom dancing
Arthur Murray Dance Studio
22445 Foothill Blvd., Hayward
(510) 537-8706

Friday, Sep 27
Friday Night Hang Out!

6 p.m. - 9 p.m.
Play pool, video games & more
Ages 12 – 17
Union City Teen Center
1200 J St., Union City
(510) 675-5600
www.UnionCity.org

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Evangelistic Bible Seminar

Saturday, Sept 21 - Saturday, Oct 5

6:30 pm

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Cure and prevent certain deadly
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Origin of sin and how it will be wiped away
How to be ready to meet our King

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Newark Chamber looking for a new President

The Newark Chamber of Commerce is currently accepting resumes for the position of President/CEO that reports directly to its Board of Directors. The President/CEO will be responsible for taking the vision of the Board of Directors and help make it reality through the implementation of a Strategic Plan.

Contact Linda Ashley at 510-744-1000 to obtain a copy of the President/CEO Job Announcements which includes Education/Experience Requirements, Primary Functions, and About Newark.

To apply please send a resume with an introductory letter describing your interest in the position, including a detailed description about your qualifications as detailed the in Job Announcement. Resumes must be received by September 30, 2013.

Send to: Linda Ashley, Consultant

Newark Chamber of Commerce
37101 Newark Blvd
Newark, CA 94560

HAYWARD UNIFIED SCHOOL DISTRICT



INVITES APPLICATIONS FOR PERSONNEL COMMISSIONER

Responsibilities include: conducting appeals, defining roles, processes and procedures governing the classification, selection, retention and promotion of non-teaching employees. The appointment is for a 3 year term.

Applicants must be:

1. A registered voter and reside within the boundaries of the school district; and
2. A known adherent to the principles of the merit system.

Apply by Oct. 31, 2013 on www.husd.us

Saturday, Sep 28

Branching Out: Home Concert Series \$

6 p.m. - 9 p.m.

Folk musician Melissa Greener

Weischmeyer's Home
37735 Second St, Fremont
(510) 825-0783
info@michaelmcnevin.com

Saturday, Sep 28

Oktoberfest \$

12 noon - 5 p.m.

Beer, food, entertainment & kid's zone

Swiss Park
5911 Mowry Ave., Newark
(510) 793-6279
www.swissparknewark.com

Saturday, Sep 28 - Sunday, Sep 29

Fall Festival

10 a.m.

Food, games & entertainment

St. Clement Church
750 Calhoun St., Hayward
(510) 582-7282
www.saintclementchurch.org

Saturday, Sep 28

Back to School Shoe Giveaway

10 a.m. - 3 p.m.

New shoes for low-income students

Oakland Coliseum
7000 Coliseum Way, Oakland
(510) 569-2121
www.bestfoot4ward.org

Saturday, Sep 28

Sons of Norway Tri-Tip Dinner \$

6 p.m.

Food, music, dancing & raffle

Hill and Valley Clubhouse
1808 B St., Hayward
(510) 656-3549

Saturday, Sep 28

Movie Night \$

7:30 p.m.

"The Student Prince in Old Heidelberg," & "His Wooden Wedding"

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

Saturday, Sep 28

Skills of the Past Fire Making – R

9:30 a.m. - 12:30 p.m.

Learn to make fire by using friction

Ages 16+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Sep 28

Skills of the Past: Atlatl

2:00 p.m. - 4:30 p.m.

Practice throwing ancient darts

Ages 8+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Sep 28

Flash Fiction Writing Contest

10 a.m. - 4 p.m.

Limited to 300 words or less

Prizes awarded
Half Price Books
39152 Fremont Blvd., Fremont
(510) 744-0333
www.fremontculturalarts.org

Saturday, Sep 28

Anniversary Celebration – R

2 p.m. - 5 p.m.

Food, entertainment & kid's activities

St. Edward School
5788 Thornton Ave., Newark
(510) 793-7242

Saturday, Sep 28

Fall Food Fest \$

4 p.m. - 9 p.m.

Live music, dancing, food & raffle

Epiphany Lutheran Church
16248 Carolyn Street,
San Leandro
(510) 278-5133
www.eastbayepiphany.org

Saturday, Sep 28

Keep Hayward Clean and Green – R

8:30 a.m. - 12 noon
Burbank Elementary School
222 Burbank St., Hayward
(510) 885-8483
www.hayward-ca.gov



Friday, September 27, 2013, 7:30 to 9:00 am
Hilton Newark/Fremont • 39900 Balentine Drive, Newark



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Farmers' Market

The year-round Union City Certified Farmers' Market is open every Saturday, rain or shine, from 9am-1pm at Old Alvarado Park on Smith and Watkins. Fresh-from-the-farm produce and fun for the whole family! <http://facebook.com/UnionCityFarmersMarket>



Paintings from Historic Shinn House and Arboretum

Displayed at Mission Coffee
and Roasting Company,
151 Washington Boulevard,
Fremont

From September 1 to September 30, 2013

Saturday, Sep 28

Caravan Along the Anza Trail

11:15 a.m.

Learn about Spanish California's first family settlers

Ranch Higuera Park
47300 Rancho Higuera Rd.,
Fremont
(415) 623-2344
www.AnzaHistoricTrail.org

Saturday, Sep 28

Textile Art Exhibit

1 p.m. - 3 p.m.

Quilts by Marion Coleman

Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900

Saturday, Sep 28

AAUW Fall Brunch

8:30 a.m. - 11:00 a.m.

Volunteer programs to promote equity for women

First United Methodist Church
of Fremont
2950 Washington Blvd., Fremont
(510) 794-6844
www.aauwfremontbranch.org

Saturday, Sep 28

Alviso Slough Trail 9-Mile Walk

8:30 a.m.

Flat, level & self-paced walk

Alviso Environmental Center
1751 Grand Blvd., Alviso
(408) 262-5513 x102

Saturday, Sep 28

Induz Dandiya \$

7:00 p.m. - 11:30 p.m.

Music, traditional dances & light show

Centerville JR High School
37720 Fremont Blvd., Fremont
(510) 797-2072
www.induz.org

Sunday, Sep 29

Ohlone Village Site Clean Up

10 a.m. - 12 noon

Help weed, clean & renew the site

Ages 12+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Sep 29

Ohlone Village Site Tour

1 p.m. - 3 p.m.

Visit pit house, & shade structure

Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Sep 29

Music & Art in the Park

1 p.m. - 5 p.m.

Rock 'n' Roll music

No alcohol
Hayward Memorial Park
24176 Mission Blvd., Hayward

Dining & Theatre

SUBMITTED BY SAMIRA HAMID

Do you love a good ghost story? For the second time around, two of Hayward's best have joined together to offer you an extraordinary evening of mystery, fine dining, and theatre! Neumanali and the Douglas Morrisson Theatre (DMT) invite you to an exclusive dinner at Neumanali's followed by a thrilling production of "The Woman in Black" at DMT.

This deliciously discounted dining and theatre experience is limited to the first thirty guests... surprises included! Enjoy a wonderful evening of food, fun, and a good ghost story while support-

ing the Hayward Area Recreation and Park District. Call (510) 881-6777 for more information.

Dining and Theatre

Saturday, Sep 28

5 p.m. dinner

8 p.m. curtain

(reserved seating)

Neumanali

742 B St., Hayward

www.neumanali.com

Douglas Morrisson Theatre

22311 N. Third St., Hayward

(510) 881-6777

www.dmtonline.org

Tickets: \$60 per person

HOME SALES REPORT

CASTRO VALLEY				TOTAL SALES: 14			
Highest \$:		903,000	Median \$:		490,000		
Lowest \$:		315,000	Average \$:		565,643		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
2732 Barlow Drive	94546	670,000	4	2101	1959	08-20-13	
18003 Center Street	94546	903,000	4	3678	1996	08-16-13	
19553 Eagle Street	94546	410,000	3	1855	1955	08-16-13	
4561 Edwards Lane	94546	565,000	4	2440	1992	08-12-13	
2532 Lessley Avenue	94546	315,000	2	905	1948	08-16-13	
20671 Maria Court	94546	465,000	3	1569	1992	08-14-13	
4034 Meadowview Drive	94546	355,000	3	1124	1952	08-20-13	
17510 Parker Road	94546	662,000	2	1878	1957	08-16-13	
19114 San Miguel Avenue	94546	440,000	4	1244	1949	08-20-13	
18164 Vineyard Road	94546	569,000	3	1750	1974	08-16-13	
35691 Palomares Road	94552	900,000	-	2939	-	08-16-13	
5373 San Simeon Place	94552	490,000	3	1546	1981	08-19-13	
20363 Waterford Place	94552	450,000	3	1766	1983	08-15-13	
18773 West Cavendish Drive	94552	725,000	-	2262	1978	08-16-13	
FREMONT				TOTAL SALES: 70			
Highest \$:		2,250,000	Median \$:		615,000		
Lowest \$:		250,000	Average \$:		672,643		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
10 Avila Terraza #10N	94536	580,000	3	1420	2001	08-12-13	
530 Avington Terrace	94536	670,000	3	1509	1997	08-20-13	
36824 Bonito Drive	94536	489,000	3	1136	1955	08-20-13	
5127 Brophy Drive	94536	650,000	4	1588	1964	08-14-13	
5036 Castlewood Common	94536	615,000	3	1678	1985	08-12-13	
36163 Corsica Place	94536	690,000	4	1797	1965	08-20-13	
37903 Essanay Place	94536	250,000	2	891	1983	08-20-13	
38325 Fitzgerald Circle	94536	504,000	2	1300	1965	08-20-13	
38152 Hastings Court	94536	705,000	3	1576	1963	08-16-13	
3389 Manchester Common	94536	443,000	-	1586	1976	08-16-13	
4293 Marie Court	94536	620,000	3	1452	1961	08-16-13	
4305 Nicolet Avenue	94536	575,000	4	1877	1965	08-16-13	
37461 Parish Circle #2E	94536	350,000	2	1008	1989	08-12-13	
3395 Pinewood Terrace #104	94536	331,000	1	936	1987	08-12-13	
38236 Redwood Terrace	94536	458,000	2	1290	1986	08-15-13	
4270 Ribera Street	94536	620,000	3	1256	1967	08-16-13	
38978 Sailfish Common	94536	550,000	2	1178	1995	08-20-13	
35101 Santiago Street	94536	544,000	4	1748	1965	08-16-13	
37568 Summer Holly Common	94536	450,000	3	1492	1998	08-16-13	
3037 Surry Place	94536	790,000	4	1980	1972	08-13-13	
37151 Towers Way	94536	400,000	2	747	1952	08-20-13	
4981 Boone Drive	94538	540,000	3	1148	1960	08-16-13	
4772 Calaveras Avenue	94538	570,000	3	1358	1959	08-16-13	
43338 Columbia Avenue	94538	480,000	3	1112	1954	08-14-13	
3646 Congress Court	94538	610,000	3	1549	1958	08-16-13	
5018 Curtis Street	94538	620,000	5	1830	1960	08-13-13	
4556 Deerfield Terrace	94538	410,000	3	1242	1971	08-14-13	
42659 Everglades Park Drive	94538	622,000	3	1347	1962	08-16-13	
39206 Guardino Drive #103	94538	250,000	1	693	1990	08-13-13	
39109 Guardino Drive #226	94538	370,000	2	1077	1987	08-16-13	
3458 Hart Common	94538	621,000	3	1637	1996	08-20-13	
4744 Hedgewick Avenue	94538	580,000	3	1402	1963	08-14-13	
3662 Howe Court	94538	515,000	3	1056	1957	08-16-13	
40329 Leslie Street	94538	457,000	3	950	1956	08-15-13	
39910 Lindsay McDermott Lane #L94538	94538	270,000	2	906	1981	08-20-13	
39401 Logan Drive	94538	575,000	3	1035	1961	08-15-13	
5579 Magnolia Terrace	94538	293,000	2	1006	1971	08-19-13	
42823 Ravensbourne Park Street	94538	626,000	4	1736	1962	08-16-13	
5338 Reseda Circle	94538	521,500	4	1422	1994	08-20-13	
39655 Royal Palm Drive	94538	595,000	4	1456	1962	08-16-13	
40138 School Court	94538	530,000	3	1150	1959	08-16-13	
5651 Spry Common	94538	358,000	2	850	1994	08-16-13	
5140 Trade Wind Lane	94538	740,000	5	2274	1961	08-14-13	
366 Becado Drive	94539	1,550,000	6	3239	1977	08-12-13	
187 Buck Court	94539	930,000	4	1728	1988	08-12-13	
40904 Canto Place	94539	1,004,500	3	1514	1965	08-20-13	
39401 Canyon Heights Drive	94539	1,450,000	5	2467	1995	08-15-13	
43587 Excelso Drive	94539	1,415,000	4	2464	1984	08-15-13	
49030 Feather Grass Terrace	94539	774,000	3	1785	2010	08-20-13	
770 Gable Drive	94539	900,000	4	1994	1970	08-16-13	
455 Gamay Court	94539	1,250,000	4	3049	1985	08-15-13	
43381 Jerome Avenue	94539	976,500	5	1668	1953	08-16-13	
47997 Leigh Street	94539	980,500	4	2016	1977	08-14-13	
2397 Marion Avenue	94539	845,000	3	912	1954	08-13-13	
2242 Olive Avenue	94539	835,000	3	912	1954	08-14-13	
43053 Sabercat Place	94539	2,250,000	4	4756	1980	08-15-13	
48512 Ursula Drive	94539	810,000	3	1542	1980	08-16-13	
49211 Violet Terrace	94539	895,000	4	1926	2006	08-19-13	
49015 Woodgrove Common	94539	660,000	3	1406	2004	08-16-13	
575 Yampa Way	94539	1,255,000	4	3152	1989	08-20-13	
34427 Benedick Lane	94555	715,000	4	1517	1987	08-19-13	
32914 Lake Bluestone Street	94555	470,000	3	1060	1970	08-19-13	
33267 Lake Pyramid Street	94555	525,000	4	1651	1969	08-16-13	
6165 Linford Terrace	94555	695,000	4	1553	1988	08-19-13	
5451 Ontario Common	94555	660,000	2	1655	1991	08-19-13	
34109 Susa Terrace	94555	657,500	-	-	-	08-12-13	
34127 Susa Terrace	94555	354,500	-	-	-	08-12-13	
34133 Susa Terrace	94555	670,000	2	1231	2007	08-13-13	
34160 Torino Terrace	94555	350,000	2	1231	2007	08-16-13	
34107 Whitehead Lane	94555	770,000	3	1290	1969	08-19-13	
HAYWARD				TOTAL SALES: 46			
Highest \$:		841,000	Median \$:		426,000		
Lowest \$:		145,000	Average \$:		457,554		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
1718 Carmel Court	94541	705,000	4	2656	2003	08-16-13	
22139 Castille Lane #56	94541	290,000	2	1163	1983	08-15-13	
20357 Concord Avenue	94541	725,000	5	3476	1946	08-19-13	
2493 D Street	94541	435,000	3	1125	1952	08-16-13	
1116 Holmes Way	94541	400,000	3	1921	1979	08-16-13	
3042 Madsen Street	94541	640,000	3	2664	2009	08-16-13	
22123 Main Street	94541	385,000	3	1572	1951	08-16-13	
1301 Martin Luther King Drive	94541	446,500	-	-	-	08-20-13	
2312 Nina Street	94541	560,000	4	1868	1955	08-15-13	
23126 Palazzo Del Kayla	94541	618,000	4	2111	2008	08-15-13	
359 Willow Avenue #3	94541	225,000	2	1015	1980	08-13-13	
22755 Woodroe Avenue	94541	310,000	3	1017	1955	08-14-13	
28860 Bay Heights Road	94542	776,500	4	2670	2003	08-20-13	
28325 Fox Hollow Drive	94542	801,000	4	3045	1994	08-12-13	
1656 Highland Boulevard	94542	410,000	3	1162	1948	08-13-13	
3569 La Mesa Drive	94542	550,000	4	1980	1972	08-16-13	
3700 Oakes Drive	94542	710,000	4	3161	1972	08-13-13	
2401 St. Helena Drive #1	94542	188,000	1	787	1984	08-15-13	
236 Bridgehead Lane	94544	715,000	4	2264	2000	08-13-13	
24877 Broadmore Avenue	94544	253,500	4	1446	1958	08-15-13	
30230 Cedarbrook Road	94544	841,000	4	3138	1999	08-16-13	
514 Ethan Court	94544	450,000	3	1609	1955	08-16-13	
1133 Fabian Way	94544	410,500	3	1335	1983	08-15-13	
31706 Greenbrier Lane	94544	449,500	3	1233	1956	08-16-13	
89 Gresel Street	94544	415,000	3	1161	1955	08-16-13	
24676 Joanne Street	94544	358,000	3	1360	1950	08-13-13	

