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February 25, 2014

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Nowruz Celebration

By MEDHA RAMAN
PHOTOS COURTESY OF BALLET AFSANEH

The Iranian New Year No Ruz is a celebration of spring Equinox. The present day Nowruz, with its uniquely Iranian characteristics, has been celebrated for at least 2,500 years and is deeply rooted in the rituals and traditions of 3rd to 7th century AD Zoroastrianism, the religion of An-

cient Persia before the advent of Islam. On Nowruz, families wear new clothes, light a candle and sit around the table to read the Quran starting with the elderly. Afterward, the elders stay home while the younger people visit their neighbors and are given gold coins or aydeh as presents. In the evening, a feast is prepared and all family members sit down together to eat and enjoy the festivities.

continued on page 4



All about Owls

SUBMITTED BY RENA KIEHN

Whooooo goes there? You should... and bring your family! Park rangers invite the community to an early evening event all about owls and their nocturnal friends at Central Park near Lake Elizabeth. This Friday, February 28, you will be able to participate in many activities for kids and adults – anyone who wants to know more about our feathery and furry night time park dwellers.

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Famed Mandalorian warrior joins the Empire: worldwide exhibition extended



SUBMITTED BY MICHELLE TRAN

When Boba Fett captured famed Rebel hero Han Solo on behalf of Jabba the Hutt, everyone knew he was a force to be reckoned with. Even Darth Vader himself respected the galaxy's best bounty hunter.

For weeks, fans and visitors alike have wondered which mysterious character would join the exhibition for its final months at The Tech. Now, the Empire has added a friend while the Republic counts one more foe.

Boba Fett's arrival marks the first time the renowned bounty hunter has appeared in the 20-venue international journey of "Star Wars®: Where Science Meets Imagination." The museum also revealed that, thanks to popular demand from franchise fans and science enthusiasts, it will extend the exhibition through March 23. The iconic character will appear through the end of the exhibition.

As the final showing of "Star Wars®: Where Science Meets Imagination," Bay Area guests will not want to miss this opportunity to discover the science of "Star Wars." This 10,000-square-foot exhibition features more than 80 authentic costumes, models, and props from all six films. Guests will explore the futuristic technologies shown in the films and the real science behind them that may one day lead to real-life versions.

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Finding Health Coverage That Fits Your Needs

**Washington Hospital Offers
Free Seminar to Help Residents
Find Health Insurance Under the New Affordable Care Act**

Washington Hospital, through its free Health Insurance Information Service, is working to help local residents understand the insurance requirements of the new Affordable Care Act that went into effect on January 1, 2014.

On Wednesday, March 5, the hospital is sponsoring a free seminar to give residents information about their insurance options and health care services available in our community. Options for children, adults, seniors and those with pre-existing conditions will be discussed, and information on free and low-cost services will be provided at the seminar.

“The insurance requirements and benefits of the Affordable Care Act are new for everyone,” said Kristi Caracappa, health insurance information coordinator at Washington Hospital. “We want to support people as they learn about what it will mean for themselves and their family members. And, when necessary, we want to help them find the right health insurance.”

Titled: “Do You Have Health Insurance Coverage? Learn About Your Options,” the seminar will feature information regarding the Affordable Care Act, Covered California, Medicare and other health programs. The free lecture will take place on Wednesday,

March 5 from 6:30 to 8:30 p.m. in the Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue (Washington West) building. To reserve your spot, go online to www.whhs.com and look under Upcoming Seminars, or call (800) 963-7070.

Learn About Covered California

Covered California, the state’s new health insurance benefits exchange, gives people the tools to shop for health insurance that meets their needs and fits their budget. On the exchange’s Web site www.coveredca.com, you can compare available health plans, get answers to questions and enroll in the plan you select. In addition, Covered California can help small businesses find affordable health insurance for their employees. There is also a toll-free consumer assistance phone hotline.

“At the seminar, we’ll talk about how the exchange works and how people can determine the cost of coverage, depending on if they are looking for an individual plan or a family plan,” explained Caracappa. “It’s important to note that the open enrollment period ends on March 31 if you want to enroll in a health plan this year through Covered California.”

The Covered California website includes an online calculator to help people determine how much they can anticipate



In an effort to provide helpful information about the new Affordable Care Act, Washington Hospital will conduct a free public seminar covering health insurance options for children, adults, seniors and those with pre-existing conditions. The seminar will take place on Wednesday, March 5 from 6:30 to 8:30 p.m. in the Conrad E. Anderson, M.D. Auditorium, 2500 Mowry Avenue (Washington West) building. To reserve your spot, go online to www.whhs.com and look under Upcoming Seminars, or call (800) 963-7070.

paying for health insurance obtained through the exchange.

“We will also try to address areas of particular concern, such as the needs of people who have no coverage because they have been out of work,” Caracappa says. “We’ll review different types of health insurance and government-sponsored programs as well.”

People with a pre-existing condition who were previously unable to get affordable coverage, can also find a plan to fit their needs. Under the Affordable Care Act, insurance carriers can no longer deny coverage due to illness or a pre-existing condition.

Washington Hospital’s Insurance Information Service is a free, confidential program that works to provide people with the information they need to make in-

formed decisions about their health insurance. You can reach them at (800) 770-9447 from 8 a.m. to 5 p.m. Monday through Friday. Information is available by phone, or you can make an appointment for a free personal consultation.

**Learn About
Medicare Options in April**

Washington Hospital will also offer a free Medicare seminar on Tuesday, April 15. The lecture will discuss the qualifications that are needed for Medicare, Medicare Part D (prescription drug plan) and Medicare Advantage plans. To find out more about Washington Hospital’s Health Insurance Information Service, visit www.whhs.com/health-insurance.

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

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A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	02/25/14	02/26/14	02/27/14	02/28/14	03/01/14	03/02/14	003/03/14
12:00 PM 12:00 AM 12:30 PM 12:30 AM	Deep Venous Thrombosis	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Minimally Invasive Hip Replacement	Sidelined by Back Pain? Get Back in the Game	Strengthen Your Back! Learn to Improve Your Back Fitness	Raising Awareness About Stroke	Hip Pain in the Young and Middle-Aged Adult
1:00 PM 1:00 AM	Minimally Invasive Treatment for Common Gynecologic Conditions	Women's Health Conference: Age Appropriate Screenings	Get Your Child's Plate in Shape	Women's Health Conference: Age Appropriate Screenings	Minimally Invasive Surgery for Lower Back Disorders		Do You Have Sinus Problems?
1:30 PM 1:30 AM	Women's Health Conference: Aging Gracefully					Washington Township Health Care District Board Meeting February 12th, 2014	
2:00 PM 2:00 AM	Strengthen Your Back! Learn to Improve Your Back Fitness	Your Concerns InHealth: Senior Scam Prevention	Treatment Options for Knee Problems	Your Concerns InHealth: Senior Scam Prevention	Do You Suffer From Anxiety or Depression?		Vitamins and Supplements - How Useful Are They?
2:30 PM 2:30 AM	Minimally Invasive Surgery for Lower Back Disorders					Community Based Senior Supportive Services	
3:00 PM 3:00 AM	Fitting Physical Activity Into Your Day	Diabetes Matters: Top Foods for Heart Health	What You Should Know About Carbs and Food Labels	Getting the Most Out of Your Insurance When You Have Diabetes	Washington Township Health Care District Board Meeting February 12th, 2014		Washington Township Health Care District Board Meeting February 12th, 2014
3:30 PM 3:30 AM	What Are Your Vital Signs Telling You?					Treatment Options for Knee Problems	
4:00 PM 4:00 AM	Diabetes Matters: Top Foods for Heart Health	Latest Treatments for Cerebral Aneurysms	Washington Township Health Care District Board Meeting February 12th, 2014	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment & Percutaneous (Under the Skin) Treatment	The Weight to Success		Strengthen Your Back! Learn to Improve Your Back Fitness
4:30 PM 4:30 AM	Wound Care Update					Diabetes Matters: Key To A Healthy Heart with Diabetes	
5:00 PM 5:00 AM	Kidney Transplants	Healthy Nutrition for Your Heart	Do You Have Sinus Problems?	Healthy Nutrition for Your Heart	Diabetes Matters: Key To A Healthy Heart with Diabetes		Alzheimer's Disease
5:30 PM 5:30 AM	Diabetes Matters: Diabetes Meal Planning					Turning 65? Get To Know Medicare	
6:00 PM 6:00 AM	Influenza and Other Contagious Respiratory Conditions						
6:30 PM 6:30 AM							
7:00 PM 7:00 AM							
7:30 PM 7:30 AM							
8:00 PM 8:00 AM							
8:30 PM 8:30 AM							
9:00 PM 9:00 AM							
9:30 PM 9:30 AM							
10:00 PM 10:00 AM							
10:30 PM 10:30 AM							
11:00 PM 11:00 AM							
11:30 PM 11:30 AM							

Cardiac Rehabilitation Can Do Your Heart Good

At age 52, Veronica Vicente led a very active lifestyle, working as a dental assistant and following a regular exercise routine. For nearly a year, however, she had been experiencing intermittent chest pains and shortness of breath. Occasionally, her jaw would lock up when she exercised.

"I had been seeing my regular doctor for routine checkups, monitoring my

Washington Hospital. After examining Mrs. Vicente and ordering another EKG, he scheduled an echocardiogram – a sonogram of the heart – for the next week, followed by a stress test a few days later.

"I had forgotten to tell Dr. Tsoi about the locking of my jaw before I had the stress test," she notes. "When I told him about that odd symptom, he decided to order a nuclear medicine imaging exam



Dr. Shashank Jolly, a cardiothoracic surgeon at Washington Hospital, was Mrs. Vicente heart surgeon. A board-certified cardiothoracic surgeon, Dr. Jolly has performed more than 500 heart surgeries in the last four years.

blood pressure and cholesterol," she recalls. "When I told him about the chest pain, he thought at first that perhaps it was due to stress and anxiety."

When her pains kept getting worse, though, the doctor ordered an electrocardiogram (EKG), a test that records the heart's electrical activity to help find the cause of unexplained chest pain.

"The EKG showed my heart rhythm was normal, but the chest pains continued to get worse," she explains. "Then on my birthday last October, I was walking uphill with a friend and had extreme shortness of breath, so I asked my doctor to refer me to a specialist."

The specialist, Dr. Timothy Tsoi, was a cardiologist on the medical staff at Wash-

ington Hospital. After examining Mrs. Vicente and ordering another EKG, he scheduled an angiogram for November 27."

Dr. Tsoi had recognized that pain in the jaw could be associated with cardiovascular disease. The nuclear imaging results and angiogram – a test that uses contrast dye and special X-rays to view the insides of coronary arteries – would help diagnose the cause of her various symptoms. When she came out of anesthesia following the angiogram, Dr. Shashank Jolly, a cardiothoracic surgeon at Washington Hospital, was at her bedside to explain the results.

"Mrs. Vicente's left main coronary artery had close to 99 percent stenosis – a narrowing or constriction of the inner surface of the artery," Dr. Jolly explains. "This

After having emergency bypass surgery at Washington Hospital, Veronica Vicente (right) is now attending regular exercise sessions through Washington Hospital's Cardiac Rehabilitation Program. After regaining her confidence and strength, Vicente is looking forward to traveling to the Philippines to visit her relatives this year.



is the main artery that supplies blood to the heart, and any stenosis above 50 percent is considered very serious. In essence, her 'life line' was blocked, and her life was hanging by a thread. Using a stent or balloon angioplasty to open up the artery were not viable options. She needed emergency bypass surgery.

"We realize that learning you need to have emergency heart surgery can be quite upsetting, so we explained the situation carefully, showing compassion for the patient and family," he adds. "I also spoke with Mrs. Vicente's sister, who is a doctor in the Philippines, to answer all her questions and reassure her, too."

"My husband was with me when Dr. Jolly explained the need for emergency heart surgery," Mrs. Vicente says. "We were really surprised because we had thought they might perform angioplasty or insert a stent if the angiogram showed blockage. The angiogram results were much worse than expected, though, and there was no other option. They put me back under anesthesia and performed the surgery right away."