334 Lafayette Avenue	94544	415,000	3	1445	1951	08-13-13
349 Lafayette Avenue	94544	215,000	3	1031	1951	08-19-13
27934 Manon Avenue	94544	615,000	8	2991	1962	08-16-13
28196 Montjoy Court	94544	470,000	3	1819	1982	08-20-13
683 Newbury Lane #375	94544	191,000	1	643	1988	08-16-13
658 River Oak Way #74	94544	145,000	1	579	1985	08-13-13
563 Sarah Place	94544	301,000	3	1175	1955	08-15-13
24719 Townsend Avenue	94544	415,000	3	1382	1958	08-13-13
26741 Calaroga Avenue	94545	450,000	3	1282	1956	08-20-13
24409 Chandler Road	94545	470,000	4	2551	1979	08-16-13
26636 Chiplay Avenue	94545	400,000	3	1128	1957	08-16-13
28308 Cubberley Court	94545	421,000	3	1386	1966	08-15-13
29149 Eden Shores Drive	94545	500,000	3	1822	2004	08-20-13
27352 Marigold Court	94545	265,000	3	1254	1971	08-14-13
27399 Marigold Court	94545	270,000	2	1026	1971	08-19-13
27787 Melbourne Avenue	94545	325,000	3	1000	1955	08-13-13
138 Montevina Way	94545	531,000	3	1854	2010	08-15-13
25680 Seaver Street	94545	426,000	3	1221	1959	08-15-13
1291 Xavier Avenue	94545	575,000	4	2249	1979	08-16-13
1380 Xavier Avenue	94545	580,000	5	2891	1979	08-16-13

LIFE CORNERSTONES

Birth

Marriage

Special Life Events

Obituaries

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



Lillian R. Fielder

RESIDENT OF FREMONT

August 29, 1931 – September 11, 2013

Laura E. McGovern

RESIDENT OF FREMONT

September 16, 1923 – September 14, 2013

Maude E. Williams

RESIDENT OF SAN LEANDRO

November 26, 1937 – September 14, 2013

Gertrude M. Jones

RESIDENT OF NEWARK

January 28, 1927 – September 15, 2013

Dwayne W. Benjamin

RESIDENT OF HAYWARD

September 15, 1963 – September 18, 2013

Evelyn M. Burnham

RESIDENT OF NEWARK

April 27, 1929 – September 19, 2013

Cecilia M. Navas

RESIDENT OF UNION CITY

February 8, 1924 – September 19, 2013

Patricia “Pat” Santos

RESIDENT OF FREMONT

February 11, 1943 – September 20, 2013

Fernando M. Matos

RESIDENT OF NEWARK

April 29, 1964 – September 22, 2013

Fremont Chapel of the Roses

(510) 797-1900 FD1007

1940 Peralta Blvd., Fremont

www.fremontchapeloftheroses.com

Fremont Memorial Chapel

(510) 793-8900 FD1115

3723 Peralta Blvd. Fremont

www.fremontmemorialchapel.com



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Carmela S. Delgado

RESIDENT OF FREMONT

February 19, 1927 – September 9, 2013

Bonnie M. Guerra

RESIDENT OF FREMONT

August 17, 1963 – September 1, 2013

Nora E. Inman

RESIDENT OF FREMONT

April 17, 2013 – September 4, 2013

Robert H. Ciccio

RESIDENT OF TRACY

April 4, 1946 – September 9, 2013

Abhishek S. Ratan

RESIDENT OF PLEASANTON

July 8, 2013 – September 11, 2013

David L. Sellers

RESIDENT OF FREMONT

May 26, 1927 – September 14, 2013

Dorothy E. Carrico

RESIDENT OF FREMONT/UNION CITY

December 10, 1922 – September 18, 2013

Eleftherios S. Petrakis

RESIDENT OF FREMONT

July 19, 1925 – September 18, 2013

Rosemary M. Larson

RESIDENT OF FREMONT

February 19, 1927 – September 9, 2013

Bonnie M. Guerra

RESIDENT OF FREMONT

July 23, 1917 – September 20, 2013

Joanna Lorraine Bastida

RESIDENT OF STOCKTON

November 14, 1960 - September 22, 2013

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community ever since. Our specialty is to provide every family
with comfort, understanding and direction in this
difficult time of their lives.

2440 Depot Road, Hayward

Obituary

Lillian R. Fielder



Lillian R. Fielder a native of San Francisco passed away in Fremont on September 11, 2013 at the age 82. She is survived by her son William (Bernice) Fielder of Fremont. Grandmother of Nicole (Keith) Lynch of Antioch and Danielle Fielder of Fremont. Great-grandmother of Dante Lynch and Madison Lynch. Sister of Judith Venezia of Redwood City. Lillian was raised in the Excelsior district of San Francisco and lived there all her life. Her mom and dad, Catherine and Peter Riva owned a grocery store for more than 40 years on the corner of Edinburg and Peru. The family worked in the store and was well known in the neighborhood. She worked most of her life in the spring business, first for Conner Springs in San Francisco and later for O'Hara Metal in Brisbane. She retired in September, 2005.

Memorial service will be held on Thursday, September 26, 5pm at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536.

Contributions may be made to Kaiser Hayward Hospice Program, 30116 Eigenbrodt Way, Union City, CA 94587.

Obituary

Laura E. McGovern

Sept. 16, 1923 - Sept. 14, 2013

Entered peacefully into rest surrounded by her family after a short illness on September 14, 2013 in Fremont, CA at the age of 89. Preceded in death by her husband Dr. Frederick McGovern and her son Terry Lee McGovern. Survived by her children: Jim McGovern, and Mary Murakami (Dr. Wesley Murakami); daughter-in-law Dianne McGovern; grandchildren: Laurel Lin, Kristian Johnsen, Shaun McGovern, Shanna McGovern, Shawn Murakami, Kyla Moore, Nori Murakami, and Brian Murakami; and 10 great-grandchildren.

Born September 16, 1923 in Minnesota, Laura eloped at age 19 and worked alongside her husband in his dental practice in Hayward for 20 years. She was an active member of Christ the King Lutheran Church since 1960, participating in the church choir and various other groups. Laura was involved in many organizations through the years. Laura loved people, traveling, knitting, reading and making a huge impact on everyone's life that she touched. A Celebration of Life will be held for Laura on Tuesday, September 17, 1pm at Christ the King Lutheran Church, 1301 Mowry Ave., Fremont, CA 94536.

Her ashes will be interned at Centerville Presbyterian Church at a later date.
(510) 797-1900 • FD1007www.fremontchapeloftheroses.com



British drivers can pay for
parking with chestnuts

AP WIRE SERVICE

LONDON (AP), It's the next best thing to parking that costs peanuts: parking that costs chestnuts.

A company that runs parking lots in the English cities of Leeds and Manchester is temporarily letting drivers pay with the dark brown seeds that fall from horse chestnut trees each autumn.

Town Centre Car Parks is accepting horse chestnuts for parking time at a rate of 20 pence (32 cents) apiece. So far it has collected about 1,500 of the nuts, known as conkers after the traditional schoolyard game in which children try to

smash them.

The weeklong "Bonkers for Conkers" campaign was due to end Sunday, but company spokesman Matthew Williamson said Thursday it may be extended.

The chestnuts are only being accepted at staffed parking lots, not automated ticket machines. "You can't put conkers into coin slots," he noted.

The company said the project aimed to raise awareness about carbon emissions from automobiles and it plans to sponsor a forest to help offset carbon emissions.

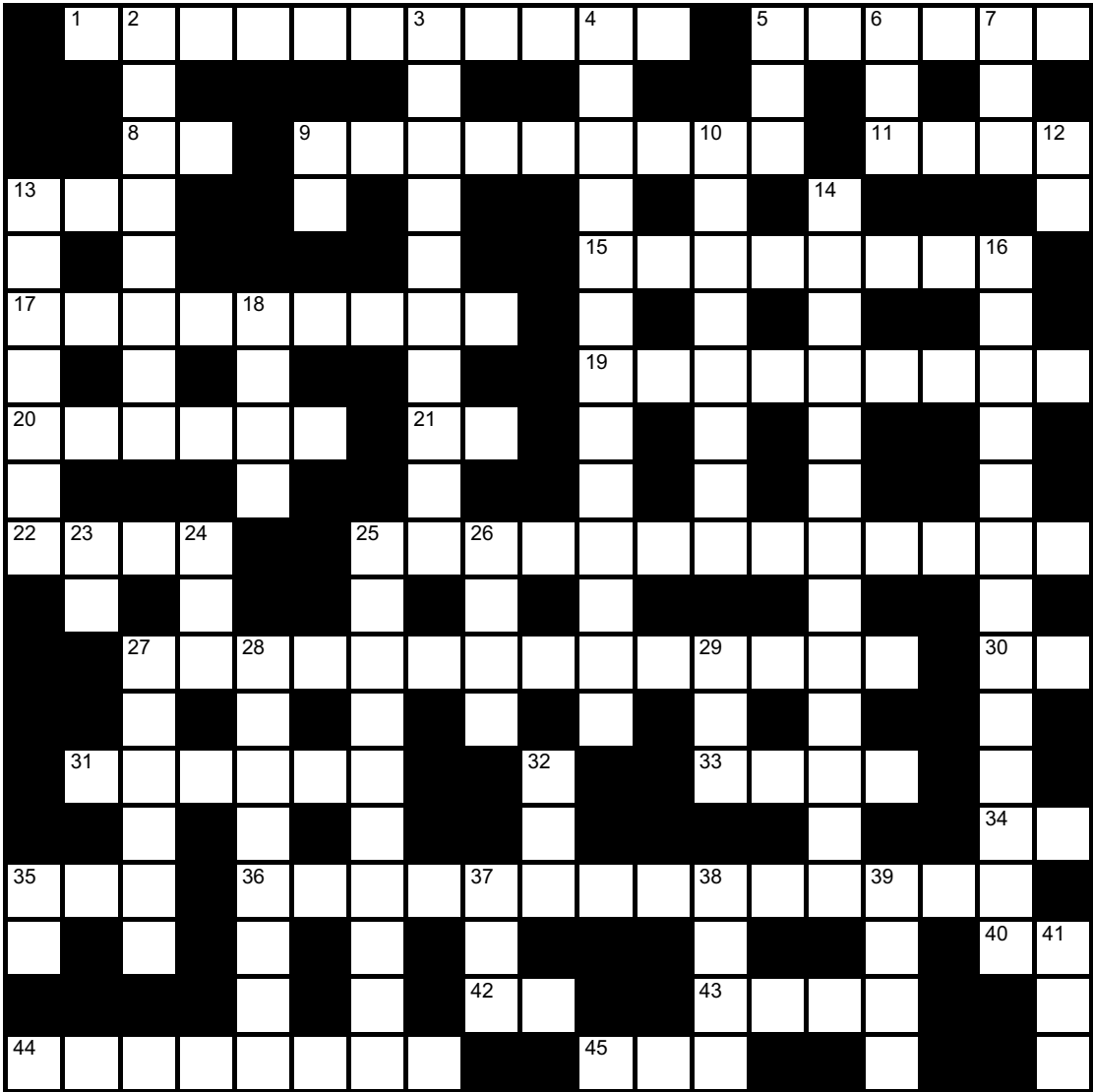
It hasn't decided yet what to do with the conkers.

FREE Adult Reading and Writing Classes are offered at
the Alameda County Library

Tell A Friend Call Rachel Parra 510 745-1480

Mind Twisters

Crossword Puzzle B 232



- Across

1 Suitable for personal comfort (11)

5 Introduce or force (6)

8 move (2)

9 workings of (9)

11 Not just one (4)

13 Caribbean, e.g. (3)

15 Imaginary (8)

17 Trails of steel (9)

19 Religious (9)

20 Taking weapons (6)

21 ___ dawn's early light (2)

22 All ___ (4)

25 Keep things cold (13)

27 Opposite of proud (14)

30 Pretty ___ a picture (2)

31 Copy (6)

33 "Little piggies" (4)

34 Originating at or from (2)
- Down

2 Living entity (8)

3 Unbelievable (10)

4 Gifts (13)

5 "___ alive!" (3)

6 Employment (3)

7 Director's cry (3)

9 Ownership (2)

10 Total (8)

12 Previously mentioned male (2)

13 Family tree entry (7)

14 amusement (13)

16 People talking (13)

18 Crosspiece (4)

23 Fired; I got the ___ (2)

24 Schuss, e.g. (3)

25 Over again (10)

26 Bottom (4)

27 Fatal (6)

28 Continued to exist (8)

29 "Welcome" site (3)

32 Ceiling (3)

35 Uncertainty (2)

37 Amscrayed (3)

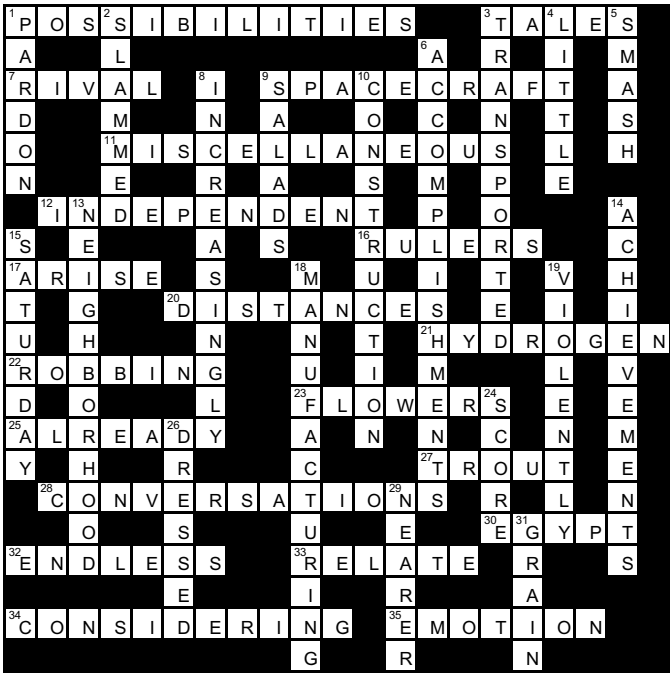
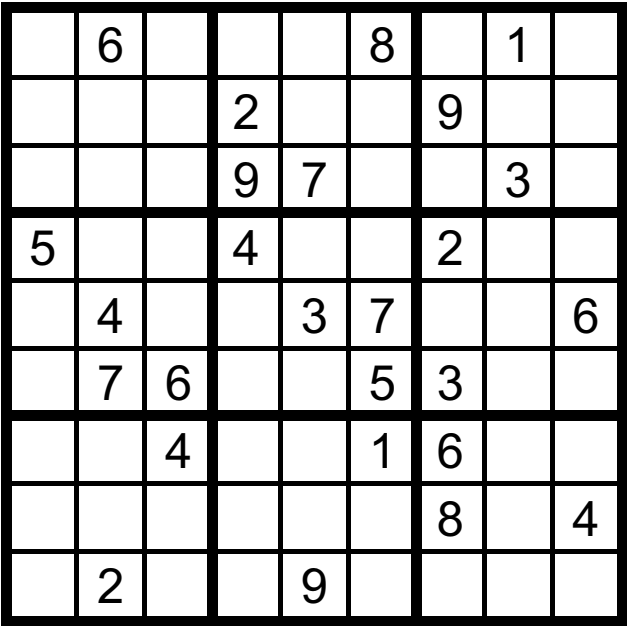
38 Camping gear (4)

39 "I had no ___!" (4)

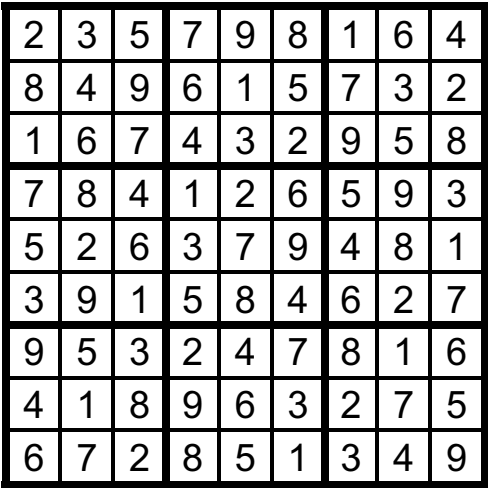
41 Hooter (3)

Sudoku:

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



B 231



Tri-City Stargazer SEPTEMBER 25 – OCTOBER 1, 2013 BY VIVIAN CAROL

For All Signs: Venus, the ancient goddess of love, and Mars, the warrior, are squared off for battle at this time. Many relationships are up for review and the really firm ones will be tweaked

and fine- tuned. This occurs not only between individuals, but also among governments and special interest groups. More energy needs to be poured into the connection or it may be dis-

solved due to lack of interest or resources. In particular, we will be reviewing relationships and/or projects begun in April 2013.

Aries the Ram (March 21-April 20): Check the lead paragraph because Mars is your planetary ruler. At this time you are being asked to invest more deeply into a relationship. The other wants more from you. This could be measured in money, time, energy, or willingness to be intimate. It can be either a personal relationship or business.

Taurus the Bull (April 21-May 20): This is a time of evaluation. The subject at hand is a new relationship beginning or a fresh promise in an ongoing partnership which developed late in the spring of '11. If you want to grow this relationship further, then a new surge of energy and resources are required. So, is it worth the effort?

Gemini the Twins (May 21-June 20): The early part of the week may be disappointing. A promise or business contract may evaporate for weird reasons. Someone has changed his/her attitude. On Sunday you will let go of this situation and focus your attention on whatever activities you need on a daily basis to promote better mental and physical health.

Cancer the Crab (June 21-July 21): The intuitive visionary in you is especially strong at this time. You may serve as the voice for a greater spiritual purpose if you keep your ego out of the picture. Give to the greater whole whatever is within you that needs expression. But if you do this in service of the ego, you could make a mockery of it.

Leo the Lion (July 22-Aug 22): It is of paramount importance that you control your mouth this week, especially in the work arena. Although you have an opinion about whatever is happening, let it go and say nothing unless asked for it. Being "right" is not as important as maintaining human relations. This is not a good time to argue.

Virgo the Virgin (August 23-September 22): Your imagination could go overboard this week and you might be overly reactive to imagined slights. Double-check on facts, data, and directions that come your way. Over the weekend you will recognize the pain you have inflicted upon yourself via your thought processes. Hopefully, a shift in thinking habits follows.

Libra the Scales (September 23-October 22): Your love of luxury and fine things may cause a battle with your partner, who prefers to keep the belt tightened. This reflects a genuine inner conflict. A fairly strong part of you also wants to play it safe as well. Look for a way to satisfy your wants a little more inexpensively.

Scorpio the Scorpion (October 23-November 21): This is not your best week for getting along with others on the playground or at home. Even if you keep to yourself, you may attract those who want to take pokes at you. Don't get caught up in a battle of wills. The energies are short-lived, no more than a few days, and you can return to peace.

Sagittarius the Archer (November 22-December 21): You want to move forward, but something is holding you in place. You may be hardly conscious of it or have trouble putting your finger on just what it is. One clue is that the problem holding you back is a belief or a secret that has been handed down through the history of your family. You picked it up unconsciously.

Capricorn the Goat (December 22-January 19): You may be applauded for your ethical and moral behavior patterns. Others will let you know your efforts have been noticed. If you are one of those who slippy-slide around the line, then a person of minor authority may find the error and bring it to the attention of others. One gets what is deserved on this aspect.

Aquarius the Water Bearer (January 20-February 18): Your leadership role is major right now. Others are relying on your skills at organization as well as your ability to concentrate on a goal. There are probably a number of people around you who are interested in your target and helping it to be accomplished. The mission

has political leanings (use the word broadly).

Pisces the Fish (February 19-March 20): Your intuition and creative energies are high right now. But "something" keeps you from allowing the muse to manifest through you. Is it fear of being wrong? Maybe you worry about what others will think. As long as you are not trying to prove yourself better than others, you can allow a pure expression of the muse.

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



OPINION



WILLIAM MARSHAK

On hold?

With eyes firmly focused on Warm Springs and Civic Center “downtown,” Fremont appears to be spending little effort on continuing issues that have plagued the City for decades. Although politicians are not known for being able to walk and chew gum at the same time, it may be that, just like the lottery, sometimes you get lucky and find the right combination at the right moment. Although the numbers on the council ticket may be revealed slowly, some are beginning to line up. With a bit of effort, dusty plans and past staff reports can be closely examined and councilmembers can scrutinize what has been on hold for years to determine which of those issues should be reopened for discussion and action.

For example, the intrusion of Route 84 through the heart of Centerville is not only restrictive, but adds to blighted conditions by excluding City control. Plans have been formulated and development

of the “Unified Site” may finally be within a living person’s lifetime, hopefully mine. However, state incursion in its midst presents needless obstacles. Negotiations with the State over this road have been put on the shelf with a myriad of other projects that can be resolved through a coordinated and concentrated effort. It appears that the City has abandoned such efforts and decided to wait. Nothing new with this plan, but when action – or inaction – has been obviously unsuccessful, it could be a sign that its time to try something new. Let’s take this out of a holding pattern and see if our council can walk and chew gum too.

As I understand it, the problem for the State and City of Fremont is that if control or alteration of Highway 84 takes place, the existing route must meet roadway standards above what currently exists. How about working a deal with the State, removing State control in exchange for a deferred action plan that sets a timetable for road improvements? As development of the Unified Site nears, the City could create a synergistic response with removal of Highway 84, a public/private partnership to reinvent the Center Theater and use the old Fire Station across the street as a café/jazz club. These iconic structures link the heart and soul of Centerville and, with the new Artist Walk development, create redevelopment energy that could bring vitality to the area and create a template for Irvington. The Fremont Redevelopment Agency did a lot of talking and

planning in Centerville, but results were meager. However, with political will and motivation, it can be done.

If the City Council shows progress, citizens of Fremont may also want to consider taking the current attitude toward part-time council representation off “hold” as well. With successful leadership resulting in fruitful council actions and activism, citizens should be open to consideration of expanding council positions to full time. Fremont is a large city and needs full time representation. A bureaucratic staff may be necessary to keep civic machinery moving, but leadership and visionary control is best left within the purview of elected leadership. It is essential that the electorate understands its responsibility to govern through designated representatives. Voters need to understand their role and that of their elected officials; to guard these offices and elect only those most qualified to promote and protect the well-being of the entire City. Let’s take all of Fremont off hold.

William Marshak
PUBLISHER

Hayward Bishop serves as guest chaplain for U.S. Congress

SUBMITTED BY ALLISON BORMEL

U.S. Congressman Eric Swalwell (CA-15) welcomed Bishop Jerry W. Macklin on September 19, 2013 to the U.S. Capitol to serve as guest chaplain and deliver the opening prayer on the House Floor. Bishop Macklin is the leader of Glad Tidings Church in Hayward, where he has served as Bishop since 1978.

“It is one of the great privileges of being a Member of Congress to invite a pastoral leader from your community to deliver the opening prayer, and I am honored to welcome Bishop Macklin to the House of Representatives today,” said Rep. Swalwell. “Bishop Macklin is a true community leader, and his good work goes well beyond the pulpit. He is a pillar of support to his members and under his leadership the church provides food, affordable housing, health care, and other resources to community members in need.”



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County program targets chronically homeless

SUBMITTED BY CAROL ARATA

AC Impact, a new program that seeks out and provides support to some of Alameda County's most vulnerable chronically homeless individuals, launched August 20th with participants poised to begin receiving services and moving into permanent homes as soon as late August.

AC Impact couples federally funded permanent housing with guided connections to community-based support services including mental and physical health care, move-in support, and legal advocacy. AC Impact's Housing First approach will not only emphasize permanent housing solutions for qualified participants but also provide guidance on the basics of maintaining a household: how to be a good tenant/neighbor, how to budget and pay bills on time, etc.

The AC Impact program is administered by a partnership of non-profit and governmental organizations whose mission is to house, stabilize, and support individuals within Oakland, Hayward, Fremont, and Livermore who meet a set of stringent selection criteria. Helmed by Abode Services and EveryOne Home, partner organizations include: LifeLong Medical Care, Operation Dignity, Local Governmental Entities, Jurisdictional Law Enforcement, and the Alameda

County Health Care Services Agency.

"The combined experiences and expertise of this coalition is helping to speed the difficult process of identifying the most qualified participants," says Abode Services Executive Director Louis Chicoine. "I'm looking forward to our continued collaboration as we begin housing, supporting, and stabilizing the lives of individuals whose extremely challenging and often traumatic life experiences have led to chronic homelessness."

People who are without stable housing are particularly subject to disease and poor health. They suffer from high rates of asthma, malnutrition, and conditions related to exposure to heat and cold. Moreover, the stress of being homeless, along with being unable to access or afford medication and care, can exacerbate existing chronic conditions, including diabetes, heart disease, or mental health challenges. Many of the people the program serves have been homeless for a year or more, and may have had encounters with other health care and social service systems or with law enforcement that have left them distrustful of mainstream organizations. These chronically homeless individuals tend to be frequent users of emergency services (including hospital emergency rooms, shelters).

Local student presents research findings at UC Santa Cruz

SUBMITTED BY MICHAEL LEAHY

Krti Tallam, a junior at Alston Montessori Early College High School Program, is co-enrolled as a full time college student at Ohlone College. She applied and was admitted to a student internship program at University of California Santa Cruz in which students assist postgraduate science researchers. The typical UCSC Student Intern is a high school senior and serves only one summer. Since Krti started her first summer internship between her freshman and sophomore years, she was able to re-enroll for a second consecutive summer working with the same team of marine biologists conducting a long-term investigation of sea krill populations in Monterey Bay.

Near the bottom of the ocean food chain, abundance or scarcity of krill affects the success or failure of larger species of fish and wildlife, including those harvested for human food consumption. Identifying what happens to sea krill in response to climate change is important work.

Although day-to-day data collection can be tedious (and a little stinky), Krti Tallam says she found enjoyment in working with real world data in a dedicated lab. At the end of this summer's internship, Krti presented 20-minute overview of her research team's work and its findings to an assembly of twenty other UCSC interns, their families and sponsoring teachers.



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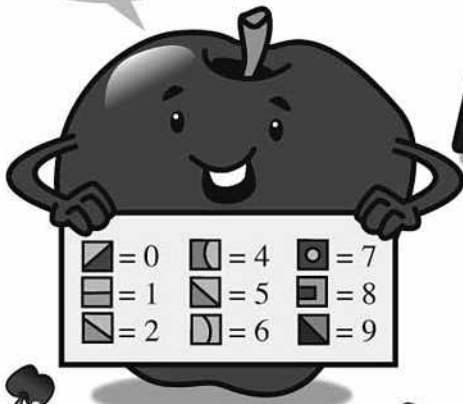


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HARVEST OF THE MONTH

APPLES

Did you know...

- The average American eats about pounds of fresh apples each year.
- There are about varieties of apples grown in the United States.
- Johnny Appleseed spent years planting apple seeds in the American wilderness.

To peel or not to peel?



Apples are best eaten with the peel, because that is where most of the **fiber** and **antioxidants** are found.

The **fiber** from apple peel (sometimes called **roughage**) helps keep your digestive system healthy. And **antioxidants** help your body fight off illness and disease.

APPLE DIPPING STICKS

Here's a healthy snack you can make with a parent.