Following her surgery, Mrs. Vicente spent five days in the hospital, including one day in the cardiac care unit (CCU).

"Dr. Jolly did a great job on my surgery, and I received excellent care from the

nurses and other staff members in the hospital," she says. "A dietitian came in to provide me with guidance on following a diet that includes more fruits and vegetables and is lower in fats, cholesterol and salt. I also met a woman from the 'Mended Hearts' program – they are former heart patients who volunteer to visit heart patients in the hospital. It was encouraging to know that other people have gone through the same experience I did and have recovered."

On her last day in the hospital, Mrs. Vicente met with Washington Hospital's Cardiac Rehabilitation Program Manager Lani dela Rama, RN, MSN, who explained how the program could help her return to her previous active lifestyle.

The Cardiac Rehabilitation Program offers one-hour exercise sessions under the close supervision of an exercise physiologist and a registered nurse. Patients learn how to use a wide range of exercise equipment, such as treadmills, stair-masters, bikes, recumbent bikes and elliptical equipment. During exercises, the patient is connected to portable electronic equipment to monitor the heart rate and blood pressure.

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Heart Health Month is a Good Time to Focus on Smart Food Choices

Washington Hospital Dietitian Offers Tips for Reducing Your Risk for Heart Disease

You are what you eat. You've probably heard that many times. The truth is what you eat can have a significant impact on your health, particularly heart health. A heart healthy diet can reduce your risk of heart disease, the leading cause of death for both men and women in the U.S.

February is American Heart Health Month, a good time to focus on reducing your risk for heart disease by eating a diet that is rich in the vitamins, minerals, and nutrients you need to keep your heart healthy. Avoiding certain foods that can contribute to high cholesterol and high blood pressure can also help.

"What you eat can make a big difference when it comes to keeping your heart healthy and avoiding heart disease," said



February is American Heart Health Month, a good time to focus on reducing your risk for heart disease by eating a diet that is rich in the vitamins, minerals, and nutrients you need to keep your heart healthy. Nachal Bhargal (above), a registered dietitian at Washington Hospital, recommends people to get plenty of soluble fiber into their diet to help reduce cholesterol levels. Good sources of soluble fiber include peas, beans, bananas, oatmeal and other whole grains, and brown rice.

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Health & Wellness

Free Community Seminars

SPEAKER

Kristi Caracappa
Health Insurance Information Service Coordinator
Washington Hospital Healthcare System

To learn more about seminars offered by Washington Hospital:

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

Seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.tv.

Health Insurance Coverage Options

Whether you have health insurance or not, learn about health care options. Insurance options for children, adults and seniors will be discussed. Information regarding the Affordable Health Care Act and Covered California, Medicare and other programs will be covered. Information on free and low-cost services will also be provided.

Wednesday, March 5, 2014
6:30 to 8:30 p.m.
Conrad E. Anderson, M.D. Auditorium, Rooms A & B
Washington West, 2500 Mowry Ave., Fremont
Free valet parking available.

Stay connected to Washington Hospital through Facebook, YouTube and Twitter. Watch InHealth Channel videos, learn about upcoming events and seminars and see what's happening at your community hospital.



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continued from page 1

Nowruz Celebration



Celebrating the beginning of the New Year is one of the oldest and the most commonly observed festivals, with a long history in the Middle East. Such celebrations were closely tied in with various gods and involved ceremonies expressing joy over life's renewal. Gradually a new theme, "temporary subversion of order," emerged out of the festivities and soon spread throughout the Middle East. Babylonians believed that the first creation was order that came out of chaos. To appreciate and celebrate the first creation, all roles were reversed during their New Year festival. Disorder and chaos ruled for a while, and eventually order was restored - and succeeded - at the end of the festival. This tradition of temporary subversion of order was borrowed by many including Iranians, who eventually incorporated some of these rites into Iranian New Year celebrations by appointing their own mock king, Meer No Ruzi.

In one ancient text from the Sasanian period, Bundahishn (foundation of creation), it is said that The Lord of Wisdom (Ahura Mazda), residing in the eternal light, was not God. He created all that was good and became God. Angra Mainyu (Ahriman), living in the eternal darkness, created all that was evil and became the Hostile Spirit. To protect his creations, the Lord of Wisdom also created six holy immortals, making Ahura Mazda the protector of all humans and the holy fire. Many feasts, festivals and rituals were created to pay homage to the seven creations, the holy immortals and Ahura Mazda. The seventh and the most elaborate was No Ruz, celebrating the Lord of Wisdom and the holy fire at the time of spring equinox. Nowruz, meaning "The New Day," is the name of the New Year in the Solar Hijri calendar, usually March 20th or 21st, when the sun enters Aries.

To commemorate this event, the Fremont Main Library will showcase a "Nowruz Celebration" with a dance performance by Ballet Afsaneh and Persian music by Ebrahimi brothers on Saturday, March 1. Union City's Library will feature a similar presentation on Sunday, March 23.

This critically acclaimed Ballet Afsaneh performance ensemble will present the dance, music, and poetry of the historic Silk Road networks of Eurasia. "Afsaneh" is a wonderful word, shared by the major language groups of the Silk Road, meaning "legend" or "mythic story." Traditional repertory includes the folkloric and classical dances of Iran, Tajikistan, Afghanistan, Azerbaijan, Uzbekistan, Armenia, Turkey, China, and India.

Ballet Afsaneh brings to light the history, poetry, iconography, and spiritual heart of these enduring cultures. Sharlyn Sawyer, founder and artistic director of the company, is very passionate about preserving the dances and keeping the flame alive in the diaspora of the modern world. Since the company's inception in 1986, Ballet Afsaneh and the Afsaneh Art & Culture Society have produced critically acclaimed programs for San Francisco's de Young Museum, the Asian Art Museum, British Museum in London, and the Cabrillo Music Festival. The company has also toured in Central Asia and sponsors international artists during their visits to the United States.

The "Nowruz Celebration" will also feature the music of the Ebrahimi brothers, Mohammad and Mehran, highly trained and sought after Persian musicians. The brothers perform in local Persian events such as weddings and engagements as well as international folk music events. In addition, they provide expert instruction for those interested in playing traditional Persian instruments.

For more information about the event, call (510) 745- 1401, or visit <http://aclibrary.org>. Details about the performing groups can be found at <http://www.dancesilkroad.org/> and <http://bazmyband.com/>.

Nowruz Celebration

Saturday, Mar 1
2:30 p.m. - 4:30 p.m.
Fremont Main Library
Fukaya Room
2400 Stevenson Blvd., Fremont
(510) 745-1401

Sunday, March 23
3:30 p.m. - 4:30 p.m.
Union City Library

34007 Alvarado-Niles Rd.,
Union City
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<http://www.aclibrary.org>
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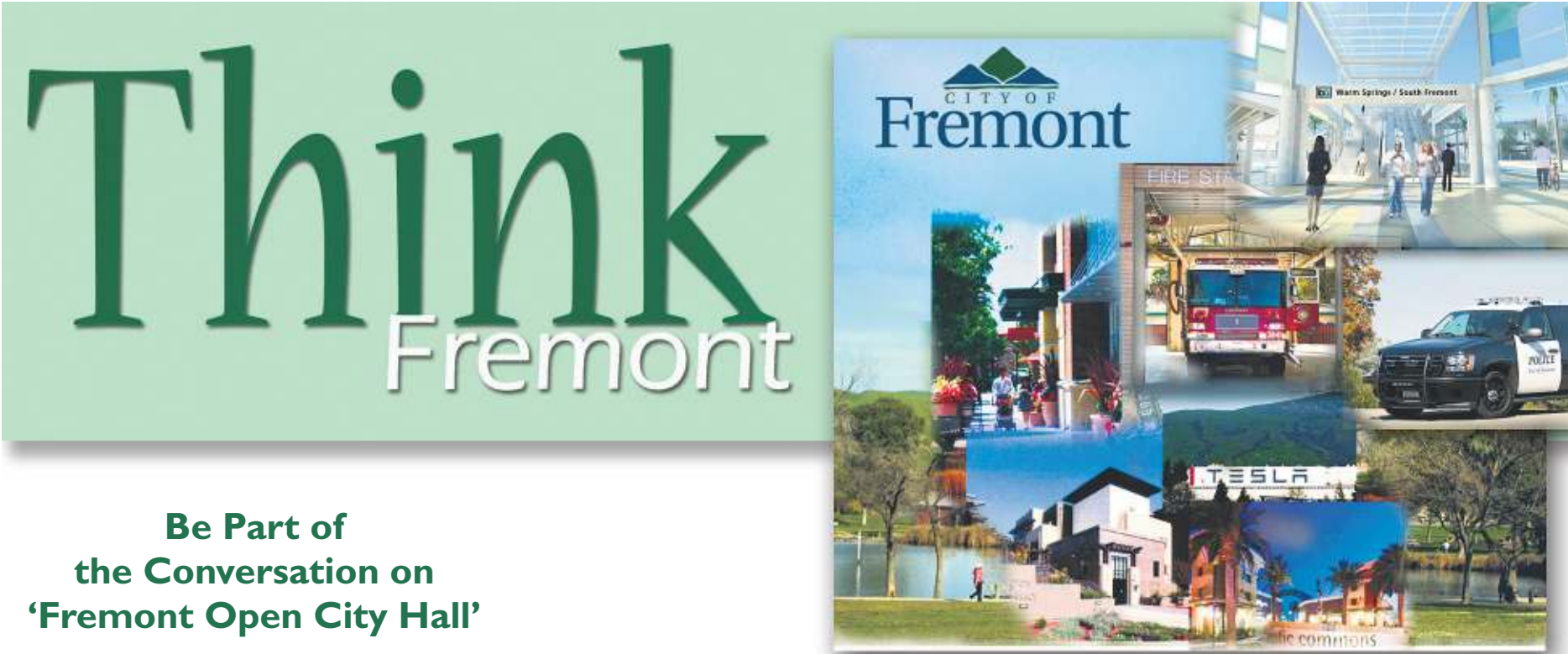


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Be Part of the Conversation on ‘Fremont Open City Hall’

With access to a computer or a mobile device, sharing one’s opinion is easier than ever for Fremont residents. The City’s online forum called Fremont Open City Hall is where residents are encouraged to provide input and feedback about key topics and issues facing the City, including land use decision.

How it Works

The City poses questions to Fremont residents as it looks to shape and grow Fremont together. City officials will read the statements and incorporate them into their planning processes.

Have you weighed in yet? Visit www.Fremont.gov/OpenCityHall to have your say!



Fremont Street Trees

Trees are an important asset to any community and create the “urban forest” in which we live. Trees provide shade and help cool our homes, parks and streets. Trees are attractive and add to the “curb appeal” and value of a home. Fremont has over 55,000 public trees in the urban forest and has earned the designation of “Tree City USA” by the Arbor Day Foundation.

Trees can live from 50 to 150 years and when planted, are an investment for future generations. A list of specimen or “Landmark Trees” was published in 1973 and has recently been updated. The new publication is available online by visiting www.Fremont.gov/LandmarkTrees.

In order to recognize the importance of trees to our community, the Fremont City Council adopted the Tree Preservation Ordinance in May of 1966. In the interest of public health, safety and welfare, it is necessary to regulate the removal and/or damage to trees within our “urban forest.” Information regarding Tree Permits is available online by visiting www.Fremont.gov/TreePermit.

Trees also require periodic care and proper growing space to look their best, thrive, and remain safe. We have prepared guidelines for tree care for residents to better understand the maintenance needs of their trees. These guidelines are available online by visiting www.Fremont.gov/TreeGuidelines.

Property owners are responsible for the maintenance of street trees adjacent to their property. To ensure that street trees receive proper care, the City requires property owners to obtain a no-fee permit to plant, prune or remove street trees. Street tree work must be performed by trained tree workers under the supervision of a certified arborist. For more information about street tree permits, visit www.Fremont.gov/StreetTrees.