Wash apples. You can use red or green apples.



Slice apples into thin sticks. Don't remove the peel.



Use peanut butter, yogurt or hummus as your dip.



For variety, mix the apple sticks with sticks of your favorite cheese.

STUFF YOU'LL NEED:

- One "apple" (a foam ball or bean bag) for each pair of players
- Whistle or music
- Small box for each pair of players

SET UP:

- Pairs of students sit cross-legged on the floor facing each other, with their hands on their knees.
- Place a box, with an "apple" on top, between each pair of players.

TO PLAY:

- Get the game started by blowing a whistle or starting some music.
- At that moment, players try to grab the "apple" before their partner.
- Place the "apple" back on the box and start again.
- The first player to grab the "apple" 10 times wins.

CRUNCH TIME:

- After the game, everyone should enjoy a snack of REAL apples!

Play

GRAB THE APPLE

Photo courtesy: www.pachtd.com

Extra! Extra!

News Harvest

Andy and Alice are gathering a harvest of words that begin with the letter A. How many can you find on the front page of today's newspaper?

Standards Link: Phonemic Awareness: Distinguish initial sounds in words.

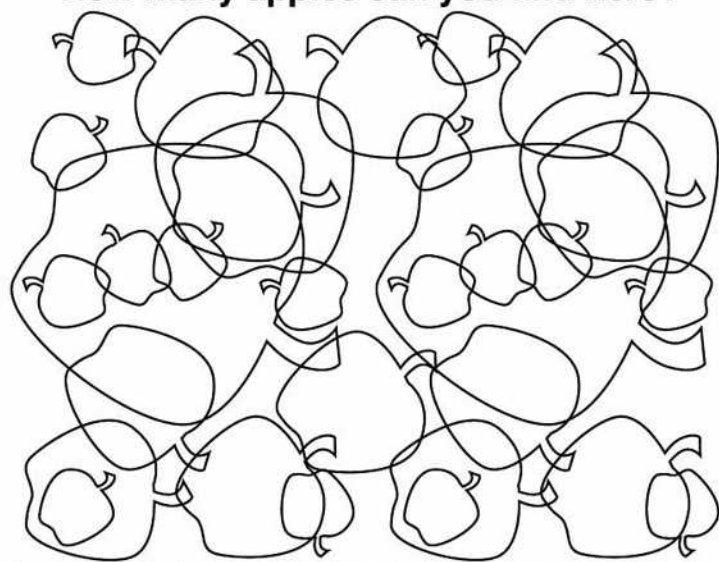
How many apples can you find on this page in 60 seconds? Now have a friend try. Who found the most?

MAKE "GRAB THE APPLE" MORE CHALLENGING:

- Call out a specific hand (left/right) to grab the "apple."
- Start with hands on shoulders.
- Start in sit-up position (on back, knees bent) or facing backwards.
- Have each player close their eyes and try to grab the "apple" first.

Kid Scoop Puzzler

How many apples can you find here?



Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

WILDERNESS
APPLESEED
VARIETIES
ROUGHAGE
DISEASE
APPLES
STICKS
CHEESE
FIBER
SNACK
KNEES
GRAB
BEAN
PEEL
PAIR

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

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

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

Funny Filler

Have a friend give you **NOUNS**, **ADJECTIVES** and **VERBS**. Then read the silly story aloud. Prepare for big laughs!

My Aunt Betty is famous for her apple pie recipe. She has won many _____ at fairs and competitions.

This year, she decided to make some changes to her _____ recipe. She began by adding a cup of _____ and a teaspoon of _____ juice. Next, she mixed in a blend of sugar and _____.

Finally, she put in a half cube of _____.

Uncle Lou was the first to _____ her new creation. He said it needed a little more _____, but other than that, it was great.

The judges at the county fair disagreed, however. They thought her _____ dessert tasted too much like _____. The blue ribbon went to Ms. Eva Gala and her pie made with _____.

Aunt Betty was disappointed, but she now wants to _____ a pie made with fresh _____ next year. Her secret ingredient is _____.

_____ and I think the judges will like that a lot. I am sure she will have a _____ trophy to add to her collection and once again be the _____ champion!

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **VARIETY**

The noun **variety** means an assortment of things belonging to the same group.

The market had a wide **variety** of vegetables.

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

FROM THE Kid Scoop LESSON LIBRARY

www.kidscoop.com

Market Math

Look through the grocery advertisements in the newspaper. Make a shopping list that includes things listed in the ads. Add up the cost of purchasing everything on your list.

Standards Link: Number Base Ten: Solve problems with addition.



What can a whole apple do that a half apple can't?

ANSWER: It can look round.

Write On!

Apples and Oranges

Which is better apples or oranges? What is your opinion?



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SPORTS

Eagle women make a splash at area tournament



Women's Water Polo

SUBMITTED BY COACH GARY MARSH

The American High Girls Water Polo team played in the Contra Costa Invitational Water Polo tournament September 13th and 14th, at Contra Costa College. In their first game, Friday afternoon, they met San Marin High School from Novato. In a back-and-forth contest that featured strong, tight defenses from both teams, American and San Marin were knotted at 2-2 at the end of the first quarter. The game remained tied until the fourth quarter when the game opened up and both teams scored freely. San Marin was able to find the net one more time than American ending the game with final score San Marin 5, American 4. Jamie Kennerk had three goals for American.

American's second opponent was host, Pinole Valley High School. Both teams showed good offense early and traded goals, ending in a first quarter tie, 2-2. But starting the second quarter, American's defense squeezed the Pinole Valley players and refused to let them score again. American added goals throughout the remainder of the match to end with a 14-2 win. Five different girls scored, led by Clara Lang, 5 goals; Nitasha Sharma, 4; Jamie Kennerk, 2; Jessica Huynh, 1; and, Rachael Taylor, 1.

Saturday morning the Eagles faced a tough Novato High School team. American found themselves down, 1-0 after the first quarter as both teams played spirited defense. The second and third quar-

ters were also a defensive battle, but Novato managed to score three times to American's one in the middle periods to lead 4-1 going into the fourth quarter. The battle continued with both teams scoring twice making the final score 6-3 in Novato's favor. American goalie, Clara Lang made 15 blocks during the match to keep it close.

American's last game of the tournament was a rematch with Daugherty Valley High School of San Ramon that had defeated the Eagle team in the previous week at a non-league match. This week American sprinted out to a quick 4-0 lead after the first quarter. The Eagles continued to exhibit offensive dominance in the second period and extended the lead to 8-1 at halftime. In the third quarter, Daugherty Valley displayed urgency to get back into the game and closed the gap to 9-5, American still leading. But in the end, Daugherty Valley simply could not find the back of the net often enough against the tough American defense and the Eagles won their final match of the tournament 10-6.

With a 2-2 record in the tournament, American placed 11th out of 16 teams. The Eagle women open the MVAL season at Newark High School on Thursday, September 26th.

Congratulations to the American Eagles Varsity Girl's Water Polo members: Jackie Barnes, Ramola Baviskar, Lydia Dadd, Jessica Huynh, Supriya Kazi, Jamie Kennerk, Clara Lang, Geralyn Moore, Suchitra Narayanan, Monica Pena, Nitasha Sharma, Hannah Sternberg, Rachael Taylor, Lindsey Werner.

Football

Eagles impressive in comeback win



Submitted by Mike Heightchew
Photo by Mike Heightchew

With the regular Mission Valley Athletic League (MVAL) season starting on September 27th, the American High School Eagles showed that they are going to be a factor this year with an impressive 14-point comeback against the San Lorenzo Rebels on September 20th and won in overtime 28-21.

The game started with the Rebels showcasing their new offense, using speed that has served them well so far this year. The Eagles were caught off guard and suffered a 14-point deficit at the end of the first quarter. At halftime, the Rebels were hanging on to a 21-6 lead. However, the second half was a different story as the Eagles found life in their running game. Running Back Jared Luty scored his second touchdown to give the Eagles new life and Ryan Barker scored to tie the game at 21 all.

The Eagles were not to be denied victory when, in overtime, Eagles Drew Lyell grabbed a crossing pass from Ryan Barker and, with a couple of great blocks along the way from the offensive line, found his way in the end zone for a 30-yard touchdown to take a lead that would hold up. The end came when, on last play of the game, Eagles Deangelo Cox intercepted a Rebel pass in the end zone.

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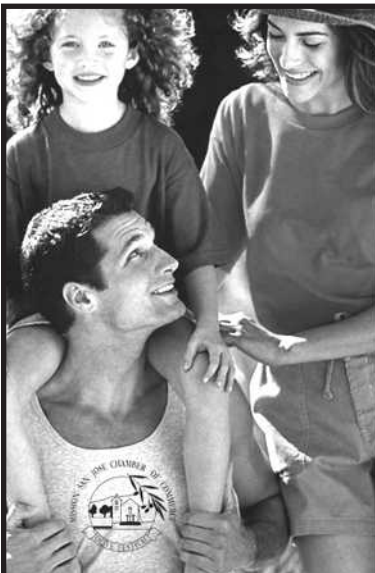
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Pioneer Roundup

SUBMITTED BY
STEVE CONNOLLY

**Men’s Soccer
September 13
Chico State 2, CSUEB 1**
Cal State East Bay opened California Collegiate Athletic Association (CCAA) at home on Friday night falling to No. 18 ranked Chico State, 2-1. Rey Suarez converted a second half penalty kick to tie the game for this first score of the season.

**September 15
CSU San Bernardino 1, CSUEB 0**
A scoreless regulation forced overtime in Sunday’s men’s soccer conference matchup between Cal State East Bay and Cal State San Bernardino. Coyotes senior Raul Gomez ended the scoring drought at the 93:10 mark to keep CSUSB unbeaten on the year.

**September 20
Humboldt State 2, CSUEB 0**
Chuck Pitts scored the game-winner for the Jacks in the fourth minute of play. Zach Hammond scored his team leading fifth goal of the season in the 63rd minute. Cal State East Bay falls to 0-5-0, 0-3-0 CCAA. Humboldt State improves to 3-1-1, 1-1-1 CCAA.

**September 22
Sonoma State 1, CSUEB 0**
The Cal State East Bay men’s soccer team suffered a cruel fate at Pioneer Stadium on Sunday afternoon when Sonoma State’s Raspreet Sandhu ended a scoreless game in double overtime. The freshman scored his first collegiate goal from 12 yards out finding the back right of the net for the game-winner. Bryce Bookhamer made three saves for the Pioneers. On the season he is averaging 1.42 goals against per game in league play.

**Women’s Soccer
September 13
Chico State 3, CSUEB 0**

**September 15
CSU San Bernardino 1, CSUEB 0**
Cal State East Bay women’s soccer was on the short end of a 1-0 decision to Cal State San Bernardino in Sunday afternoon’s conference matchup at Pioneer Stadium. Coyotes freshman Paige Kang’s first ever collegiate goal was the game-winner against the Pioneers.

The CSU East Bay (0-4-0, 0-2-0 CCAA) defense held the CSUSB offense to just three shots in the game. The Pioneers created several premium scoring chances and out-shot the Coyotes 9-3 overall.

**September 20
CSUEB 1, Humboldt State 0**
Cal State East Bay freshman Rachel Robbert ended a scoreless game in double overtime against Humboldt State with her first collegiate goal on Friday afternoon. She received the pass from teammate Ariana Gordon in the 105th minute to earn the team’s first victory of the season.

It was an ominous start for CSU East Bay (1-4-0, 1-2-0 CCAA) after freshman Corryn Barney was issued a straight red card in the seventh minute of play. The Pioneers were forced to play with only 10 players over the final 97-plus minutes of the match.

“Despite playing with 10 players we kept working hard,” said Head Coach Amy Gerace. “Our play improved as the game progressed. It is fun to see them get the result after working so hard in practice and during the game.”

The defensive unit has held the opposition scoreless over the last 172 minutes of game action. It is also the first time this season the Jacks have been shut out. HSU had averaged nearly two goals per game entering Friday’s match. HSU goalkeeper Kelly Lukas made six saves in the loss. Maddi Null, Lizzie Mitchell, and Colette Behen combined to take 16 of the team’s 21 shots.

**September 22
Sonoma State 2, CSUEB 0**
Cal State East Bay was unable to become the first team this season to defeat nationally ranked No. 15 Sonoma State. The Pioneers dropped a 2-0 decision to the Seawolves at Pioneer Stadium and became the fifth SSU opponent to be held scoreless this season. “I was happy with our effort and the execution of our game plan,” said East Bay Head Coach Amy Gerace. “Sonoma State is a very athletic team that will work hard and wear down defenses to create scoring opportunities.”

CSUEB placed six of its seven shots on target in full time. Andrea Hernandez led the squad with three shots and forced SSU goalkeeper Allison Hadidian to make two of her six saves on the day. Pioneers goalkeeper Donna Williams made four saves in the loss.

**Women’s Volleyball
September 21
Chico State 3, CSUEB 1**
Despite three players reaching double-digit kills, the Cal State East Bay volleyball team fell in four sets to visiting Chico State on Saturday night (25-16, 16-25, 25-18, 25-18). The loss snaps a five-match winning streak for the Pioneers (5-5, 1-1 CCAA) and marks their first home defeat of the season. The Wildcats (6-4, 3-0 CCAA) are still unbeaten in three conference matches.

Junior Amber Hall led the Pioneers with 15 kills, hit .317, and notched 15 digs in the match. Senior Kitona Offord posted 11 kills and a .364 attack percentage in the middle. Junior Katie Allen also reached double digits in kills with 11. Junior Veronica Sanchez racked up an impressive 31 digs in the four sets to improve her conference-leading average. Fellow junior Ashia Joseph totaled 45 assists, three total blocks, and a pair of kills as the team’s primary setter. Senior Suzy Ni Xu tallied seven kills and six digs, and junior Samantha Bruno added five kills.



Women’s Basketball

Fremont captures National Championship
SUBMITTED BY RICH ADAMS

The South Fremont Torture, a National Junior Basketball League girls All-Net team, captured the 11U girls National Championship in Orange County in the recently concluded 2013 season. South Fremont, led by Meghna Nair, Maria Dunlap and Sofia Zamora, defeated Foothill, Whittier, Los Altos and Palo Alto in the championship game to claim the title. Jenna Adams, Alexis Early, Ashlynn Nieve, Mandy Moral, Erin Robeck also contributed to the success of South Fremont.

Illusion plays to tie with Heat



Women’s Soccer

SUBMITTED BY BRETT HUFF
PHOTO BY 1 GUY SPORT PHOTOGRAPHY

The Fremont Illusion (Fremont Youth Soccer Club U19) corps of 13 girls battled the Livermore Heat team of 18 players to a 1-1 draw at Robertson Park in Livermore on September 14th. Illusion’s keeper, Allison Huff faced 20 shots allowing only the single goal. The Illusion defense played strong and many girls were called on by Coach de Landa to play in unfamiliar positions as injuries reduced the Illusion to just 11 players at one point during second half action.