The City’s Community Alert System

Have you enrolled in the City’s Community Alert system, CodeRED®, to receive voice calls, text messages, or emails for emergency and non-emergency notifications?

The City of Fremont’s Community Alert System, CodeRED®, is provided by Emergency Communications Network. CodeRED® is a high-speed notification system that gives City officials the ability to deliver pre-recorded emergency alerts and non-emergency notifications to targeted geographic areas or the entire city.

CodeRED® is a “reverse 911” system that currently contains land-line phone numbers for most residents and businesses. The City of Fremont strongly encourages all residents and businesses, as well as people who send their children to school in Fremont or work in Fremont, to register their contact information into the secure CodeRED® database to receive notifications by email, SMS (text), and cell or work numbers.

To add your information to the CodeRED® system, you will be asked to provide the following information: First and last name; Fremont street address (physical address only, no P.O. Boxes); and telephone number (land-line and/or cell phone), e-mail and/or text addresses. Your contact information remains private and will only be used for community alerts. There is no fee to register.

How the City Uses the Community Alert System

Emergency Notifications

The Police and Fire departments may use the system to notify homes and businesses of

situations that pose imminent threat to life or health, such as:

- Evacuation
- Hazardous materials releases or spills
- Barricaded criminal suspects
- Floods and fires in an immediate area

Non-Emergency Communications

The City also uses the system for non-emergency, time-sensitive information, such as:

- Road closures
- Scheduled major maintenance work
- Planned traffic impacts
- Missing persons
- Criminal descriptions
- City events

Caller ID Phone Numbers

There are two phone numbers used when the City activates the Community Alert system. When you see (866) 419-5000 displayed, you will know the call is from the City of Fremont and it is designated as an “emergency” call. When you see (855) 969-4636 displayed, that call is also from the City of Fremont and it is a “non-emergency” call. If you would like to hear the last message delivered to your phone, simply dial the number back. Add these numbers to your phone’s address book so you know the City is calling.



Mail, Newspapers, Magazines

Bundled Plastic Bags

Food Boxes & Paper Packaging

Glass, Bottles & Jars

Plastic Containers (#1-7)

Cardboard

Aluminum Cans & Foil

Phonebooks

Don’t Trash Your Recycling

The materials that belong in your grey recycling bin are bottles, cans, jars, paper, cardboard, and plastic containers #1-7 (excluding Styrofoam™). Recently, an audit of Fremont’s residential materials revealed an unacceptable amount of contamination including garbage, clothing, shoes, luggage, yard trimmings, and other non-recyclable materials. The City will be conducting inspections and providing outreach to homeowners to improve the quality of the recycling. Please do your part to keep trash and other non-recyclable items out of your grey recycling bin. If you have questions regarding Fremont’s program visit Fremont.gov/Environment or call 494-4570.

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Hayward resident wins Miss California Teen USA

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The 2014 Miss California USA® and Miss California Teen USA® pageants were held January 4th at the Terrance Theater in Long Beach, California. At one of the year's most exciting live events, a star-studded panel of judges chose Bianca Vierra of Hayward as Miss California Teen USA 2014.

Vierra is a graduate of James Logan High School and currently attends the University of California at Los Angeles and is majoring in political science. Bianca was a spokesperson for the "Get In Front" Campaign. She enjoys yoga, running traveling and volunteering. Vierra will move on to compete at the Miss Teen USA® pageant.

Nearly 200 contestants from across the state of California participated. During the two-hour event, contestants competed in three categories: swimsuit, evening gown and interview.

For more information, visit www.MissCaliforniaUSA.com.



Photo of the Day spotlights Fremont resident



Scott Seymour, was featured in the White House Photo of the Day with President Barack Obama and President Francois Hollande of France.

SUBMITTED BY CATHY & LARRY SEYMOUR

Fremont resident, Scott Seymour, a member of the U.S. Army's Continental Color Guard, holds the French flag as President Barack Obama listens to remarks by President Francois Hollande of France.

The State Arrival Ceremony was held on the South Lawn of the White House on Tuesday, February 11, 2014. Seymour, a graduate of Irvington High School and a 2009 Eagle Scout from Troop 449, is stationed at Ft. Meyer, VA with the US Army's Old Guard.



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continued from page 3

Cardiac Rehabilitation Can Do Your Heart Good

In addition to the exercise sessions, registered dietitians from Washington Hospital meet with program participants to provide counseling in heart-healthy diets and for managing diabetes, which can be a contributing factor in heart disease. A cardiologist who serves as medical advisor also is available as needed.

"The goal of the program is to help patients regain their physical strength and their confidence," says Ms. dela Rama. "Heart patients are sometimes afraid to go back to exercising after a heart attack or surgery, especially if it's an emergency surgery like Mrs. Vicente's. Taking part in the exercise sessions helps them feel they have control of their lives again, and the socialization with other heart patients helps their mental outlook, too."

Patients usually participate in three sessions a week on Monday, Wednesday and Friday at various times throughout the day. Most insurance providers, including Medicare, will cover up to 36 sessions following an acute cardiac event. The program offers the option of continuing after insurance coverage has expired, for a nominal fee of \$8.50 per visit.

Mrs. Vicente started attending the exercise sessions the third week of January, once she was able to drive herself to the hospital.

"I started out on the treadmill and elliptical equipment, going slowly at first," she says. "I had been working out for eight years, so the equipment was familiar. The exercise physiologist is very helpful in explaining things, and everyone there is very nice. I also appreciate the emphasis on exercising safely, with the staff monitoring me electronically while I exercise."

Ms. dela Rama notes, "We really enjoy seeing our patients im-

prove over the course of their journey from hospitalization through rehabilitation. The exercise sessions last an hour, and the level of exertion varies, depending on the patient's age and condition. We start them out slowly at first, and we don't push too hard, but we do encourage them to increase the intensity of their workouts over time."

For Mrs. Vicente, the results of participating in the Cardiac Rehabilitation Program have been encouraging.

"I have regained my confidence, and I know I'm getting stronger – that's the most important thing," she says. "I plan to resume my normal exercise routine, and I hope to go back to work soon as a dental assistant. I'm also hoping that later this year I can take the trip to visit my relatives in the Philippines that I had to cancel in December. I feel motivated to keep improving."

Her reasons for going public with her story go beyond just sharing her personal experience.

"This is also a good opportunity to share the lessons I've learned and to help others by pointing out the importance of living well for our loved ones," she explains. "We really need to be conscious about how we feel physically and persistent in seeking good medical care that can save our lives. I also hope my story will encourage people to live healthier lives and encourage those who have experienced heart problems to get back to a normal life again by taking part in a cardiac rehabilitation program. I would definitely recommend Dr. Jolly and the Washington Hospital Cardiac Rehabilitation Program to family members or friends who are experiencing heart problems."

Find a Physician Near You

If you are concerned about your risks for a heart attack, consult your regular physician. To find a cardiologist near you, visit Washington Hospital's website at www.whhs.com and click on "Find My Physician." To learn more about Washington Hospital's Cardiac Rehabilitation Program visit www.whhs.com/heart or call (510) 494-7022.

Report from New Haven District School Board meeting

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

The Board of Education on February 18, received a report on academic progress and an update on the District's plans for upcoming changes to the state's testing program for students.

Director of Assessment & Evaluation Tracie Noriega told the Board that the median measure of the percentage of students performing at or above the 50th percentile increased in both reading (0.8) and math (0.1) from fall 2012 to fall 2013. The most significant increases were in math at Alvarado Middle School (4.5), reading at James Logan High (4.3), Searles Elementary (3.6) and Eastin Elementary (3.4), and math at Alvarado Elementary (3.3).

In addition, the percentage of students who met or exceeded typical growth also increased District-wide in both reading (0.9) and math (2.1). The most significant increases were in reading at Conley-Caraballo High (8.3) and math at Alvarado Middle (6.4), Alvarado Elementary (4.8), Hillview Crest Elementary (4.5) and Eastin Elementary (3.8).

Ms. Noriega also outlined for the Board changes coming under Assembly Bill 484, signed into law by Gov. Brown last October. The old program of STAR (Standardized Testing and Reporting) tests is being replaced by the new CAASPP (California Assessment of Student Performance and Progress), which is designed to promote high quality teaching and learning through the use of a variety of assessments and item types.

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Street Enforcement Team arrests gang members

SUBMITTED BY
NEWARK PD

On January 8, 2014, at Marv's Liquors in Newark, three suspects later identified by Det. Revay via security video as Fernando Valencia, Jorge Gonzalez and Alex Ybera assaulted three victims. One of the victims arrived at Marv's Liquors and was approached by all three suspects prior to entering into the business. The victim was accused of making derogatory comments about the suspect's gang affiliation, which caused the physical confrontation. The victim denied the allegation and was immediately attacked outside the store by all three suspects. During the attack, the victim was hit over the head with a 40 ounce glass beer bottle rendering him unconscious. The three suspects then attacked two additional victims inside of Marv's Liquors, as they attempted to render aid to the first victim. The fight lasted for several minutes, but the incident was never reported to the police. As all three suspects left the scene, they shouted their gang name, intimidating the victims and witnesses. Later that night, a male subject known as Christian Mejia, arrived at the first victim's house and spoke with his father. The father attempted to dissuade Mejia and other gang members to prevent further violence from occurring. This clearly fell on deaf ears.

On January 10, 2014, two suspects, later identified as a juvenile and Christian Mejia, entered onto the Bridgepointe High School campus at the end of the school day. The juvenile and Mejia approached two additional victims and threatened to beat them up using verbal threats and intimidation. During this confrontation, the juvenile and Mejia used their gang name to intimidate the victims. This verbal confrontation at the school was connected to the Marv's Liquor incident because several of the

victims in both incidents are family members. All five suspects in this case are documented gang members of the same gang. The victims in this case were friends of Justice Afoa and Osana Futi, both of which were murdered by Norteno gang members.

Det. Revay authored Ramey warrants for Valencia, Gonzalez, Ybera charging them with assault with a deadly weapon and participating in a criminal street gang. Det. Revay authored Ramey warrants for Mejia and the juvenile, charging them with making criminal or terrorist threats. Search warrants were also obtained for five locations.

Alex Ybera was taken into custody leaving his residence at 36644 Dugan Ct. He was booked for assault with a deadly weapon and gang enhancement.

Christian Mejia was arrested at 36566 Jennifer St. and booked at Santa Rita Jail for making terrorist threats and gang enhancement.

The juvenile had already been taken into custody several days prior to the operation. He is currently in custody at Juvenile Hall.

Detectives also responded to 6629 Dairy Ave as part of the investigation. Henry Molina was observed by the surveillance officers, as he was running to the backyard, hiding something and running back inside the house. Once entry was made, Henry was detained. A search of the backyard, revealed more than 2 ounce of individually packaged methamphetamine. A following up search of his room, yielded another 2 pound of marijuana and \$2,954 in cash and a small explosive device (M1000). A search of another bedroom room, revealed 1 confirmed stolen PS3 from a 2011 residential burglary in Newark and three additional PS3/XBOX with the serial numbers destroyed. All were seized. Det. Heckman arrested Henry

Molina for possession of methamphetamine for sale, possession of marijuana for sale, and possession of an explosive device.

On February 13, 2014 NPD SET Detectives, Fremont PD Detectives, and Major Crime Task Force (MCTF) Detectives tracked Fernando Valencia to a Fremont apartment complex. Agent Gentry deployed on foot and was able to positively identify Valencia as the front passenger. SET, along with MCTF and they continued to conduct mobile surveillance of the car as it drove into San Jose via 880. Once enough marked units from CHP and NPD caught up, a felony traffic stop was conducted at Highway 880 and Coleman Avenue in San Jose. Det. Revay arrested Valencia for his outstanding Ramey warrant and he was later booked into jail.

On February 17, 2014, SET Detectives observed Jorge Gonzalez driving on Thornton Avenue. Gonzalez attempted to flee from officers. He crashed into the traffic light pole on Thornton Avenue at Spruce Street. He fled on foot, but was captured a short distance from the crash scene. He was arrested for assault with a deadly weapon, gang enhancement, felony evading police, and resisting arrest. Another juvenile gang member wanted in connection with a residential burglary and probation violation was also captured after he fled from the vehicle.

The Newark Police Department continues to actively investigate all gang crimes. We are especially passionate about reducing gang violence and gang activity. We established the Newark Police Street Enforcement team to target gang related crimes and deter people from becoming gang members. We are especially grateful for the citizens who continue to assist us in identifying gang members and working with us to prevent crime.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Friday, February 14

Officers were dispatched to a suspicious circumstance call on Snake River Place. An 18 year old female reported she was skateboarding when a male subject approached her and explained he needed help finding his house. While walking with the female, the male suddenly grabbed her forcefully by the upper chest and back. The female became scared, ran away and flagged down a motorist. The suspect was described as a white male or light-skinned Hispanic male, 20's, 5'7", 160 lbs, wearing a grey hooded sweatshirt. Investigated by Officer Ramsey.

Officers were dispatched to a battery in progress in the area of Hastings/Mowry. A security guard witnessed a male wearing a 49's jersey beating another male wearing a black shirt. Officers arrive and detain the man in the 49's jersey running from the area. The man admits to getting into a fight with a second male described as having a long goatee. After searching the area, a 38 year old adult male, is found face down in the field at Capital/Hastings. Despite significant head bumps, scrapes, and a swollen eye, he claims to have not been in a fight. The male is transported to the hospital for medical treatment. Investigated by Officer Ramsey.

Saturday, February 15

Officers took a late reported residential burglary that had occurred on the 39500 block of Blacow Rd. The suspects kicked in the front door to make entry and take belongings from the home.

Officers were dispatched to Walmart on Albrae in reference to a male stealing electronics. Loss Prevention recognized the male as a former employee who had been terminated a couple years prior. Ofc. Manrique attempted to stop the suspect who immediately fled. Ofc. Manrique caught the suspect, an adult male, Newark resident and arrested him without incident. Ofc. Hanrahan handled the theft investigation.

The owner of the Mission Blvd Market (46000 block of Mission Bl) called to report a robbery that had occurred approximately 40 minutes earlier. The caller said that employees were shaken up and too

continued on page 28

Newark Police Log

SUBMITTED BY NEWARK PD

Wednesday, February 5

Patrol and SET Detectives responded to 4915 Stafford Place at 4:16 p.m. regarding a disturbance involving Martin Mott and his father. This residence has been the location of numerous calls for service where Mott has fought with police, evaded arrest, and has caused major injuries to uniformed officer. Four restraining orders are on file, with Mott's parents being the protected parties. Today, Mott had been arguing with this father, who had been threatening to call the police because Martin has not been seeking treatment at a facility for his drug use. Mott prevented his father from calling the police by hiding the house phone and eventually ripping the phone cord from the wall in the kitchen. The argument escalated and Mott struck his father (73 years old) in the left side of his face with a closed fist. There was no apparent injury but Mott's father's hearing aid was dislodged from his ear canal.

Mott's father fled the residence and went to a neighbor's house to call 911. Upon patrol arrival, Mott attempted to flee the scene and jumped over the fence into neighbor's yard. NPD officers on a northern perimeter observed Mott attempting to flee and gave verbal orders to Mott to stop. Mott disobeyed orders and attempted to hide under a bush with heavy foliage. Mott was apprehended with the use of police K-9 deployment and bite by K-9 Elliot. Martin was ultimately arrested for battery, elder abuse, restraining order violation, resist/obstruct/delay duties of police officer, destroy phone wires to prevent calling police and on the private property of another without permission. Martin was medically cleared and later booked at Santa Rita Jail.

At 7:26 p.m., Officers responded to the Green Food & Liquor, 5970 Mowry Ave. for an armed robbery that had just occurred. The suspect, who was described as a white male adult, wearing skinny jeans", a white bandana covering his face and a black jacket entered the business and pointed a gun at the clerk, demanding money. The clerk ran out of the store and the suspect fled. The clerk thought the suspect looked like a regular customer and went by the name of "Jay." Sgt. Loth responded to the Chase hotel and found out "Jay" was staying with his parents, who had been guests at the hotel for several months. Sgt. Loth located Jeremie Fitzpatrick, Transient at the Chase Suites. Fitzpatrick admitted to the attempted robbery and allowed officers to recover the gun, which was a BB gun. Officer Lopez arrested Fitzpatrick for attempted robbery. He was booked at Santa Rita Jail.

continued on page 28

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continued from page 3

Heart Health Month is a Good Time to Focus on Smart Food Choices

Washington Hospital Dietitian Offers Tips for Reducing Your Risk for Heart Disease

Nachal Bhargal, a registered dietitian at Washington Hospital. “During the month of February, Washington Hospital is focused on raising awareness about the importance of eating a heart healthy diet.”

Through a promotion with Strizzis restaurant, located at 2740 Mowry Avenue in Fremont, heart healthy menu options are being highlighted throughout the month of February. Diners can see firsthand how to make good choices even while eating out.

“The meals are promoted as heart healthy choices that have been approved by Washington Hospital registered dietitians,” Bhargal explained. “It helps people see that great-tasting food can also be healthy. Items like salmon and certain pastas are delicious and also offer benefits for your heart.”

The Washington Hospital café is also highlighting heart healthy options during February so that staff and visitors can get a better idea of what a heart healthy diet includes. Educational materials are available to help people better understand what types of food can promote good heart health and which ones you should avoid.

Heart Healthy Diet

Bhargal said it's important to eat plenty of fruits and vegetables, which contain important nutrients. She recommends eating a wide variety to ensure you are getting a range of vitamins and minerals as well as plenty of fiber.

“Scientific evidence suggests that soluble fiber helps to reduce cholesterol levels in the blood,” she said. “High cholesterol can clog the arteries, which can lead to heart disease and stroke. Good sources of soluble fiber include peas, beans, bananas, oatmeal and other whole grains, and brown rice.”

Reducing the amount of saturated fat you consume can also help to keep cholesterol levels down. Animal fats are the primary source of saturated fats, which is why you should stick to lean meats, skinless chicken, and low-fat dairy products, according to Bhargal.

It's important to avoid trans fat as well. It is often found in cookies, crackers, pie crust, some fried

foods, and other products that contain hydrogenated oils.

While it's important to reduce saturated fats and avoid trans fat, some fats offer health benefits, she said. For example, monounsaturated fat can help to reduce low density lipoprotein-cholesterol (LDL) otherwise known as “bad” cholesterol and can be found in almonds, avocados, and oils like olive, canola, peanut, and sunflower.

Omega-3 fatty acids are also important for heart health. They can be found in fish such as salmon, tuna, mackerel, and sardines. Other good sources of omega 3's are walnuts, flaxseeds, canola and soybean oils. The American Heart Association recommends eating fish at least twice a week. Research shows that omega-3 fatty acids may reduce inflammation and help to lower the risk for heart disease, Bhargal added.

She said another key component of a heart healthy diet is reducing your sodium intake to less than a teaspoon of salt a day, and an even further reduction for people with high blood pressure, which is a major risk factor for heart disease. A low-sodium diet can help to keep blood pressure under control.

“Reducing the amount of sodium you eat doesn't just mean avoiding the salt shaker,” Bhargal explained. “For most people, the majority of salt they eat is from processed foods like canned soups, breads and rolls, cold cuts and cured meats, pizza, and snack foods such as chips and pretzels. Bacon, sausage, cheese, sauces and condiments are also high in sodium. Restaurant food, especially fast food, can contain a lot of salt as well. You have to be careful. You may think you have picked a healthy option, but it could be loaded with salt depending on how it was prepared and what types of sauces and dressings are used.”

For information about nutrition services offered at Washington Hospital, visit www.whhs.com/nutrition. To learn about the Heart Program at Washington Hospital, visit www.whhs.com/heart.



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Soldiers to Summits: Mt. Whitney expedition for wounded veterans

SUBMITTED BY MARIANNA PHIPPS

A climbing expedition designed to help wounded veterans overcome barriers in their lives was recently announced by Soldiers to Summits (S2S) and Wells Fargo. The expedition, “Mission: Mt. Whitney” is led by S2S, a program of No Barriers USA that uses mountains as a metaphor and training ground to help empower veterans to overcome barriers and live a life of purpose.

“We want to let our veterans, military members and their families know we are there for them, and we want to do more for them. This is why Mission: Mt. Whitney is so exciting. For us, this isn't just a sponsorship, it's truly an honor,” says Jerry Quinn, a

reservist and Military Affairs program manager for Wells Fargo. “Soldiers to Summits helps veterans shatter the barriers in their lives. We are proud to be involved in this expedition.”

Along with two major training events this summer, expedition participants will take part in a multi-day service project prior to their expedition launch the first of September with summit date planned for September 11. At 14,505, Mt. Whitney is part of the Sierra Nevada mountain range and is the tallest mountain in the contiguous United States.

To be a part of Mission: Mt. Whitney, veterans or soldiers can apply or be nominated beginning now through March 21. Ideal candidates “possess a desire to overcome their barriers and live a life of purpose,” and a wide range of disabilities including blindness, amputation, severe burns, Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injuries (TBI) can be accommodated. Candidates will need to dedicate themselves to several months of physical training and participate in pre- and post-program webinars, training and events. To apply, nominate or find out more, go to www.S2S2014.org.

Blood Drive needs help

SUBMITTED BY CHRISTINA BROADWIN AND BESSIE ROSENBERG

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If you have been following the development of the active safety systems being introduced into today's vehicles, you may have come to the unmistakable conclusion that we are headed toward a future of self-driving automobiles. As automobile manufacturers continue to supplement systems such as forward-collision warning, park assistance, adaptive cruise control, and blind-spot monitoring with even more advanced and comprehensive systems, it seems that the goal is to eliminate the human element. Of course, there is good reason to do so. The vast majority of crashes are attributable to human error. Once vehicles become autonomous, we'll all be able to sit back and let our cars get us where we are going based on current traffic, weather, and road conditions.

If you can't remember the last time that you changed your oxygen sensor, you may be throwing money away at the gas pump. Let the ASE-certified technicians at **BAY STAR AUTO CARE** check your sensor and ensure that your car is running as efficiently as possible. You can also schedule the regular maintenance that will prevent your sensor from wearing out in the first place, saving you time and money. Call today for an appointment. And remember, we do smog inspections!

HINT: Not only will vehicles of the future be able to discern conditions with laser technology, they will be able to "talk" with one another.

Gary Singh is the owner of Bay Star Auto Care at 1275 Atlantic St. near Western Ave., here in Union City. Phone: 489-3331

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Costly Homeseller Mistakes You Need to Avoid When You Sell Your Home!

Tri-City – A new report has just been release which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that nearly three quarters of homesellers don't get what they want for their home and become disillusioned and – worse – financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-800-228-3917 and enter ID #1000. You can call anytime, 24 hours a day, 7 days a week.

This report is courtesy of Capital Realty Group. Not intended to solicit properties currently listed for sale.

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Auto Review

Ford Fusion Energi: Breathtaking Fuel Economy – and Price

By **STEVE SCHAEFER**

There's a lot of talk these days about hybrid and electric vehicles. With a hybrid, you use gasoline and electricity together to attain higher miles per gallon. Normally, the

two propulsion methods switch or combine automatically, as decided by the car's computer.

An all-electric vehicle is completely clean, except, with current technology, the distance you can go before you run out of juice is less than 100 miles, except for the pricey Tesla. So, range is the big issue with most electric cars, making them useful only for designated trips, or for reasonable commutes or in-town errands.

But what if you could have both in a single car? A plug-in hybrid does that. The Ford Fusion Energi has a socket behind a circular door in the left front fender for charging the car, which you can fill to the brim overnight on standard 110 household current.

Once you've got it topped up, just step in, push the start button, and you can silently cruise for up to 21 miles, according to Ford. I found that the "tank" gauge, which looks like a three-dimensional image of a flashlight battery, never read more than 19 miles, and I got a little less than that.