The Illusion scored first on a breakaway by Alejandra Valle, with the assist to Huff from goal. Illusion is now 0-0-2, both 1-1 ties. Illusion hopes to earn a place in the victory column when they meet the Pleasanton Chaos on September 21st.

Former Fremont
preps place at PGA Tour
Qualifying Event

Men’s Golf
SUBMITTED BY
FRANK MCCLUNG

September 14 - Former St. Mary’s College golfer and Fremont resident, Mac McClung shot -10 and finished in 3rd place in his 1stPGA Tour Q-school qualifier at PGA West’s Greg Norman course in La Quinta, CA. Former USF golfer Taylor Travis, also of Fremont, shot +3 and finished 24th.

As preps, both McClung and Travis were back-to-back MVAL Champions in their days at Irvington and American high schools, respectively. Both will advance to the next round of PGA Tour Q-school in October.

Irvington has a sunny day in
the rain at Santa Cruz

Football

SUBMITTED BY MIKE
HEIGHTCHEW
PHOTOS BY MIKE
HEIGHTCHEW

The Irvington Vikings beat the Santa Cruz Cardinals 42-21 in driving rain on Saturday, September 21. Although the Cardinals scored on their first drive, it was the Vikings that took it from there. A solid ground game with the offensive line leading the way provided opportunities for great trap plays and power blocking for Jared Lozoya as he found the end zone four times.

As the first quarter ended, Viking defense appeared to have the upper hand with great line play and toughness and speed; the Cardinals could not find running lanes to keep up. Overall, it was a great performance by the Vikings who will definitely have an impact on Mission Valley Athletic League play this year.



Women’s Golf

Moreau links report
SUBMITTED B
JOE HUDELSON

September 18
TRI-Match at Metropolitan Golf Links (par 36)
Moreau Catholic 262, Castro Valley 245, Bishop O’ Dowd 281

Moreau:
Christine Marzan 43 (Medalist)
Dianne Panlilio 48
Helene Malonzo 59
Bernadette Perenne 50
Celeste Marcut 62

Castro Valley:
Emiko Yamamoto 47
Kaela Dwinell 47
Suhani Abdullah 48
Halle Champion 41
Alyah Thomas 52

Bishop O’ Dowd:
Milan Champion 44
Kylie Chang 54
Anashe Barton 55
Molly McDaniel 61
Ianna Font 281

Women’s Volleyball

Ohlone Volleyball Recap
SUBMITTED BY
COACH JEREMY PENAFLOR

Ohlone College vs College of Siskiyous
September 5
Ohlone defeats College of the Siskiyous, 3-0 (25-16, 25-13, 25-23)

Ohlone double match at Butte
September 6
Ohlone defeats Lassen College, 3-1 (25-14, 25-18, 17-25, 26-24)
Butte College defeats Ohlone, 3-0 (25-19, 25-16, 25-21)

Ohlone College Classic
September 12
Lassen defeats Ohlone, 3-1 (25-11, 20-25, 25-16, 25-12)
Lassen defeats Cuesta, 3-0 (25-16, 25-23, 25-22)
Cuesta defeats Ohlone, 3-2 (25-20, 20-25, 18-25, 25-23, 16-14)

Ohlone College vs. Los Medanos College
September 18
Ohlone defeats LMC, 3-1 (25-16, 25-20, 22-25, 25-11)
GO RENEGADES!

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HIC13691937
Superior Court of California, County of Alameda
Petition of: Carmen Qiu on behalf of Hayley Tanya Liao for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Hayley Tanya Liao to Hayley Tanya Qiu
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: December 6, 2013, Time: 9:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street, Room 108, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: What's Happening - Tri City Voice Newspaper
Date: August 15, 2013
Winifred Y. Smith
Judge of the Superior Court
9/17, 9/24, 10/1, 10/8/13

CNS-2533386#

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482451
The following person(s) is (are) doing business as:
Exidean, 34333 Portia Terrace, Fremont, CA 94555, County of Alameda
Debashish Niyogi, 34333 Portia Terrace, Fremont, CA 94555
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 9/1/13
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/ Debashish Niyogi
This statement was filed with the County Clerk of Alameda County on September 5, 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).
9/24, 10/1, 10/8, 10/15/13

CNS-2537317#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482813
The following person(s) is (are) doing business as:
MathSeed, 43801 Mission Blvd., Suite 101, Fremont, CA 94539, County of Alameda.
3513 Dickenson Cmn, Fremont, CA 94538.
MathSeed LLC, CA, 3513 Dickenson Cmn, 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/ Hui Yi Pan, Managing Member
This statement was filed with the County Clerk of Alameda County on September 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).
9/24, 10/1, 10/8, 10/15/13

CNS-2536268#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482786
The following person(s) is (are) doing business as:
MP Mini Mart, 38487 Fremont Blvd., #215, Fremont, CA 94536, County of Alameda
David Castillo, 6990 Pontiac Dr., Reno, NV 89506
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 9/1/13
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/ David Castillo
This statement was filed with the County Clerk of Alameda County on September 16, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
9/24, 10/1, 10/8, 10/15/13

CNS-2535748#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482767
The following person(s) is (are) doing business as:
Just Kids Pediatric Dentistry, 1895 Mowry Ave., Ste. 121, Fremont, CA 94538, County of Alameda
Jonathan Chang DMD Inc., California, 1895 Mowry Ave., Ste. 121, Fremont, CA 94538
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 8/1/2013
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/ Jonathan Chang DMD, President
This statement was filed with the County Clerk of Alameda County on September 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).
9/24, 10/1, 10/8, 10/15/13

CNS-2535742#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482782
The following person(s) is (are) doing business as:
QMM, 150 Mohave Ter., Fremont, CA 94539, County of Alameda
Qiong Mo, 150 Mohave Ter., Fremont, CA 94539
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on n/a
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Qiong Mo
This statement was filed with the County Clerk of Alameda County on September 16, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
9/24, 10/1, 10/8, 10/15/13

CNS-2535531#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482411-412
The following person(s) is (are) doing business as:
1. Niche Business Cafe, 2. Niche Design, 5178 Mowry Avenue, Fremont, CA 94538, County of Alameda, 101 W. Weddell Dr., #311, Sunnyvale, Santa Clara, CA 94089
Niche Finance Inc., CA, 101 W. Weddell Dr., #311, Sunnyvale, Santa Clara, CA 94089
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Ivana Nickkawde, Director

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482411-412
The following person(s) is (are) doing business as:
1. Niche Business Cafe, 2. Niche Design, 5178 Mowry Avenue, Fremont, CA 94538, County of Alameda, 101 W. Weddell Dr., #311, Sunnyvale, Santa Clara, CA 94089
Niche Finance Inc., CA, 101 W. Weddell Dr., #311, Sunnyvale, Santa Clara, CA 94089
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Ivana Nickkawde, Director

This statement was filed with the County Clerk of Alameda County on September 5, 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).
9/17, 9/24, 10/1, 10/8/13

CNS-2533137#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482033
The following person(s) is (are) doing business as:
Floral Accent & Gift Baskets, 4075 Papazian Way 101, Fremont, CA 94538, County of Alameda
1045 Corvette Dr., San Jose, CA 95129, Sanga Clara County
Guo Hua Yang, 1045 Corvette Dr., San Jose, CA 95129
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 04/26/2013
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
/s/ Guo Hua Yang
This statement was filed with the County Clerk of Alameda County on August 27, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
9/17, 9/24, 10/1, 10/8/13

CNS-2532870#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 481442
The following person(s) is (are) doing business as:
Black Bird Networks, 3939 Monroe Ave., #250, Fremont, CA 94536, County of Alameda.
Abdul Ahad Moghul, 3939 Monroe Ave., #250, 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 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/ Abdul Ahad Moghul
This statement was filed with the County Clerk of Alameda County on August 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).
9/10, 9/17, 9/24, 10/1/13

CNS-2530511#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 481948
The following person(s) is (are) doing business as:
LaborMax Staffing, 3907 Washington Blvd., Fremont, CA 94538, County of Alameda.
P.O. Box 900, Kearney Clay, MO 64606.
San Gabriel Temporary Staffing Services, LLC, CA, 300 S. Platte Clay Way, Kearney, MO 94060.
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 7/23/2008.
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/ Michael S. Ingham, Managing Member
This statement was filed with the County Clerk of Alameda County on August 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).
9/10, 9/17, 9/24, 10/1/13

CNS-2530449#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 439234
The following person(s) has (have) abandoned the use of the fictitious business name: **Oldroyd Financial, 36416 Sereno Cmn., Fremont, CA 94536, 36055 Turpin Way, Fremont, CA 94536**
The fictitious business name referred to above was filed in the County Clerk's office on 06/04/10 in the County of Alameda.
Ryan Todd Oldroyd-Trustee of the Oldroyd, Family Trust, 36416 Sereno Cmn., Fremont, CA 94536
LeeAnn Oldroyd-Trustee of the Oldroyd Family, 36416 Sereno Cmn., Fremont, CA 94536
This business was conducted by: Trust
S/ Ryan Oldroyd
This statement was filed with the County Clerk of Alameda County on August 8, 2013.
9/3, 9/10, 9/17, 9/24/13

CNS-2529832#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 482112
The following person(s) is (are) doing business as:
Dandan Music Studio, 21250 Hesperian Blvd., Hayward, CA 94541, County of Hayward, 14675 Locust, San Leandro, CA 94579, County of Alameda
Julietta Cadorniga, 14675 Locust, San Leandro, CA 94579
This business is conducted by an individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 8/8/13
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/ Julieta Cadorniga
This statement was filed with the County Clerk of Alameda County on August 28, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
9/10, 9/17, 9/24, 10/1/13

CNS-2529828#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 481955
The following person(s) is (are) doing business as:
Detail Workx, 42400 Boyce Road, Unit B, Fremont, CA 94538, County of Alameda; 2157 Santa Clara Ave., Apt. B, Alameda, CA 94501; Alameda
Erwin Roy Reyes, 2157 Santa Clara Ave., Apt. B, Alameda, CA 94501
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/ Erwin Roy Reyes
This statement was filed with the County Clerk of Alameda County on August 23, 2013
NOTICE-In accordance with Section 17920(a), a Fictitious Name Statement generally expires five years from the date it was filed with the County Clerk, except as provided in Section 17920(b), where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).
9/3, 9/10, 9/17, 9/24/13

CNS-2528034#

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. **RFP/IO #901098 REGIONAL RENEWABLE ENERGY PROCUREMENT (R-REP), Conference and Q&A**– Friday, October 4, 2013, 9:00 AM; **Networking Conference** – Friday, October 4, 2013 at 1:00 PM, both at Alameda County Conference Center, Union City Conference Room, 125 12th Street, Suite 400, Oakland, 9 AM conference is accessible via webconference at <https://gsaalamedacounty.adobeconnect.com/rep/> **Prequalification response due by 2:00 pm on October 22, 2013 RFP response due by 2:00 pm on December 26, 2013 County Contact: Michael Lu (510) 208-9649 or via email: michael.lu@acgov.org**

Attendance at Networking Conference is Non-mandatory. Specifications regarding the above may be obtained at the Alameda County GSA Current Contracting Opportunities Internet web-site at www.acgov.org.
9/24/13

CNS-2536952#

*Notice is hereby given that this is an Online Bid Process; only bids submitted through the online portal will be accepted. Please login or register at <https://ezsourcing.acgov.org/ssp/SS/SUPPLIER/ERP/h?tab=DEFAULT> NETWORKING BIDDERS CONFERENCES for RFQs #901179 - 901182: 2014 Ford, Chevrolet, Dodge and Toyota Vehicle Purchase North County – Monday, October 7, 2013 at 10:00 a.m. at General Services Agency, 1401 Lakeside Drive, Room 1107, 11th Floor, Oakland, CA or participate remotely at <https://gsaalamedacounty.adobeconnect.com/vehiclesouthcounty>– Tuesday, October 8, 2013, 2:00 p.m. at Castro Valley Library, Chabot Room, 3600 Norbridge Avenue, Castro Valley, CA **Response Due by 2:00 pm as follows: RFQ 901179 and 901180 – November 6, 2013 RFQ 901181 and 901182 – November 7, 2013 County Contact: Evelyn Benzon (510) 208-9622 or via email: evelyn.benzon@acgov.org** Attendance at Networking Conference is Non-mandatory. Specifications regarding the above may be obtained at the Alameda County GSA Current Contracting Opportunities Internet website at www.acgov.org.
9/24/13*

CNS-2535154#

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 901130 Collaborative Community Planning Council** Tuesday, October 1, 2013, 10:00 a.m. at General Services Agency, Room 222, 2nd Floor, 1401 Lakeside Dr., Oakland, CA Thursday, October 3, 2013, 1:30 p.m. at Public Health Department, Room 310A, 1000 Broadway, Oakland, CA **Response Due by 2:00 pm on October 31, 2013 County Contact: John Butchart (510) 208-9602 or via email: john.butchart@acgov.org** Attendance at Networking Conference is Non-mandatory. Specifications regarding the above may be obtained at the Alameda County GSA Current Contracting Opportunities Internet website at www.acgov.org.
9/24/13

CNS-2534960#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction: on the **27th day of September, 2013** at or after **12:00 pm** 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

Earl Harper AA84A 7/22/13
Kelsey McFafferty B103 7/15/13
Theresa Nielson B129 6/30/13
John Barton B170 7/12/13
Stephanie Willis B267 7/19/13
Cynthia Cuffee B300 7/16/13
Joseph Clifton B321 7/17/13
Reynold Quintoz C141 7/17/13
Maria Rodriguez C163 7/21/13

9/17, 9/24/13

CNS-2531957#

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 September, 2013** at or after **11:15 am** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Fremont, 44511 Grimmer Blvd, Fremont, CA 94538**. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:

Name Unit # Paid Through Date

Kia Jackson 175 6/27/13
Victoria Vasquez 178 5/2/13
Matthew Brady 191 10/29/12
Alex Ponzo 251U 5/25/13
Lorance Anderson 281U 6/30/13
Eswarudu Merugumala 302 3/4/13
Lorenzo Smiley 305 4/17/13
David Whitehead 311 5/8/13
Paul Orel 313 7/22/13
Dana Burke 318 6/27/13
Ralph McFerrer 328 6/19/13
Kari Mitchell MM401 1/17/13
Sarah Allen MM412 4/26/13
9/17, 9/24/13

CNS-2531954#

continued from page 8

Sex offender caught and arrested

The suspect was identified as Christopher Miller, a 70 year-old Registered Sex Offender out of San Jose, CA. Miller was subsequently arrested by Mountain View Police for Annoying or Molesting a Child under 18 with priors. Miller was booked into Santa Clara County Jail and remains in custody.