My commute is 30 miles each way, so I was able to get about halfway to work before exhausting the battery. Because the gasoline engine in the Fusion Energi is just a 2.0-liter four-cylinder, it is quiet when the shift over to gasoline occurs. Then, the three-dimensional battery switches to a two-dimensional outline, which displays how much charge you have in the hybrid battery.

One morning, I started out in my Dark Side (gray) tester with a full charge. About halfway along, the shift occurred to gas. However, I still got significant electric power from the stop-and-go conditions, to recharge the hybrid battery. When I parked, I had gone 29.8 miles, of which 22.8

were electric vehicle miles. I used just a quarter of a gallon of gas to make the trip, which translates into 122.6 MPGe (miles per gallon equivalent).

Of course, on the way home, I was in regular hybrid mode, so I was far less efficient, but with a

charger available at both ends, I'd go 60 miles on half a gallon of gas. That's pretty astounding.

The EPA scores are 47 mpg for hybrid only, but 100 MPGe when you plug in the car and use it to its maximum. With its 14-gallon tank, you can go up to 620 miles on one fill-up! Green Vehicle scores are a head-of-the-class 10 for Greenhouse Gas and a laudable 7 for Smog.

One weekend day, I ran multiple local errands and arrived at home with some charge left. I didn't use a drop of gasoline.

Built in Hermosillo, Mexico,

the Fusion transformed from a pleasant, but conservatively styled midsize appliance into a gorgeous, European influenced car with the arrival of the 2013 model; my tester was a '14.

The new model's face features a beautiful Aston-Martin style grille, slim headlamps, and from there on back, a curvaceous BMW feel.

Inside, the overstuffed-looking buckets proved to be fine for a few hours behind the wheel. The padded, leather-wrapped steering wheel looks and feels classy. The design and materials are much better than what you'd find in Detroit manufacturers' products not long ago.

The configurable MyFord instrument panel puts all the fuel

Over the past 21 years, Steve Schaefer has tested more than 1,000 cars and published a weekly story on every one. As a teenager, he visited car dealers' back lots to catch a glimpse of the new models as they first rolled off the transporter. He is a founding member of the Western Automotive Journalists. Contact Steve at sdsauto@sbcglobal.net.

use information on the left. Choose from Empower (EV use), Engage (electric and gasoline compared), or Enlighten (more details on KWh generated, etc.). The Brake Coach gives you feedback on the percentage of energy you've recovered.

On the right is Ford's branch full of leaves design, which grows thicker with efficiency and barer with profligate accelerator stomping. You also can select from other displays, including audio program and climate information.

The main central panel opens to a Home Page, which shows your phone in the upper left quadrant, entertainment in the lower left, navigation in the upper right, and climate settings in the lower right. Touch the outer corner and it opens to a

screen where you can make your selection. Around and below the screen, the central panel is full of touch sensitive spots rather than actual moving buttons.

Downsides? The trunk holds only 8.2 cubic feet because of the extra battery. The car weighs nearly two tons. But the kicker may be the price. My tester came to \$40,585, including \$1,090 in options. To soften the blow, there is a \$4,007 Federal tax credit and a \$1,500 California Clean Vehicle Rebate. Ford claims that the Energi's efficiency will save you \$6,750 in fuel costs over five years compared to the average new vehicle. Or, consider a Fusion Hybrid without the plug-in, starting at \$26,975.

Riders urged to be watchful for signs of measles infection

SUBMITTED BY BAY AREA RAPID TRANSIT

BART and Contra Costa Health Services (CCHS) are urging riders to seek medical attention if they exhibit any symptoms of measles after CCHS learned that a person infected with the contagious disease traveled on BART in the East Bay during the first week of February. The Centers for Disease Control and Prevention (CDC) says measles has been virtually wiped out in the United States thanks to vaccinations but the disease still poses a risk to those who have not been vaccinated.

The person infected with measles traveled between El Cerrito del Norte and Downtown Berkeley stations on Tuesday, February 4 through Friday, February 7 between 8 a.m. to 10 a.m. and in the afternoon/evening commute hours.

The measles virus is transmitted through the air and the virus can live in the air for up to two hours.

BART uses industrial-strength disinfectant to clean its trains at the end of the line during the day and each night.

According to CDC, "the symptoms of measles generally begin about 7-14 days after a person is infected, and include:

- Measles Rash
- Blotchy rash
- Fever
- Cough
- Runny nose
- Red, watery eyes (conjunctivitis)
- Feeling run down, achy (malaise)
- Tiny white spots with bluish-white centers found inside the mouth (Koplik's spots)

For more information, visit www.cdc.gov.

Destination Imagination



SUBMITTED BY ASHA TARACHANDANI

Team “FCS Warriors,” first grade students at Fremont Christian School (FCS), participated in the Destination Imagination challenge held in Dublin on February 15. Destination Imagination (DI) is a non-profit, volunteer-led, cause-driven, international organization. It encourages teams of learners to have fun, take risks, focus and frame challenges while incorporating STEM (science, technology, engineering, and mathematics), the arts and service learning. Participants learn patience, flexibility, persistence, ethics, respect for others and their ideas, and the collaborative problem solving process.

FCS Warriors team members participated in the non-competitive challenge for their grade level called “Rising Stars.” Their task was to present an eight-minute skit showing three circus acts. With a no-parent-interference policy, the skit ideas, props and backdrops were completely handled by the kids. The team worked for five months making props and outfits, directing the play, writing dialogue and poems. Two of the three circus acts were given the challenge to make something using geometric shapes and

demonstrate concepts of balance. The third act was for the team to decide, for which the kids chose to present a magic act that was highly appreciated by the appraisers. They praised the team’s original ideas and encouraged them to return next year.

In addition, the team also participated in the Instant Challenge where a new challenge is presented on-the-spot and the team has to plan and present a solution in a limited amount of time. Other than completing the task for the challenge, teams are appraised on innovation, teamwork and presentation.

Team members were Julila Catancio, Justin Hwang, Arnav Madhu, Avni Madhu, Neil Makur, and Gabriel Malik. Team managers were Asha Tarachandani and Julie Catancio. The managers mentioned that their proudest moments were when they saw the shy team members wanting to do more for their act, and challenging other kids. Similarly, they saw the bold team members trying to speak their view points in a calm and collected way during the last few days of practice sessions. Overall, it was an amazing experience.

For more information on Destination Imagination, visit <http://www.destinationimagination.org/>.

Breast Cancer Conference

SUBMITTED BY JIM ZELINSKI

The Cancer Prevention Institute of California’s (CPIC’s) 13th Annual Breast Cancer Conference on March 1 highlights its decades of work to reduce the burden of cancer and offers something for anyone touched by this disease.

Sponsored by the Fremont-based Cancer Prevention Institute of California (CPIC), the 13th Annual Allison Taylor Holbrooks/Barbara Jo Johnson Breast Cancer Conference will be held at the Golden Gate Club in the San Francisco Presidio.

Designed for patients, their families and friends, this year’s conference will draw an estimated 200 people. Through presentations and breakout sessions, the conference will provide information, support and practical resources on a broad range of topics. The program brings together 15 individuals from eight universities, hospitals and agencies to address new developments in cancer management, the safety of patient health data, the role of the “built” environment and provides suggestions for how patients can care for themselves. It will also provide various perspectives to help individuals make informed decisions about their health and care.

“This conference will resonate with people who have been recently diagnosed, are in treatment, or

have completed treatment,” said Pam Priest Naeve, Director of Community Education for CPIC. “It will also deliver down-to-earth information that supports caregivers, family members, friends and health care providers.”

CPIC research scientist Dr. Scarlett Lin Gomez will describe the emerging research approach of how everything from our cells to our physical surroundings – even specific neighborhoods — impact health and the role of each in cancer.

The \$20 registration fee includes breakfast and lunch. (Registered Nurses and Social Workers can receive Continuing Education Units for an additional \$35.) Parking is free.

CPIC Breast Cancer Conference
Saturday, Mar 1
8:00 a.m. – 3:15 p.m.
Golden Gate Club at the Presidio
135 Fisher Loop, San Francisco
(415) 420-6050
Pam.PriestNaeve@cpic.org
www.cpic.org
\$20/person includes breakfast and lunch

Introducing the new face of HARD

SUBMITTED BY SAMIRA M. HAMID

The Hayward Area Recreation and Park District (H.A.R.D.) is sporting more than its usual flare for fun and community enrichment. H.A.R.D. celebrates its 70th Anniversary this year and its new look is fueled by the launch of their re-designed website. The new website is bold, innovative, and most important to constituents, is easy to navigate.

“Our Board of Directors and the entire H.A.R.D. organization is excited about the new website and we see this technology as another way to engage directly with our community,” said John Gouveia, General Manager of H.A.R.D.

The website has a multitude of improved functionalities that allow users to register for classes, see upcoming events and view the many H.A.R.D. facilities.

“The website was re-designed for ease of use and navigation,” Gouveia shared. “We want the public to have easy access to sign their family up for classes, reserve a facility, book tee times, find parks and hiking trails, and learn how to utilize our many services.”

Another enhancement to the website is the ability to connect with other citizens through the Community Voice feature. It allows residents to submit ideas for improvement or changes in the District. The new website also hosts a dynamic 70th Anniversary video that highlights the many parks, programs and people who represent H.A.R.D.

Many of the H.A.R.D. programs are staffed by volunteers and the website allows for both employment and volunteer opportunities. The website also provides the ability to donate through their foundation to the many services and programs H.A.R.D. encompasses.

The website features notable upcoming events including: the Douglas Morrison Theatre performance of “An Ideal Husband,” the Abstract Meets Reality art exhibition at the Hayward Shoreline Interpretive Center and the Star Leadership Training for teens beginning in the spring.

Please browse the new website at www.haywardrec.org and see all there is to do in a H.A.R.D. day!



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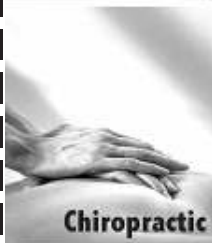
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This workshop is partially funded by a grant to the League of Women Voters of California Education Fund from the One Nation Bay Area Project, a collaboration between the Silicon Valley Community Foundation, the San Francisco Foundation, Marin Community Foundation, Asian

Americans/Pacific Islanders in Philanthropy in partnership with the One Nation Foundation. It is organized through collaboration between the League of Women Voters of Fremont, Newark, Union City, the Northern California Islamic Council and SEMAH Inc.

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Saturday, Mar 1

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<https://nonprofitstalkingtaxes.eventbrite.com>

California farmers won't get federal water

By Scott Smith, Associated Press

FRESNO, Calif. (AP), Federal officials announced Friday that without a lot more rain and snow many California farmers caught in the state's drought can expect to receive no irrigation water this year from a vast system of rivers, canals and reservoirs interlacing the state.

The U.S. Bureau of Reclamation released its first outlook of the year, saying that the agency will continue to monitor rain and snow fall, but the grim levels so far prove that the state is in the throes of one of its driest periods in recorded history.

Unless the year turns wet, many farmers can expect to receive no water from the federally run Central Valley Project. Central Valley farmers received only 20 percent of their normal water allotment last year and were expecting this year's bad news. Some communities and endangered wildlife that rely on the federal water source will also suffer deep cuts.

"We will monitor the hydrology as the water year progresses and continue to look for opportunities to exercise operational flexibility," Reclamation Commissioner Michael L. Connor said in a written statement, noting that the state's snowpack is at 29 percent of average for this time of year.

Gov. Jerry Brown last month declared California's drought emergency, and both state and federal officials have pledged millions of dollars to help with water conservation and food banks for those put out of work by the drought.

California officials who manage the State Water Project, the state's other major water system, have already said they won't be releasing any water for farmers, marking a first in its 54-year history.

In 2009, the dry weather caused federal authorities to announce many Central Valley farmers would receive no water, but the wet weather that followed moved that up to 10 percent. Ryan Jacobsen of the Fresno County Farm Bureau said no Fresno County farmers were spared of bad news this time, marking a sad historical first. Fresno County leads the nation in agriculture production with \$6.6 billion in annual economic activity.

There's still time for the situation to improve. By late Wednesday, the National Weather Service expects a storm to sweep through the region bringing significant showers. The weather is expected to break Thursday with rain continuing Friday and Saturday. The state needs a succession of storms dumping mountain snow, said Pete Lucero of the Bureau of Reclamation. "Rain is nice, but snow is where the money is," he said.

Gayle Holman of the Fresno-based Westlands Water District, the nation's largest supplier of water for agricultural use, said she fears farmers will be stuck with no increases to the federal water distribution. The district had been preparing farmers for Friday's announcement.

"They're all on pins and needles trying to figure out how they're going to get through this," Holman said, adding that Westland's 700 farmers will choose to leave fields unplanted, draw water from wells or pay top dollar for water that's on the market. "We would need those buckets of rain now."

Farmers are hit hardest, but they're not alone. Contractors that provide cities with water can expect to receive half of their usual amount, the Bureau said, and wildlife refuges that need water flows in rivers to protect endangered fish will receive 40 percent of their contracted supply.

Contractors that provide farmers with water and hold historic agreements giving them senior rights will receive 40 percent of their normal supplies. Some contracts date back over a century and guarantee that farmers will receive at least 75 percent of their water.

One of those is the San Joaquin River Exchange Contractors Water Authority in Los Banos that provides irrigation for 240,000 acres of farmland.

The Water Authority's executive director Steve Chedester said farmers he serves understand that the reality of California's drought means it's going to be tough to find enough water for them. "They're taking a very practical approach," he said. "If it's not there, it's just not there."

Tesla's shares soar on results, outlook

By Sarah Skidmore Sell, AP Business Writer

Tesla Motors Inc. shares soared in extended trading after the electric car maker delivered a strong fourth-quarter performance and said that it expects sales of its vehicles to increase sharply this year.

The Palo Alto, California, company said Wednesday that it expects to deliver more than 35,000 of its Model S sedans in 2014, up 55 percent from last year.

That compares with a forecast from an industry analyst at Barclays that the company would produce 29,800 in 2014.

Tesla investors focus heavily on the car maker's forecasts as demand has outstripped its supply in the past. The company said battery cell supply will continue to constrain its production but expects that should improve in the second half of the year.

It had previously said that its sales in the October-December period were the highest in its history, with almost 6,900 Model S delivered. That was well ahead of the just over 5,500 it sold in the July-September period.

The Model S, which starts at \$70,000 and can go up to 300 miles on a battery charge, is Tesla's only vehicle on the market right now.

To meet the rising demand, the company plans improvements at its lone factory, a former Toyota-General Motors plant in Fremont, California.

CEO Elon Musk told analysts on a conference call Wednesday that Tesla is building a new final assembly line that will allow it to increase production to more than 1,000 cars per week from the current pace of 600 a week.

The new line will be in place by around the end of September. Tesla also is building a separate body-construction line to make the plant more efficient and ramp up for the Model X, a new electric SUV that it will start producing later this year.

continued on page 13

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27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

East Bay, CA - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment,

reduce stress, be in control of your situation, and make the best profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

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US officials at odds over cellphone use on planes

By JOAN LOWY, ASSOCIATED PRESS

WASHINGTON (AP), It looks like the U.S. government is more conflicted about cellphones on planes than most American travelers. Even as one federal agency considers allowing the calls, another now wants to make sure that doesn't happen.

Passengers – particularly those who fly often – oppose allowing calls in flight, polls show. In line with that sentiment, the Department of Transportation signaled in a 22-page notice posted online Friday that it wants to retain a ban on the calls. But the notice comes just two months after the Federal Communications Commission voted to pursue lifting the ban.

Transportation regulates aviation consumer issues. The FCC has responsibility over whether the use of cellphones in flight would interfere with cellular networks on the ground.

Congress is also getting into the act. Lawmakers are pushing legislation to require transportation regulators to implement a ban on the calls.

Echoing some travelers' concerns, the Transportation Department said in its notice on Friday that it believes allowing passengers to make cellphone calls "may be harmful or injurious" to other passengers.

This is because "people tend to talk louder on cellphones than when they're having face-to-face conversations," the department said. "They are also likely to talk more and further increase the noise on a flight, as passengers would not be simply talking to the persons sitting next to them but can call whomever they like."

Some planes already have seat-back phones in place, but they are rarely used, it said.

The "concern is not about individual calls, but rather the cumulative impact of allowing in-flight calls in close quarters," the department said.

In an Associated Press-GfK poll three months ago, 48 percent of those surveyed opposed letting cellphones be used for voice calls while planes are in flight, while 19 percent were in favor and 30 percent were neutral. Among those who'd flown four or more times in the previous year, the rate of opposition soared to 78 percent.

Delta Air Lines told the government last year that 64 percent of its passengers indicated that the ability to make phone calls in flight would have a negative impact on their onboard experience.

Among the most ardent opponents of lifting the current ban are flight attendants, who worry that phone conversation will spark arguments between passengers and even acts of violence.

"Allowing passengers to use cellphones during commercial flights will add unacceptable risks to aviation security, compromise a flight attendant's ability to maintain order in an emergency, increase cabin noise and tension among passengers and interfere with crewmembers in the performance of their duties as first responders in the cabin," said Corey Caldwell, a spokeswoman for the Association of Flight Attendants, which represents nearly 60,000 flight attendants at 19 carriers.

The current FCC ban was adopted in 1991 based on concern the calls planes might interfere with cellular networks on the ground, but technological advances have resolved those worries. In 2005, the FCC cleared the way for airlines to begin offering Wi-Fi in flight.

Last October, the Federal Aviation Administration, which regulates safety, dropped its ban on the use of personal electronic devices such as tablets, music players and smartphones to send email, to text or to surf the Internet during takeoffs and landings. The agency said it is no longer worried the devices will interfere with cockpit electronics. However, phone calls during takeoffs and landings are still prohibited.

continued from page 12

Tesla's shares soar on results, outlook

"We'll be able to ramp our production rate quite a bit with a very small increase in hiring," Musk said. "Our labor efficiency essentially is likely to improve a lot over the course of this year."

During the fourth quarter, Tesla posted a loss of \$16.3 million, or 13 cents per share, far smaller than a loss of \$89.9 million, or 79 cents per share, in the prior year.

Tesla, which argues that these figures do not reflect its true performance because accounting rules limit how it records revenue for leases, earned 33 cents per share on an adjusted basis. That far surpassed analyst expectations of 23 cents per share, according to FactSet.

Revenue more than doubled to \$615.2 million from \$306.3 million. Analysts had forecast \$683.9 million.

Tesla got a boost for the quarter from improved margins thanks to lower costs and said that it expects those gains will continue as volume grows. It also expects to cut costs for batteries in coming years through a new production facility.

The company's stock jumped 12 percent, or \$23.70, to \$217.34 in after-hours trading following the announcement.

The company also said it expects most of its growth to come outside of North America, with sales in Europe, China and elsewhere roughly twice the size of American sales.

Musk said Tesla will have further news on the battery factory next week. He told analysts that because of the company's huge stock price appreciation, it would be a "smart move" to create fresh capital to build the factory, but he didn't give any details. Tesla stock is now worth more than five

times what it was a year ago.

Musk also hinted that Panasonic, its current battery supplier, would likely be a partner in the factory.

Musk also said that when reports surfaced about two Model S fires on U.S. roads last fall, the company saw a significant drop in demand. But he said as customers became aware that the cars were safe and less likely to catch fire than gasoline-powered cars, demand came back. Both cars' batteries caught fire after hitting metal debris in the roadway, one in Tennessee and the other near Seattle.

The U.S. National Highway Traffic Safety Administration is investigating the fires and is determining if a recall is necessary. But Musk said he expects a "positive result" from the investigation.

AP Auto Writer Tom Krisher contributed to this report from Detroit.

Transcripts show Fed grappling with 2008 crisis

By MARTIN CRUTSINGER AND PAUL WISEMAN
AP ECONOMICS WRITERS

WASHINGTON (AP), Federal Reserve officials agonized throughout 2008 over how far they could go to stop a financial catastrophe that threatened to pull the economy into a deep recession, transcripts of the Fed's policy meetings that year show.

"We're crossing certain lines. We're doing things we haven't done before," Chairman Ben Bernanke said as Fed officials met in an emergency session March 10 and launched never-before-taken steps to lend to teetering Wall Street firms. "On the other hand, this financial crisis is now in its eighth month, and the economic outlook has worsened quite significantly."

The crisis had been building for months. In an emergency conference call Jan. 21, Bernanke had rallied support for a deep cut in interest rates. He warned that market turmoil showed investors' growing concerns that "the United States is in for a deep and protracted recession."

Bernanke apologized to his colleagues for convening the call on the Martin Luther King holiday. But he said he felt that the urgency of the crisis required the Fed to act before its regularly scheduled meeting the next week. The Fed approved a cut of three-fourths of a percentage point in its benchmark for short-term rates.

On Friday, the Fed released hundreds of pages of transcripts covering its 14 meetings during 2008 – eight regularly scheduled meetings and six emergency sessions. The Fed releases full transcripts of each year's policy meetings after a five-year lag.

The 2008 transcripts cover the most tumultuous period of the financial crisis, including the collapse and takeover of investment bank Bear Stearns in March of that year.

In September, the crisis erupted with full force. The government took over mortgage giants Fannie Mae and Freddie Mac and allowed investment bank Lehman Brothers to collapse in the largest bankruptcy in U.S. history.

Also in September, the Fed bailed out insurance giant American International Group with \$85 billion in support.

The transcripts reveal the internal arguments Bernanke deployed to marshal support for unorthodox policy actions – including from Janet Yellen, who succeeded Bernanke this month as Fed chair. At the time, Yellen was head of the Fed's San Francisco regional bank.

At an Oct. 28-29 Fed meeting, Yellen noted the dire events that had occurred that fall. With a nod to Halloween, she said the Fed had received "witch's brew of news."

"The downward trajectory of economic data," Yellen went on, "has been hair-raising—with employment, consumer sentiment, spending and orders for capital goods, and homebuilding all contracting." Market conditions had "taken a ghastly turn for the worse," she said. "It is becoming abundantly clear that we are in the midst of a serious global meltdown."

Yellen said she had downgraded her economic outlook and was projecting a recession, with four straight quarters of declining growth. The recession was later determined to have started in December 2007. It lasted until June 2009.

The Fed's efforts failed to contain the damage from the financial crisis failed to prevent the recession from becoming the worst since the 1930s. But Fed officials and many economists have argued that without the its efforts, the Great Recession could have been more catastrophic, perhaps rivaling the Great Depression of the 1930s.

The Fed's efforts to deal with the fallout from a collapsing housing bubble and subprime mortgage crisis had begun in 2007. The Fed cut a key short-term

rate three times that year. The cuts totaled a full percentage point and took the rate from 5.25 percent to 4.25 percent at the end of 2007.

Then, at an emergency meeting on Jan. 22, 2008, the Fed slashed the rate again by three-fourths of a percentage point, responding to a plunge in global stock markets that had heightened fears of a recession. It marked the first time the Fed had changed rates between regularly scheduled meetings since 2001, when it was trying to cushion the economy from the shocks of the Sept. 11 terrorist attacks.

By the end of 2008, the Fed made eight rate cuts, leaving the funds rate on Dec. 16 of that year at a record low near zero. It remains at that level today. Many economists don't think the Fed will start raising rates until late 2015 at the earliest.

The Fed that year also launched other never-before-tried programs to get money flowing to parts of the economy that were struggling to get credit.

Fed policymakers fretted over the unprecedented steps they were taking. Jeffrey Lacker, president of the Fed's Richmond regional bank, worried at the March 10 meeting about a plan to lend Treasuries to Wall Street firms in exchange for mortgage bonds.

"This proposal crosses a bright line that we drew for ourselves in the 1970s in order to limit our involvement in housing finance," Lacker said.

But Timothy Geithner, then president of the New York Fed, countered that the Fed was a stronger institution than in the '70s: "We have the ability to decide what we think is enough and what line we're not prepared to cross, and we should be confident that we're willing to draw that line ... we need to be flexible and creative in the face of what are really extraordinary challenges."