The San Mateo and Union City Police Departments spent the following week conducting follow up investigation to confirm their suspicions of Miller as the suspect in their cases. Information was held back from media release on this incident as detectives diligently completed their cases for these heinous crimes.

San Mateo Police Detectives have positively identified Miller as the suspect in the assault that occurred at Barnes & Noble in San Mateo – charges are pending.

Union City police believe Christopher Miller to the suspect in their incident at Burger King. Union City's investigation has been forwarded to the Alameda County District Attorney's Office for charges.

To the Public: There may be other unreported incidents involving this suspect. Investigators are aware that there may be similar, unreported incidents in nearby jurisdictions. If you have information related to a similar incident, you are encouraged to contact that agency of jurisdiction to make sure your local law enforcement agency is aware.

Union City Police Investigations – 510-675-5220 (Det. Wu)
SAFETY TIPS on STRANGER DANGER:

-Know where your children are at all times. Make it a rule that your children must ask permission or check in with you before going anywhere. Give your children your work and cell phone numbers so they can reach you at all times.

-Point out safe places. Show your children safe places to play, safe roads and paths to take, and safe places to go if there's trouble.

-Teach children to trust their instincts. Explain that if they ever feel scared or uncomfortable, they should get away as fast as they can and tell an adult. Tell them that sometimes adults they know may make them feel uncomfortable, and they should still get away as fast as possible and tell another adult what happened. Reassure children that you will help them when they need it.

-Teach your children to be assertive. Make sure they know that it's okay to say no to an adult and to run away from adults in dangerous situations.

-Encourage your children to play with others. There's safety in numbers! More tips and information on Stranger Danger are available here:

<http://sanmateopd.wordpress.com/2013/03/28/what-to-teach-kids-about-strangers-from-the-national-crime-prevention-council/>

Weapons violation arrest

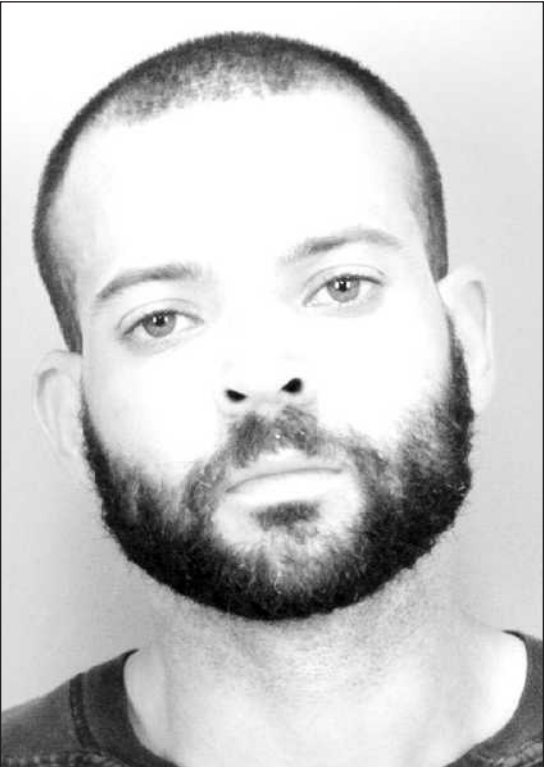
SUBMITTED BY SGT. JOHN TORREZ, MILPITAS PD

On September 10, 2013, at approximately 10:50 P.M., a Milpitas police officer was patrolling the area of Barber Ln. and Cottonwood Dr. due to recent burglaries. The officer saw a suspicious person, near several closed businesses, on the 500-blk of Barber Ln. The officer made contact with the subject and found him in possession of a fixed blade knife concealed upon his person. The subject was also in possession of burglary tools.

The subject was identified as Frank Jamarr De La Garza, San Jose Transient, and a computer check revealed he was on active Post Release Community Supervision (P.R.C.S.) probation for Burglary. Frank Jamarr De La Garza was arrested and booked into the Santa Clara County Main Jail for carrying a dirk or dagger concealed on the person and violating his Post Release Community Supervision.

Anyone with any information regarding this investigation or other similar incidents

occurring in our city is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at: http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp



Government Briefs

City Council summaries do not include all business transacted at the noted meetings. These outlines represent selected topics and actions. For a full description of agendas, decisions and discussion, please consult the website of the city of interest: Fremont (www.fremont.gov), Hayward (www.hayward-ca.gov), Milpitas (www.ci.milpitas.ca.gov), Newark (www.ci.newark.ca.us), Union City (www.ci.union-city.ca.us).

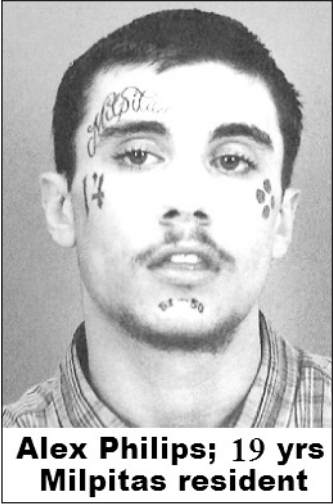
Fremont City Council	Hayward City Council	Milpitas City Council Meeting
September 17, 2013	September 17, 2013	September 17, 2013
Consent: PG&E gas relocation settlement for \$262,738 Reject all bids received for the Central Park sand volleyball court conversion to multi-use courts and re-bid the project. Award construction contract for Centerville Community Park playground project to Ross Recreation Equipment Co., Inc. in the amount of \$145,006.48.	Public Comment: Members of SEIU 1021 representing more than 350 full and part time Hayward City workers spoke in protest of City’s lack of movement to reach an agreement. The City declared an impasse July 26 resulting in strike action August 15.	Public Hearing Public hearing to adopt FY 2012 Consolidated Annual Performance Evaluation Report for Community Development Block Grant from HUD.
Other Business: Green Kids Now presentation Information Technology strategic plan presentation. A 5-year plan was recommended to update outdated City systems. Centerville Unified Site remediation services and funding agreement with Successor Agency; subsequent CEQA document not required (Salwan – recuse)	Work Session: Report received on Residential Inspection Ordinance Report received on pilot water transfer between Bay Area Water Supply & Conservation Agency and East Bay Municipal Utility District using Hayward intertie.	Consent Calendar Receive a progress report on Spanish and Mexican displays and signage on Alviso Adobe Addition. Consider Mayor’s recommendations of appointments and reappointments to the Youth Advisory Committee: Raine Abaya, Jacqueline Ajero, Clare Sern, Anthony Cerezo, Jashandeep Chahal, Jonathan Mendoza, Jonathan Ngo and Dylan Sanchez. Adopt ordinance increasing the maximum payout of a bingo game from \$250 to \$500.
Scheduled Items: Old Corporation Yard rezoning to Multi-family residence district. Dumbarton Quarry Regional Park project continued to Tuesday, October 8, 2013	Consent: Approve resolution to acquire a portion of the U.S. Postal Service land parcel on C Street for 21st Century Library. Authorize professional service agreement with Godbe Research for 2013 Facilities Measure Feasibility Study. Public comment about lack of bidding process. Authorize professional service agreement with John DeClereq for project management services of South Hayward BART transit oriented development project. Public comment about lack of bidding process. Approve Recognized Obligation payment Schedule and Successor Agency Administrative Budget	Approve a resolution to grant initial acceptance of improvements made to a 76 Gas Station at 190 W. Calaveras Blvd by GAWFCO Enterprises. Approve Amendment to the agreement with ThyssenKrupp Elevator for Platinum Maintenance not-to-exceed \$26,668.72. Approve adding amending an agreement with Dr Howard Michaels to extend his term as Medical Director with the Fire Department from October 1, 2013 to March 30, 2014; compensation increased by \$9,000. Approved an agreement with Burke, Williams & Sorensen, LLP for labor negotiation services in the amount of \$50,000.
Council Referrals Mayor Harrison wants to consider being a Friendship City with the City of Yiyang, China in the Hunan Province.	Public Hearing: Call-up for discussion of Planning Commission approval of site plan to build 60 units of Senior housing and approximately 6,000 square feet of ground floor retail and office space at 808 A Street. With amendments to unbundle parking as separate rental item and give priority to tenants without cars. (Approve 4-3, Jones, Peixoto, Salinas - Nay)	Public Forum Milpitas Unified School District Board President Daniel Bobay asked the council to place construction of a new school on the agenda of a future meeting. Mayor José Esteves: Aye Vice Mayor Althea Polanski: Aye Debbie Indihar Giordano: Aye Armando Gomez: Aye Carmen Montano: Aye
Mayor Bill Harrison Aye Vice Mayor Anu Natarajan Aye Suzanne Lee Chan Aye Vinnie Bacon Aye Raj Salwan Aye (recusal)	Mayor Michael Sweeney Aye Barbara Halliday Aye Greg Jones Aye (one Nay) Al Mendall Aye Marvin Peixoto Aye (one Nay) Mark Salinas Aye (one Nay) Francisco Zermeno Aye	

Alameda County Issues Request for Proposals

SUBMITTED BY GUY ASHLEY Alameda County released a Request for Proposals on September 18, 2013 for the largest collaborative procurement of renewable energy for public agencies in the nation. The Regional Renewable Energy Procurement (R-REP) Project will bring clean, renewable energy to up to 187 sites including community centers, libraries, fire stations, medical facilities, city halls and educational facilities across 19 Bay Area public agencies. Approximately 31 megawatts of power will be developed at public facilities in Alameda, Contra Costa, San Mateo and Santa Clara Counties through the installation of solar panels on rooftops and carports, fuel cell power generation systems, and solar thermal applications. If all sites are developed, these projects will effectively reduce greenhouse gas emissions by the amount generated by over	6,300 average-sized homes for an entire year. “Under Alameda County’s leadership, this collaboration will save participating agencies administrative costs and the large-scale purchase will lower pricing for those agencies,” noted Supervisor Keith Carson, President of the Board of Supervisors. “We are also excited that this project is expected to create hundreds of well-paying jobs for workers in Alameda County and neighboring counties.” Alameda County will conduct a two-phase solicitation for the R-REP including a Request for Qualification, and then a Request for Proposals from the qualified firms. All agencies participating in the project were involved in the review of the Request for Proposals and associated contract documents. The R-REP vendors will be selected through a fair, open and competitive bid process.	Unlike many renewable energy solicitations conducted by local government, a tremendous amount of technical data has been collected relating to each site and will be made available as part of the RFP to qualified bidders. The sites included in the solicitation are grouped into nine bid bundles based upon a set of criteria including technology type, size, location, and various other criteria. Optony, Inc. and Newcomb Anderson McCormick are assisting the County with technical consulting, and KNN Public Finance of Oakland, a division of Zions First National Bank, is a financial advisor on the project. Recognizing the potential for workforce development as a result of the project, the Request for Proposals requires that all bidders submit a workforce plan demonstrating a Good Faith Effort to achieve 40% local hiring and describing their partner-	ships with local community colleges, apprenticeship, bridge programs, and other organizations engaged with the community in workforce development. Through its regional leadership, Alameda County, working as Lead Agency along with two regional nonprofit organizations, Joint Venture Silicon Valley and the Contra Costa Economic Partnership, will bring renewable energy to communities throughout the Bay Area, achieving power through collaboration. These regional organizations helped launch the initiative through outreach efforts and by hosting educational forums to assist interested local governments in assessing the opportunities for renewable energy projects sited on government owned property assets. To view the RFP online, please visit http://www.acgov.org/gsa_app/gsa/purchasing/bid_content/contractopportunities.jsp
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Union City Police Log	BART Police Log
SUBMITTED BY UNION CITY PD	SUBMITTED BY BART PD
Friday, September 13 At 10:45 a.m., an elderly female had her purse stolen from her while she walked on Decoto Road near Alvarado Niles Road. The suspect pulled the victim’s purse away from her, causing the victim to fall to the ground. The suspect was described as a black male, about 30 years old, approximately 6 feet 2 inches tall, and weighing about 200 pounds. The suspect was last seen running northbound on Decoto Road.	Monday, September 16 A patron left and locked their bike (with 2 cable locks) to the bike rack at 7:50 a.m.. The patron returned the same date at 6:30 p.m. and discovered that their bike had been stolen. The bike is described as a Schwinn brand 7-speed, red in color bike.
Saturday, September 14 At 11:22 p.m., Corporal Stewart was flagged down by a citizen on Dyer Street. The citizen reported subjects carrying marijuana plants in	A patron parked and left their 2010 Lexus 350 (gray) on September 12, 2013 at 7:45 a.m. The patron returned the same date at 5:30 p.m. and discovered that their catalytic converter had been stolen.

San Leandro Police Log	Armed robbery suspect convicted
SUBMITTED BY LT. RANDALL BRANDT, SAN LEANDRO PD	SUBMITTED BY FREMONT PD
Saturday, August 24 At approximately 6:40 p.m., officers made a traffic enforcement stop on a vehicle in the 400 block of Tudor Road. The officers located a shaved key in the ignition of the vehicle and during their investigation they determined the vehicle had been stolen in Oakland several days prior to their stop. The driver, Matthew Primrose, a transient, was arrested for the incident and transported to jail. At approximately 6:50 p.m., one of our officers made a traffic en-	On September 27, 2012 at approximately 1:30 a.m., a 24 year old female victim was robbed at gunpoint in a room at the Motel 6 on Fremont Blvd. The suspect robbed the victim of money and her cell phone. The Fremont Police Department Robbery Unit investigated the case. Through that investigation the suspect was positively identified as Alex Philips of Milpitas. The Milpitas Police Department Detective Unit assisted in identifying Philips. On October 4, 2012, Philips was located and arrested in Milpitas by members of the Fremont Police Department Detective Unit. Physical evidence from the robbery and cocaine were located during the arrest. On October 9, 2012, Philips was charged by the Alameda County DA’s office in connection with the felony robbery (Fremont court house). On August 23, 2013, Phillips pled no contest to one count of robbery (Hayward courthouse). Philips is scheduled to be sentenced in late September 2013.



Alex Philips; 19 yrs Milpitas resident

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@MSJ Chamber.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	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
Rotary Club of Fremont We meet Wednesday at 12:15 p.m. at Spin-a-Yarn Restuaruant 45915 Warm Springs Blvd. Fremont, 510-656-9141 Service through Fun http://the/ fremontrotaryclub.org Please come visit our club We wlecome new members	Friendship Force of San Francisco Bay Area Want to experience a country and its culture with local hosts and promote global goodwill? Clubs in 56 countries. Upcoming local programs on Burma and Norway. www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	KIWANIS CLUB OF FREMONT We meet Tuesdays at 7:00 a.m. Fremont/Newark Hilton 39900 Balentine Drive, Newark www.kiwanisfremont.org Contact Elise Balgley at (510) 693-4524	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	
Dawn Breakers Lions Club Our Motto is: WE SERVE Meetings -1st & 3rd Thursdays 6:45am-8am El Patio Restaurant 37311 Fremont, Blvd., Fremont We welcome Men & Women with desire to serve our community 510-371-4065 for Free Brochure	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	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	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	
The League of Women Voters invites you to visit our website at www.lwvfnuc.org You'll find valuable information about your community and voter issues. Keep up to date & learn about our Tri-City area monthly programs. Our programs are non-partisan and free to the public.	Afro-American Cultural & Historical Society, Inc. Meetings: Third Saturday 5:30pm in member homes Call: 510-793-8181 for location Email: contact@aachisi.com See web for Speical Events www.aachis.com We welcome all new members Celebrating 40th anniversary	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:Accgr43@gmail.com Or call Tracy (510) 793-6472 American Cribbage Congress www.cribbage.org		
Help with Home Repairs from Alameda County No cost or favorable, low interest loans are available for home remodeling for qualified homeowners in Fremont, Union City, Sunol and Newark. Call (510)670-5399 for an application and more information. http://www.acgov.org/cda/nps/	Tri-City Ecology Center Your local environmental leader! Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects. For info see www.tricityecology.org Office open Thursdays, 11am-2pm 3375 Country Dr., Fremont 510-783-6222	NARFE National Assoc of Active and Retired Federal Employees Meet 4th Friday of Month Fremont Senior Center Central Park @ Noon All current or retired Federal Employees are welcome. Call Ellen 510-656-7963		First United Methodist Church Music Series 2950 Washington Blvd., Fremont Free 30 min. organ, piano & guest artist recitals. Generally first Sunday each month 4pm. Check website for exceptions www.fremont-methodist.org Free-will offering benefits humanitarian charities
Gamblers Anonymous Has gambling taken over your life or the life of someone you know? Thursday night 7:30pm Grace Lutheran Church 36060 Fremont Blvd., Fremont Helpline (855)-222-5542 or www.gamblersanonymous.org	Take Off Pounds Sensibly An affordable, non-profit Weight loss support group Meetings Thurs. 10am Holy Redeemer Lutheran Church 35660 Cedar Blvd., Newark For more information, call Diane 510-657-4403 Come and check up out We'll be weighting for you.	Steps Along the Way The Journey to Healing and Wholeness from hurts and hang-ups using the 12 steps Wednesday nights 7pm New Hope Community Church 2190 Peralta Blvd., Fremont www.newhopefremont.org 510-739-0430	Mariner Summer Camps 2013 Camps are offered in the sports of Girls and Boys Basketball Non Contact Football Baseball, Girls Volleyball MCHS Website for information www.moreaucatholic.org/athletics or call 510-881-4314	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.
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	Troubled by someone's drinking? Help is Here! Al-Anon/Alateen Family Groups A no cost program of support for people suffering from effects of alcoholism in a friend or loved one. Call 276-2270 for meeting information email: Easyduz@gmail.com www/ncwsa.org You are not alone.	Olive Festival Car Show Saturday, Oct 5 Historic Mission, Fremont Mission Trail Mustangs Club Entry \$25 9am-4pm All Fords Only Event Call Rick 510-493-1559 missiontrailmustangs.org	Messiah Lutheran Church Church Service - Sunday 10 a.m. Bible Study - Sunday 9 a.m. Sunday School 2nd & 4th Sunday each month @ 11:15am and community events 25400 Hesperian Blvd., Hayward Phone: (510) 782-6727 www.MessiahHayward.org
SAVE (Safe Alternatives to Violent Environments) Domestic Violence Support Group (Drop In & FREE) Tue & Thur 7 pm – 9 pm Fri 9:15 am – 11 am 1900 Mowry, 4th Fl. Fremont Office (510) 574-2250 24/7 Hotline (510) 794-6055 www.save-dv.org	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	Maitri Immigration Program Free Assistance and Referrals for Domestic Violence Survivors. Provide Services in Hindi, Punjabi, Bangla, Tamil and many other South Asian languages. Crisis line: 888-8-Maitri Please call for screening.	F.U.N in Recovery Saturday, August 24 9-7 Yoga, Zumba, Food, Workshops, Fellowship, Laughter! Speakers at 3:30pm, Headliner at 5:30pm Calvary Chapel 42986 Osgood Rd., Fremont Contact: easyduz@gmail.com Suggested donation\$20 No one will be turned away Hosted by Al-Anon District 17	12th Annual Olive Festival Saturday, Oct 5 @10-5 Behind Mission San Jose Live Music, Craft Beer, Wine Tasting Food Demos Olive Vendors, Kids Area Arts/Crafts Call for ARTISTS Limited spots available info@msjchamber.org
Seabreeze Community Forum of Union City Be a part of a group of neighbors working towards the improvement of our community. Visit: groups.yahoo.com/group/SCFUC To join, send email to: SCFUC-subscribe@ya-hoogroups.com	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	42ND HOMECRAFT FAIR Wed Oct 2 - 11am-4pm Thurs Oct 3 - 10am-6pm Fri Oct 4 - 10am-6pm Sat Oct 5 - 10am-4pm Homemade Crafts and Artist Toys, Jewelery, Holiday Stuff Gifts, Vests, Ceramics & more 1608 Via Sarita, San Lorenzo (Follow signs on Bockman Rd)	Fremont Art Association 48th FINE ART SHOW Open to all artist Various mediums Application Due 9/13 Available on-line or at Gallery Reception/Awars Sept 29th 37697 Niles Blvd. 510-792-0905 www.fremontartassociation.org	
We Need Volunteers! Sparkpoint FRC Volunteer Income Tax Assistance (VITA) needs volunteers. No experience necessary. Need Greeters, Translators & Ambassadors. Information Information Meetings Thurs 9/26 & Wed10/16 6-8:30pm Fremont Family Resource Center 39155 Liberty St., Fremont Carolyn Robertson 510-574-2003	Looking for a place to DISPLAY YOUR ART? All Mediums welcome Oils, Watercolors, Ceramics, Etc. Eontact the Fremont Art Assoc. 37697 Niles Blvd., Fremont 510-792-0905 www.fremontartassociation.org \$40 Membership required	New DimensionChorus Men’s 4 Part Vocal Harmony In the “Barbershop” style Thursdays at 7pm Calvary Luther Church 12500 Via Magdalena SanLorenzo Contact: ncchorus@Yahoo.com 510-332-2489	First United Methodist Church Music Series 2950 Washington Blvd.,Fremont Free 30 min. Organ, Piano & Guest Artist Recitals. Generally first Sunday each month 4pm Check website for exceptions www.fremont-methodist.org Free-will offering benefits humanitarian charties	Craft Fair Saturday, Oct 12 - 9-4pm Hayward Veterans Bldg. 22373 Main St. Hayward Hosted by American Legion Axiliary If you would lke to take mart in this event Contact: Dorothy Castillo 510-581-1074

New Routes and New Fares for Union City Transit

SUBMITTED BY STEVE ADAMS

On Saturday, October 12, 2013, Union City Transit will begin implementing new routes and fares. The current system operates five routes Monday through Saturday and three routes on Sunday, but starting on October 12, Union City Transit will operate seven routes on Saturdays, four routes on Sundays, and nine routes on weekdays. Also starting on October 12, cash fares and monthly passes will increase for fixed-route, paratransit fares will increase, and the age for seniors will increase from 60+ to 65+ to coincide with the regional senior age set by the Metropolitan Transportation Commission (MTC) for participation in the Clipper Card program; the fares for BART-to-Bus and for AC Transit or Dumbarton Express transfers will not change.

Union City Transit fixed-routes will put more emphasis on using the Union Landing Transit Center as a transfer point among routes, there will be more service along Alvarado-Niles Rd, week-

day peak hour services, and greater coverage of Union City by public transit. The new routes are as follows:

- 1 Delores: Operates Monday through Sunday from the Union City BART Station to Dyer St and Union City Blvd via Alvarado-Niles Rd, Dyer St, Delores Dr, and Union City Blvd.
- 2 Whipple: Operates Monday through Saturday from the Union City BART Station to the Union Landing Transit Center via the Decoto District, Whipple Rd, Union City Blvd, and Smith St.
- 3 Almaden: Operates Monday through Sunday from the Union City BART Station to the Union Landing Transit Center via Alvarado-Niles Rd, Medallion Dr, and Almaden Blvd.
- 4 Tamarack: Operates Monday through Sunday from the Union City BART Station to the Union Landing Transit Center via Decoto Rd, Seventh St, Mission Blvd, Tamarack Dr, Whipple Rd, and Dyer St.
- 5 Dyer: Operates Monday through Saturday from the Union City BART Station to Dyer St and

Union City Blvd via Alvarado-Niles Rd, Dyer St, Alvarado Blvd, and Union City Blvd.

- 6 Central: Operates Monday through Friday during the morning and evening peak hours from the Union City BART Station to the new East Plaza via Perry Rd, Alvarado-Niles Rd, Central Ave, Whipple Rd, and the Decoto District.
- 7 Alvarado Circulator: Operates Monday through Sunday from the Union Landing Transit Center in a loop via Dyer St, Union City Blvd, Delores Dr, Dyer St to Calaveras Landing, Whipple Rd, and Union City Blvd to the Union City Sports Center.
- 8 Alvarado-Niles: Operates Monday through Saturday from Union City BART Station to Union Landing Transit Center via Alvarado-Niles Rd.
- 9 Dyer Express: Operates Monday through Friday during the morning peak hour from Union City Blvd and Rocklin Dr to Union City BART Station via Dyer St and Alvarado-Niles Rd; and during the evening peak hour from the Union City BART Sta-

tion to Union City Blvd and Rocklin Dr via Alvarado-Niles Rd and Dyer St.

Union City Transit and Paratransit new cash fares and the paratransit ticket sheet price will be effective on Saturday, October 12 while monthly pass prices will be effective Tuesday, October 15 for the purchase of November monthly passes. Monthly passes and paratransit ticket sheets can now be purchased online at www.uctransit.org in addition to the city hall cashier's desk; Union City Paratransit ticket sheets can also be purchased at The Marketplace Shopping Center Safeway on Alvarado-Niles Rd. Union City Transit does not currently accept the Clipper Card for fare payment, but is currently working with the MTC to join the program. Union City Transit and Paratransit fares, passes, and tickets will be increasing to the following:

Cash Fares

Adult (Age 18-64) \$2.00
Youth (Age 6-17) \$1.25
Senior (Age 65+) \$1.00
Certified Disabilities or Medicare \$1.00

Child (Age 0-5 with an Adult) Free
Union City Transit Transfer Free
BARTPlus Pass Free
BART-to-Bus (At BART Station Only) \$0.50
AC Transit & DB Express Transfers \$0.25
Paratransit \$2.75

Monthly Passes & Pre-Paid Tickets

Monthly Adult (Age 18-64) \$55
Monthly Youth (Age 6-17) \$35
Monthly Senior (Age 65+) \$26
Monthly Certified Disabilities or Medicare \$26
Paratransit 10-Ride Ticket Sheet \$27.50

Please look for new brochures with maps and schedules coming soon in print. Please look for the new map and schedules online at www.uctransit.org. Please also look for new bus stops appearing in your neighborhood.

Union City Transit would like to say thank you for supporting public transportation by riding Union City Transit!

Preventing falls - one step at a time

In the late 1980s and early 1990s, it was difficult to have a conversation about the danger of falls without referring to a television commercial about an home alert product using the catchphrase, "Help, I've fallen and I can't get up." While heavily satirized and sometimes used for light-hearted quips, the sentiment is not only serious, but often deadly.

Organizations across the country are celebrating Fall Prevention Awareness

Week - September 22 - 28, 2013 with the goal of educating the public to not only the consequences of falls by older adults, but prevention techniques that combine common sense and awareness training. Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. In recognition of this serious problem, a National

Fall Prevention Awareness Day will be celebrated on September 22; California designates an entire week as Fall Prevention Awareness Week.

At the heart of this initiative is the message that falls are preventable through home safety, physical activity, assistive devices, medication awareness, vision exams and pet safety. Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can impact the health and independence of older adults. Thankfully, falls are not an inevitable part of aging. In fact, many falls can be prevented.

Throughout the state, organizations that work with elderly clients are working to inform seniors and their families of basic tips and services to prevent the pain and cost of preventable falls. According to Tri-City Life Eldercare Executive Director Patricia



Osage, help is available through "a handful of actions" for citizens to remain healthy and fall-free. She notes that some simple techniques include exercise to strengthen muscles and help maintain balance, review of medications and their effects, vision exams to maintain good eyesight, elimination of home hazards such as loose items, use of non-slip mats for slick areas, adequate lighting and wearing shoes rather than walking in slippery socks. Awareness of pet movements can also avoid a fall.

Life Eldercare has created a Fall Prevention program that includes home safety checks and minor modifications, medication reviews and personalized physical activity routines to increase mobility. A Certified Fitness Trainer visits participant homes to assess mobility and create a personalized exercise routine assisted by an LVN nursing student from Unitek College. The price is right... it's free to Tri-City residents.

Underestimated and understated in media reports, falls are the #1 reason for injury and death of those ages 65 and older! The estimated emotional toll is incalculable but the hospitalization cost in Alameda County in 2004 was estimated by California Department of Health Services at over \$111 million. That was nine years ago. Just imagine what it is today. Organizations throughout the greater Tri-City area including senior centers, medical centers and senior services are ready and able to help citizens prevent falls.

For information, contact:
LIFE Eldercare, Inc.
(510) 574-2090
www.lifeeldercare.org

Additional information can be found at local senior centers, community health facilities or www.stopfalls.org



Honoring 9/11 - Scout Surge 2013

SUBMITTED BY
THERESA GRUSHKIN

Cub Scouts around the country participate in Scout Surge every September 11. Scouts are encouraged to find a way to honor 9/11 in their communities. For the third year, cub scouts from Newark Pack 441 have gone to local Newark Fire Stations and the Newark Police Department with homemade baked goods and cards/letters/posters to present to the fire-fighters and police officers. The boys thank the fire fighters and police officers for their service to our community and for putting their lives on the line for us every day.

Thank you Newark Fire and Newark Police! You make our community a better place.



Whole Foods Market® to open Fremont store September 25

SUBMITTED BY JENNIFER MARPLES

Whole Foods Market opens its new Fremont store Wednesday, Sept. 25 with a bread-breaking ceremony at 9:45 a.m.; doors will open at 10 a.m. The first 250 shoppers will receive a free gift bag filled with Whole Foods Market signature items.

“With our cool Tap Room, we also hope to become a community gathering spot – a place where folks can grab a drink, enjoy some great food and kick up their heels after a busy day,” said Pedro Fonseca, store team leader.