AP Business Writers Christopher S. Rugaber and Marcy Gordon contributed to this report.

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Killer Competitions ...just so wrong!

By NANCY LYON

When reading of animal killing contests that offer prizes and cash for the biggest kill and often involve kids in the festivities... it gives you pause to wonder what is so terribly wrong with these people that it's considered "family fun"?

Straight out of a Stephen King novel, in the quaint village of Holley, New York, the annual Squirrel Slam Day killing contest/shooting competition has scheduled its yearly blood-bath and fun day this February. They recruit children and reward winners with cash prizes after they bring in the bodies of the squirrels that are weighed to see who had the heaviest kill. While children watch, semi-automatic rifles are raffled off with the proceeds going to the fire department. Shouldn't encouraging children to massacre innocent animals qualify as child abuse?

Take Pennsylvania, perhaps the only remaining state that allows multiple pigeon shoots. Most are hosted by private rod and gun clubs where people - aka sociopaths - arrive in vehicles that range from pickups to luxury vehicles from all over the country for the thrill of blowing away pigeons as they are released from cages. Studies show the 70% of the birds are not killed outright but die slowly in neighboring fields and yards.

In Idaho, a highly disputed hunting contest, touted as family recreation, targets wolves and coyotes. This year's fun event was apparently a disappointment to blood-seeking enthusiasts when the wolf-killing spree ended with no wolves killed and "only" two dozen coyotes destroyed. The death derby is promoted by ranchers, who have vetoed non-lethal options to discourage predators, and hunters that want to have more big-game, like elk, to kill. The competition, held on federal land in a national forest near the town of Salmon, also invites children as young 10 to participate in their youth division.

According to the Animal Legal Defense Fund, scientific studies have been shown that "Predation is an essential component of biodiversity, which is the 'variety and

variability among living organisms and the ecological complexes in which they occur.' And, that as predators, coyotes serve a valuable function in keeping prey populations, such as rodents, in check and keeping local ecosystems healthy."

Non-lethal, non-invasive practices have greater long-term, effective results than lethal control tactics. Countless studies have demonstrated that lethal methods have actually produced counter-productive results.

Kill competitions are condemned by conservationists as cruel and unsportsmanlike, yet one hunter from Salmon is quoted as saying "We'll only have agreement with environmentalists when we kill all the wolves here."

California isn't off the hook either. The small town of Adin, located in the remote mountains of Modoc County, has become high-profile with its annual coyote-killing competition also involving child participants.

Usually this year's 40 carcasses would have been proudly lined up in front of a local store for all to admire, but because of outsider scrutiny, they were displayed behind locked gates. The scene turned violent when a 73-year-old hunt opponent photographing 50 camo-garbed participants was allegedly shoved to the ground, seriously injuring his lower spine. The store owner, who allegedly pushed the senior citizen, stated that he "was provoked." The altercation was witnessed by a California Department of Forestry and Wildlife game warden who made a statement to Modoc County sheriff's deputies and helped the injured senior in seeking medical attention. Charges will be reviewed by the county Sheriff who is listed as a sponsor of the 2014 Coyote Derby

on a commemorative t-shirt provided to participants.

Coyote advocates have stated that these aggressive actions were another reason to end such contests. "Killing wildlife en masse for fun and prizes is callous, disrespectful and violent," said Camilla Fox, director of Project Coyote... We need to stop perpetuating this culture of violence by starting with a statewide ban on wildlife killing contests."

In California's Central Valley informal coyote-killing contests are growing in popularity and in number. Organized team-killing in Kern and Fresno Counties, with cash prizes for the highest kill by hunters, are happening with regularity; meets are often arranged by Internet connection.

With the violence to wildlife escalating, Project Coyote reported that on February 5th, "... the California Fish & Game Commission voted unanimously (4-0) to consider a statewide ban on wildlife killing contests at the request of Project Coyote... Newly elected Commission Vice President Jack Baylis put forth the motion to move forward on a formal rule making process to consider prohibiting wildlife-killing contests statewide. Commission President Michael Sutton stated he has been concerned about these killing contests for some time. They seem inconsistent both with ethical standards of hunting and our current understanding of the important role predators play in ecosystems."

Lend your support: view Project Coyote's petition calling for a statewide ban on wildlife killing contests at: <http://www.change.org/petitions/ca-dept-of-fish-wildlife-f-g-commission-stop-coyote-killing-contest>

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MacGregor School library holds Grand Opening

SUBMITTED BY THOMAS ORPUT, PRINCIPAL

Help celebrate the grand opening of the MacGregor Library on Thursday February 27. The program will include a ribbon cutting by Dr. Dave Marken, Superintendent of Newark Unified School District. Other school representatives and community members will be present for the festivities. The evening will include a presentation of poetry and a short play; refreshments will be served.

The MacGregor Alternative Learning Center Library is the result of a grass roots project that involved many participants and supporters. Volunteers put in long hours of service to establish the circulation and the checkout system. Numerous departments of the Newark Unified School District contributed. The Newark Optimists, Walmart, Friends of the Palo Alto Library and Alpha Delta Kappa stepped up with cash and book donations and helped spread the word.

MacGregor School Library opening
Thursday, Feb 27
7 p.m.
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The Struggle to Forgive

SUBMITTED BY CRAIG CABLE

How to heal and forgive after being wronged will be discussed at Lifetree Café on Tuesday, March 4. The program, titled "The Struggle to Forgive: Finding a Way Forward," features the filmed story of Alicia Brady, who was the victim of a gang-related drive-by shooting.

A dancer, Brady sustained injuries that caused her to lose the ability to perform competitively. "Dancing was my life," says Brady. "Everything I had worked for was taken from me. I had lost that life, and I wasn't going to get it back."

Brady tells about the shooting and her struggle to recover physically and emotionally. The program will offer guidance for those who find it difficult to heal and forgive after being wronged by others.

Lifetree Café is a place where people gather for conversation on life and faith in a casual coffeehouse-type setting.

The Struggle to Forgive
Tuesday, Mar 4
7 p.m. – 8 p.m.
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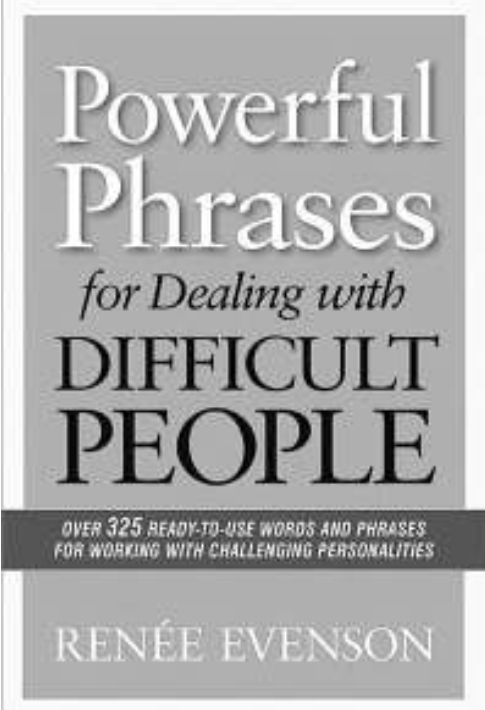
“Powerful Phrases for Dealing with Difficult People”

by Renée Evenson

The lady in the next cubicle over is making you almost speechless.

She talks too loud, first of all, and you constantly hear every word she says – most of it incessant and inconsequential, which makes you want to scream. She’s a whiner and a gossip, too, and you wonder what she says about you. Someday, you’re sure to find out since she’s also on your team.

You’d like to talk to her about it but you’re not sure you could, at least not calmly. But after you’ve read “Powerful Phrases for Dealing with Difficult People” by Renée Evenson, you’ll know exactly what to say.



You know who your friends are. You know because you chose them, but you’re not that lucky at work. Yes, your co-workers “can test your mettle, tick you off, and sour your attitude.” Dealing with them can be a challenge because you know how quickly things can go bad, and you don’t want that to happen. So how do you create harmony, work out problems, and still keep your dignity and your sanity?

First of all, says Evenson, think before you speak and don’t

let your temper take over. Plan what you intend to say and how you hope it will go. Consider what the other person may think, and expect to communicate “in a constructive manner.” Then practice before you gently pounce.

Remember to start the conversation with an “I Phrase” to disarm the situation. In confrontation, never say never or always because few things ever are. Know that an apology – something women are often accused of overusing – “doesn’t necessarily mean saying you’re wrong.” Get used to assertiveness, which is not aggressiveness; learn the difference. Watch your body language, as well as that of your coworker. Learn a few useful “phrases of compromise” that can be used to diffuse the situation and tie up its resolution.

But what if the guy at the top is being difficult, or what if you’re to blame? This book takes a look at those scenarios, and other ways to deal with personalities that make your teeth grind. First, though, remember this: “... not confronting any sort of conflict will not make the problem go away. Rather, it makes the problem fester and grow.”

Can’t we all just get along? With “Powerful Phrases for Dealing with Difficult People,” you’ve got a chance of it.

I loved the way author Renée Evenson reminds readers in every possible way to “Think First,” a definite key to not overreacting. I also appreciated how each problem in this book is broken into bite-size, specific sections for maximum help. And yet, despite the careful literary role-playing and example-stories for envisioning scenarios, it’s easy to be lulled into forgetting two things.

You can’t control a co-worker and, well, let’s face it: sometimes, people are jerks.

Still, isn’t workplace harmony worth a try? Wouldn’t you rather have truce than trouble? If the answer to those questions is affirmative, then grab this book. “Powerful Phrases for Dealing with Difficult People” will make you say “Yes!”

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10:45 – 11:15 Daycare Canter Visit –
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2:15 – 2:45 Headstart –
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4:30 – 5:20 Weibel School,
45135 South Grimmer Blvd.,
FREMONT
5:50 – 6:40
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Wednesday, February 26

12:45 – 2:15 Glenmoor School,
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3:50 – 4:20 California School for the
Deaf, 39350 Gallaudet Dr., FREMONT
6:00 – 6:30 Camellia Dr. &
Camellia Ct., FREMONT

Thursday, February 27

10:00 – 10:30 Daycare Center Visit –
San Lorenzo
10:45 – 11:45 Daycare Center Visit –
Castro Valley
1:20 – 1:50 Daycare Center Visit –
Hayward
2:15 – 3:15 Cherryland School,
585 Willow Ave., Hayward

Monday, March 3

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4:15–4:45 Contempo Homes,
4190 Gemini Dr., UNION CITY
5:15–6:45 Forest Park School,
Deep Creek Rd. & Maybird Circle,
FREMONT

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FREMONT
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FREMONT
2:30 – 3:20 Cabrillo School,
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A Night on the Red Carpet

SUBMITTED BY HELEN KENNEDY

Tickets are now on sale for the New Haven Unified School District’s third annual gala fundraising event, “A Night on the Red Carpet,” to be held at Union City’s Mark Green Sports Center on March 22nd. This year’s event, will have a Hollywood-movie premiere theme, and will feature casino games and prizes, a gourmet buffet dinner, a live and silent auction, and fine wines, beer, and specialty cocktails.

New this year is a photo booth where guests can don props and costumes and pose for glamorous movie star photos to take home. Each attendee will receive “\$1000” in casino chips to play blackjack, roulette, and other games. By popular demand, the Texas Hold ‘Em tournament will be back with entry priced at an additional \$25.

Proceeds from the event will support the programs of the New Haven Schools Foundation, a 501(c)(3) nonprofit organization.

VIP and sponsorship packages are available, promising the full celebrity treatment for you and your guests. Tickets, priced at \$100 per person or \$175 per pair, include appetizers, dinner, dessert, espresso and tea. Complimentary parking shuttle service will be provided from Holly Center.

A Night on the Red Carpet
Saturday, Mar 22

6 PM to 11 PM

Mark Green Sports Center

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Video surveillance camera workshop

SUBMITTED BY MARTHA MATTHIESEN,
FREMONT PD

Have you been thinking about installing a video surveillance camera at your home or in your neighborhood? Do you have questions about what type of camera you should purchase? Are you curious about what other residents and neighbors are doing to safeguard their homes and neighborhoods?