Local vendors including Perry Farms, Pozzi Lamb, Golnazar Ice Cream and Foolish Hens Farms will be well represented among the items offered at the new market. Selections include a large meat counter with special offerings, Artisan Bakery, Seafood, Prepared Foods, Produce, Grocery, Beer and Wine, Cheeses and specialty items from around the world. A drink bar, nut butters ground on site and health foods are among the unique products at the store. More than 40 olive and

antipasti mixes and a savory station serving waffles and grilled cheese sandwiches set Whole Foods Market apart.

A special dining area is set aside along with free Wi-Fi and a “Kid’s Club” for children ages 2-8, eligible to receive a free treat. Whole Foods catering services are also available.

Four times a year, Whole Foods Market sets aside a day on which five percent of the day’s net sales is contributed to a local 501(c)3 non-profit organization. The Fremont store will kick off a special “Week of Giving” on September 30; five one-percent days to benefit the following organizations: Sept. 30: Fremont Leaf (environmental sustainability)

Oct. 1: Abode
Oct. 2: Fremont Education Foundation
Oct. 3: Tri City Volunteers
Oct. 4: East Bay Regional Parks Foundation

Also, when customers bring in their own bags for groceries they have the option of receiving a five-cent refund (per bag) or donating the money to a selected charity. The first non-profit beneficiaries



are Furry Friends Rescue and Kidango.

One level three fast charger and one level two chargers are available in the parking lot. These will be managed by eVgo and customers will pay for use.

Whole Foods Market Fremont
3111 Mowry Ave., Fremont
(510) 401-5880
Hours: 8 a.m. – 10 p.m. daily
Store Team Leader: Pedro Fonseca
Website:
www.wholefoodsmarket.com/fremont-ca
Facebook: www.facebook.com/WFM-

Fremont
Twitter: www.twitter.com/wholefoodsnorca

**Federal regulations prohibit the use of hormones in raising pork and poultry.*

Whole Planet Foundation Festival
Saturday, Sep 21
12 noon – 4 p.m
50+ vendors, live music, dance, kids’ activities
Whole Foods Market Fremont
3111 Mowry Ave., Fremont
Free event



LETTER TO THE EDITOR

Madeline could have been homeless, but she’s not

Madeline was born on a sunny day in May 2013. Her birth was unremarkable, but her parent’s journey prior to that date was and still is reflective of the need for change. Madeline’s parents were homeless and continue to seek a permanent housing solution. However, thanks to connecting her parents with a network of temporary housing opportunities, Madeline has never spent a night on the street and is healthy and happy. The family’s connection to services came through local meal programs which, in Hayward, coordinate through the Hayward Community Action Network (CAN).

CAN acts as a safety net to empower those who are unaware of or ineligible for existing services and assists them in achieving self-sufficiency. Without the meal programs, Madeline’s parents may not have been able to connect with the medical care and temporary housing that have ensured her safety.

On October 1st, the Hayward City Council will consider a permitting process for the outdoor meal programs in downtown Hayward. While regulating food service to those in need may appear innocuous on its surface, the proposal does little to alleviate identified community concerns, which include fights and debris (especially human waste). These issues generally do

not occur during meal program operations. Instead, a centralized resource, recovery, and re-engagement center can facilitate connections to food, shelter, counseling, and services as well as provide opportunities for those in need to use their skills through productive engagement.

“I walk hours each day to eat,” said one meal program participant who utilizes meal and service sites between Hayward and San Leandro. “That doesn’t leave much time for job searching.” Said another participant, “I spend 80% of my income for housing and receive less than \$20 per month in food stamps. I rely on meal programs to get by.”

Many cities across the country have also identified the need for collaborative, productive solutions. However, some cities in the Bay Area are looking towards punitive actions that address symptoms rather than root causes. “Productivity, not Permits” — a Hayward petition campaign — along with the Western Regional Advocacy Project and the National Coalition for the Homeless are advocating for hygiene and resource centers. Their message: “It’s time to stop criminalizing poverty.”

Sara Lamnin
Hayward Community Action Network

Water bottle filling station comes to Tennyson High

SUBMITTED BY MEGHAN LASLOCKY
PHOTOS COURTESY OF ALAMEDA COUNTY OFFICE OF EDUCATION

Students at Tennyson High School in Hayward participated in the unveiling of a new water bottle filling station at their school on September 18 - the culmination of a student-led initiative to ensure access to filtered water on campus.

Last year, students on Tennyson’s Wellness Council identified a need in their school for clean, attractive, and vandal-resistant water stations in order to encourage students to stay hydrated. In an effort to receive approval and funding of the project, students researched the effects of dehydration on learning and brain function and surveyed Tennyson water fountains. When they presented their findings to the school’s site-based decision making body, their proposal to purchase a water bottle filling station was unanimously approved.

“It was so inspiring to see the process unfold,” says Tennyson health teacher Megan Milan. “The students showed me what a determined group of young people can do to solve a problem. And, Tennyson students will do better in school because of this water station.”

Alameda County of Education’s (ACOE) Project Eat joined community partners including HealthCorps and Tiburcisco Vasquez Health Center on the Wellness Council and supported the students.



Unveiling the water bottle filling station which features filtered, chilled water, two drinking fountains, and a bottle filler that electronically displays how many water bottles have been filled at the station each month, coincides with First Lady Michelle Obama’s recent launch of a new campaign to encourage people to drink more water. The national campaign is called “Drink Up” and focuses on the importance of water consumption to health.

At ACOE, headquarters of the county-wide Project EAT program, the initiative is regarded as consistent with Project EAT’s aim to help end health inequalities in Alameda County schools. “Drinking a healthy amount of water every day is just as important to student success as a healthy diet,” says ACOE Superintendent Sheila Jordan. “We hope that water bottle filling stations like this increasingly become the norm at our schools.”

Students at Tennyson regard the new water station at their school as crucial to their welfare. “The environment at Tennyson is going to change in a good way because students will make wiser and healthier choices,” says sophomore Wellness Council Member Priscilla Arango. “It makes me feel proud because I was part of a positive change at Tennyson.”

For more information, visit www.acoe.org or www.projecteat.com

Artists' Exhibit

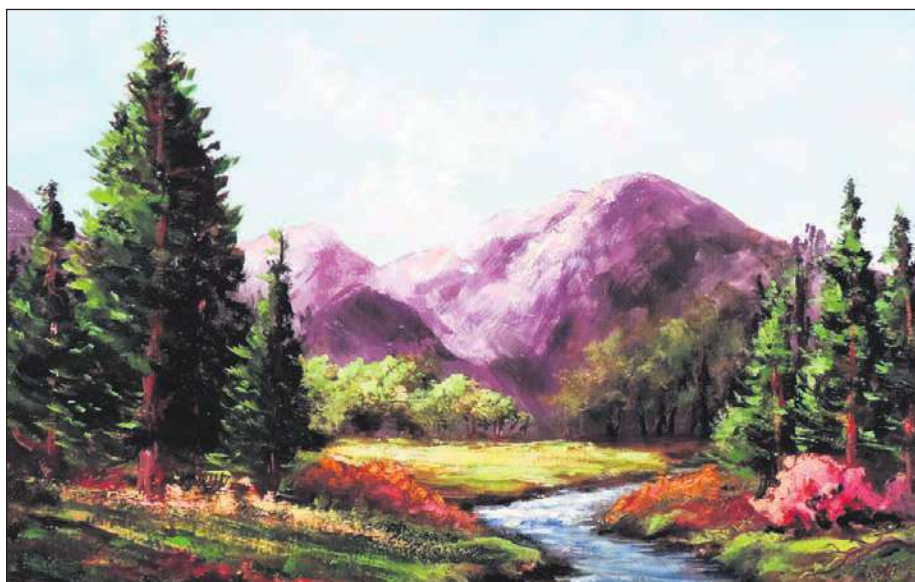
Mary Sullivan and Father Jun Manalo are teaming up to display their paintings at Mission Coffee in Fremont during the month of October.

Father Jun is the Parochial Vicar at Mission San Jose, Saint Joseph Catholic Church and School. His abstract paintings are colorful and exciting. Father Jun is a self-taught artist who has been painting for almost twenty years. In his early childhood his parents taught him that, "God has designed us according to his will and painted us according to his wisdom." Father Jun enjoys music, dance, composition, and

photography, but painting is his bliss. He says that he uses oil paint to prove his patience, acrylic paint to test his perceptiveness, and paints in abstract form to express his philosophy in life. Painting also expresses his connectedness to God's creation and his relationship to the greatest painter that we call God our Father.

Mary Sullivan is a local Fremont artist who began painting about five years ago. She has studied with a few well-known artists such as Gary Jenkins, Arleta Pech, Charles Waldman, Kathleen Dunphy and the well-known Southwestern artist Heinie Hartwig. She enjoys painting still life, landscapes, seascapes, and floral paintings. Oil painting has become a very important part of her life because it brings her joy, great excitement, and satisfaction. Learning new ways to apply paint to canvas is challenging but fun.

An artist reception will be held on Sunday, October 13 from three p.m. to five p.m. For more information contact the artists, Sullivan at sully@aol.com, and Fa-



ther Jun at lambixthuz77@yahoo.com and fmstjoseph@gmail.com.

**Mary Sullivan and
Father Jun Manalo exhibit**
Oct 1 – Oct 31
Mon – Fri: 5 a.m. – 9 p.m.
Sat – Sun: 6 a.m. – 9 p.m.

**Reception: Sunday, Oct 13
3 p.m. – 5 p.m.**

Mission Coffee
151 Washington Blvd., Fremont
(510) 623-6929

Going Green

**BY SIMMONE SHAH
PHOTOS BY GIN WESNER**

Sunol Glen Elementary is changing the way their students view the environment, teaching kids self-sufficiency at a young age by creating an outdoor garden and a

sunflowers, lavender, tomatoes, and bell peppers. The garden is even complete with an irrigation system, three chickens, a shed filled with supplies, and its own compost system. Younger grades learn about animals, seeds, and crops, while older grades study more specialized topics. Last year,



recycling project for the children to manage. Run by a handful of parents and community volunteers, the project aims to educate students about the world around them. By tending a garden, students learn what goes into the produce they eat and the process of growing the fruits and vegetables they find in their homes. The recycling program teaches kids the importance of conserving our resources by recycling, and how to help reduce pollution and the amount of waste going into our landfills.

Fully functioning, Sunol Glen's outdoor garden is more than just a small patch of veggies; it is filled with plant life including

5th graders studied and grew an ancient grain called amaranth while 7th graders planted some of the plants native to Sunol around the school. After tending the plants for a year, students gather the crops for a school-wide harvest outdoor picnic.

In addition to the garden, Sunol Glen runs a recycling program; engaging both students and parents at home to do their part to help the environment. Intending to encourage children to take what they learn at school and apply it at home, each month students are asked to turn in recyclables such as plastics and aluminum cans from home, while the class



with the most recyclables turned in receives a prize. Income from recycling is used to support the program.

New reusable containers for the students are given out during Earth Week. Kindra Mendall and Suz Naone are coordinators of the outdoor garden project. Ms. Mendall states, "Purchasing reusable lunch containers was a key piece of the recycle program, so students could work to create less waste on a daily basis."

By offering students the unique opportunity to create something they are proud of, Sunol Glen is instilling values and creating skills that will last a lifetime. At the harvest party, held at the end of the year, the students begin to understand how many hours are required to bring the fruits and vegetables they eat to the table, and end up with a sense of pride knowing they brought it there. Respect for the lengthy process, hopefully encourages them to waste less food.

When students receive their reusable lunch containers, it persuades them to do their part to create less waste every day. "This understanding will hopefully help nourish a view of the world that is larger than just their household," says co-coordi-

nator Ms. Naone. "We hope that education in these areas will not only enrich their lives but also help them to be conscientious citizens."



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A New Production of
BOUBLIL and SCHÖNBERG's

Les Misérables

SUBMITTED BY BELINDA MALONEY

For the first time ever, late last year, the rights for the full-length version of "Les Misérables" became available to community theaters, but only for a limited time. Stage 1 Theatre is extremely proud to be one of the few companies that have attained these rights. Based on Victor Hugo's classic novel, "Les Misérables" holds the record for the longest-running musical in the world and continues to thrill and captivate audiences in every corner of the globe. It is a treasured tale about the survival of the human spirit. From the wrongfully accused hero Jean Valjean and his loving daughter Cosette, to the misunderstood heroine Eponine and the relentless Inspector Javert, these characters have proved to be timeless and contemporary in every country and society in which it plays.

"Les Misérables" is truly an emotional and uplifting story. The magnificent score features such classic songs as: "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?" "One Day More," "Master Of The House" and many more.

The 25th Anniversary Opening Night Gala kicks off the show's run on Saturday, September 28th at 6

p.m. and will feature a ribbon cutting ceremony, dessert bar, beverages, and special raffle followed by the musical performance at 8 p.m.

Friday and Saturday performances are at 8 p.m. with Sunday matinees at 2:30 p.m. Adult tickets are \$24; seniors 62 and up and college students with ID are \$22; students 17 and under are \$12. Groups of 10 or more are \$20 per person for the same performance. For more information or to purchase tickets, visit www.stage1theatre.org.

**Les Misérables
Opening Night Gala
Saturday, Sept 28
6 p.m. - 7:30 p.m.**

**Saturday, Sept 28 - Sunday, Oct 13
8 p.m. (Sunday matinees at 2:30 p.m.)
Newark Memorial High School Theatre
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org**

Tickets: \$12 - \$24

Happy Birthday Harley-Davidson

As a tribute to the 110th birthday celebration of Harley-Davidson motorcycles, local artist Leon Carter (leoncarterart@yahoo.com) was inspired to create a fitting tribute portrait, "The Eagle Has Landed." The painting depicts a surreal image of symbols of American triumphs – bald eagle, Harley-Davidson and the moon landing by American astronauts on Apollo 11 in 1969 when Neil Armstrong sent the message to Houston that "The Eagle has Landed" on the moon.

Carter surprised and delighted members of the Oakland Harley Owners Group (Oakland HOG – www.oaklandhog.org) which meets the first and third Thursday of the month at 7:30 p.m. at Round Table Pizza, 37480 Fremont Blvd. in Fremont. Director Jim Bell and Assistant Director Dan Bustinduy (aka Droopy Dan) congratulated Carter on his imagination and excellent subject matter.



Leon Carter poses with "The Eagle Has Landed" tribute to 110 year anniversary of Harley-Davidson

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A New Production of
BOUBLIL and SCHÖNBERG's

Les Misérables

SHOWTIMES 8:00 PM: 9/28, 10/4, 10/5, 10/11, 10/12 2:30 PM: 9/29, 10/6, 10/13
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