We are pleased to announce a collaborative effort with the Scott Creek Neighborhood to assist Fremont community members with the use and installation of privately owned and operated video surveillance cameras. Together, we have designed a workshop that will give residents an overview of how effective residential video cameras are at helping deter and solve crime. The workshop will be conducted jointly by Fremont Police staff and Fremont residents.

• Fremont Detectives will give an overview of how beneficial video surveillance is to law enforcement. They will present a recent case study of a residential burglary incident where video was critical in breaking the case. They will also briefly discuss current burglary trends in Fremont and why Fremont’s burglary rate has been on the decline for the last several months.

• Fremont resident Ken Thomas will highlight how the Scott Creek neighborhood in south Fremont collaborated to raise funds and install community neighborhood cameras as a deterrent to prevent and solve crime. He and his neighbors will give specific details on their fundraising efforts, the types of cameras required to produce high quality images, where they installed the cameras and how they now work with law enforcement when a crime occurs.

• Sufficient time will be provided at the end of the presentation for questions and answers.

Please RSVP to Fremont Police Community Engagement Specialist Martha Matthiesen at Mmatthiesen@fremont.gov or 510-790-6979. A wait list will be created for the possibility of a second workshop.

Video Surveillance Camera Workshop

Thursday, Feb 27

6:30 p.m. – 8:30 p.m.

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For 2 Wheels **For 2 Wheels**

Most Car & Light Trucks. See disclaimer for more details. With coupon only. Limited time offer. Expires 3/30/14

BREAK SPECIAL

\$50 OFF

FREE BREAK INSPECTION & WRITTEN ESTIMATE

No obligation to have repairs done. Break prices and requirements may vary for car-to-car. With coupon only. See disclaimer for more details. Limited time offer. Expires 3/30/14

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\$179.95* Does not include timing belt (Required on some cars).

Platinum Plugs additional. 6 & 8 cyl. Higher. Additional parts and labor for SUB's, Vans, & 4x4

STANDARD INCLUDES:

Maintenance tune-up	Replace oil/filter
Radiator drain & fill	Inspect belts and hoses
Replace air filter	Transmission filter & gasket
Break inspection	Tire rotation/inspect CV Boots

See disclaimer for more details. With coupon only. Limited time offer. Expires 3/30/14

\$349.95* Does not include timing belt (Required on some cars).

Platinum Plugs additional. 6 & 8 cyl. Higher. Additional parts and labor for SUB's, Vans, & 4x4

PREMIUM INCLUDES:

Maintenance tune-up	Replace fuel filter	Transmission filter & gasket
Replace PVC valve	Balance tires	Tire rotation/inspection
Radiator drain & fill	Replace oil/filter	CV boots
Break inspection	Brake fluid flush	Fuel injection service
Power Steering flush		Inspect belts & hoses

See disclaimer for more details. With coupon only. Limited time offer. Expires 3/30/14

Additional Services Available: Timing Belt, Water Pump, Suspension, Exhaust, Transmission Services, Engine and Transmission Replacement

*Prices apply to most cars & trucks. Add'l part & labor for SUV's, Vans, and 4x4's extra. Platinum spark plugs extra. Specials not applicable to FWD cars with pressed rotors and 4WD vehicles. Offers not valid on conjunction with other offer for same service. Dealer fluids extra.

Bright future forecast by Newark Chamber



L to R: Rich Lanser of Republic Services accepts Community Partner Award from Newark Chamber of Commerce Chair Gary Charland as chamber President/CEO Valerie Boyle looks on.

At a luncheon held February 20, 2014 by the Newark Chamber of Commerce, new President/CEO Valerie Boyle, current Board Chair Gary Charland and Chair-elect Bernie Nillo spoke of a bright future for the reinvigorated chamber. Recounting accomplishments of activities, events and membership increases, the forecast was optimistic. Board Member Rich Lanser accepted the 2013 Community Partner Award from the Chamber on behalf of Republic Services. Lanser is employed as Controller of Republic Services.

Food Court Wars comes to Newark

SUBMITTED BY LAURIE GEBHARD

The Food Network is coming to Newark to film Food Court Wars where two teams of aspiring food entrepreneurs compete against one another as they battle to win their own food court restaurant, rent-free for a year.

Each week, Food Court Wars visits a different U.S. city mall and this time, they’ve chosen the food court at the NewPark Mall in Newark. Stakes are high as teams must test their concept, market their brand and run their outlet for a full day feeding hungry shoppers. The team whose restaurant makes the most profit wins their eatery space – a prize worth \$100,000 and the losing team must vacate the premises.

Contestants will be at the George M. Silliman Activity and Family Aquatic Center on Wednesday, February 26. Stop by between the hours of 5:00 p.m. and 6:30 p.m. if you would like to meet the contestants and sample their food.

Contestants will then be at the food court in the NewPark Mall shopping center at 5 p.m. on Thursday, February 27 for more food sampling and judging Email: FCWNEWARK@gmail.com to be a part of the action.

The City of Newark welcomes the Food Network!

Food Court Wars
Wednesday, Feb 26
5 p.m. – 6:30 p.m.
Silliman Aquatic Center
6800 Mowry Ave., Newark

Thursday, Feb 27
NewPark Mall
2086 NewPark Mall, Newark
5 p.m.

(510) 578-4392
FCWNEWARK@gmail.com

Construction causes temporary impacts

SUBMITTED BY BAY AREA RAPID TRANSIT DISTRICT

As part of the BART Warm Springs Extension Project, construction crews are in the process of installing and relocating utilities on Warm Springs Blvd. Beginning Monday, February 24 this work will require modifications to traffic that will prevent southbound motorists on Warm Springs Blvd. from making a left turn onto Reliance Way from approximately 8:30 a.m. to 4:30 p.m. While the traffic control is in place, it will be necessary for southbound motorists to access Reliance Way by either making a legal u-turn at Corporate Way and then turn right onto Reliance Way or by turning left on Corporate Way, left on Research Avenue and left onto Reliance Way.

The work will include, but is not limited to:
Excavating in impacted area
Installing and relocating utilities
Paving

Questions regarding these activities:
(510) 413-2060 or
bartwarmspringsextension@bart.gov

Rendezvous with Preity Zinta

SUBMITTED BY BOLLYWOOD IN BAY AREA

Drink, dine, donate and dance! Put on your beautiful ball gowns and dashing suits and kick off springtime at the Spring Charity Ball on Saturday, March 1. “Rendezvous with Preity Zinta” is a charity showcase and community gala, part of the building bridges initiative to bring the Bay area Desi community together, having fun while raising funds.

Event highlights will include:
Banquet dinner
Q and A: Rendezvous with Preity Zinta
Fashion show
Meet & Greet with Preity Zinta for VIP, VVIP & Elite levels
Dance and singing performances
Learn about various charities and an opportunity to do some good Karma
Fun and interactive charity showcase
Celebrity DJ After Party

Rendezvous with Preity Zinta at Charity Ball
Saturday, Mar 1 6:30 p.m.
India Community Center
525 Los Coches St., Milpitas
(408) 579-9426
www.desiclub.com/spring
Ticket levels: \$20 - \$190

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Exp. 3/30/14

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Spend \$100 or more, to be entered to win 1 of 3 prizes. Wholesale and retail are welcome to participate. Walk in orders only, to be entered into the drawing. PHONE & EMAIL ORDERS DO NOT QUALIFY!

Prizes are as follows:

1st drawing – 4” conventional foam mattress (to the size of your choice)
2” memory foam topper
6” cover

2nd drawing – 4” conventional foam mattress w/cover (to the size of your choice)
– OR –
2” memory foam topper w/ cover

3rd drawing – 2” OR 3” convoluted topper (your choice of thickness and size)

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Expires 3/30/14

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continued from page 1

All about Owls

Did you know that a single Barn Owl can consume 53 pounds of gophers in a year or 3,000 rodents per family in a four month breeding cycle? Nestbox Coordinators for the California Bluebird Recovery Program will also be on hand to show what a Barn Owl Box is and describe how helping the owls can help you. Barn Owls and Western Screech Owls are just two of the many cavity nesting birds assisted by the California Bluebird Recovery Program. Erecting Barn Owl nest boxes can be an effective pesticide-free tool to help control a rodent population. Choosing the right location to install a nest box for these or any other cavity nesting birds such as the Western Bluebird or Tree Swallow can be challenging.

There will be a ranger-led hike from twilight to dusk around part of Lake Elizabeth and hands-on nature and art activities for the kids including owl pellet dissection and owl headbands. Come meet our human and raptor special guests: Naturalists from Sulphur Creek Nature Center, specialists from the Ohlone Humane Society Wildlife Rehabilitation Center, Central Park Rangers, and live and in person: a Screech Owl, a Great-Horned Owl and a Barn Owl. To finish out the evening, have a s'more and sing a song or two around the campfire.

What a great night – it should be a hoot!

This event is sponsored by the City of Fremont Community Services Department (Recreation Services & Environmental Services Divisions). The program is free; snacks and photo cards of Central Park scenery will be available for sale. The Nature Learning Center is located in the back of the Waterpark parking lot, the first building to the left. If you have any questions, please call (510) 790-5541 or e-mail centralpark@fremont.gov.

Whooooo goes there?
Friday, Feb 28
6:00 p.m. - 7:30 p.m.
Nature Learning Center
Central Park
40224 Paseo Padre Pkwy., Fremont
(510) 790-5541
www.fremont.gov/centralpark
Free

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February 27th
5:00PM-7:30PM

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Central Park
39770 Paseo Padre Parkway



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Join us at the Summer Job Fair! This is a perfect opportunity for students who are looking for a summer job! Come prepared to complete an application and don't forget to dress professionally for a possible interview!

For more information about working with the City of Fremont or the Summer Job Fair, email RegeRec@fremont.gov or call (510) 494-4300

For a list of current job openings and applications visit us at Fremont.gov/employment.



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TO PURCHASE visit www.stage1theatre.org, call Brown Paper Tickets at (800) 838-3006, call (510) 781-0287, or visit The Book End at 8878 Thornton Ave., in Newark

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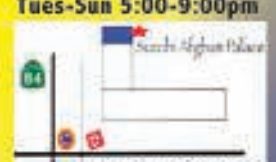
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Friday, March 14

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

Continuing Events

Thursdays, Dec 26 thru Feb 27
"Dirt Cheap" Organic Produce
10 a.m. - 2 p.m.
CalFresh recipients may use EBT cards for purchases
Alameda County Social Services Agency
24100 Amador Street, Hayward
(510) 670-6000

Wednesdays, Jan 8 - Feb 26
Reducing Stress Course for Caregivers \$
10 a.m. - 12 noon
Learn effective ways to deal with stress
Family Resource Center
39155 Liberty St., Fremont
(510) 574-2035
nroghschild@fremont.gov

Saturdays, Jan 18 thru Mar 1
Chinese Folk Songs Course \$R
3:30 p.m. - 5:30 p.m.
Learn about a special genre of music
Ohlone College
43600 Mission Blvd, Fremont
(510) 742-2304
<http://ohlone.augusoft.net>

Thursday, Friday & Saturday, Jan 18 thru Mar 1
A.R.T. Inc. Annual Members Exhibit
11 a.m. - 3 p.m.
Variety of works by local artists
Adobe Art Gallery
20395 San Miguel Ave., Castro Valley
(510) 881-6735

Mondays, Jan 20 thru Apr 7
HR Certification Prep Course \$R
6 p.m. - 9 p.m.
Learn skills & test prep for Human Resources exam
Western Digital Corporation
44200 Osgood Rd., Fremont
(415) 291-1992 www.nchra.org

Wednesday, Jan 22 - Sunday, Mar 2
Cirque du Soleil: Amaluna \$
Wed - Sat: 8 p.m.
Sat & Sun: 4:30 p.m.
Sun: 1 p.m.
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www.cirquedusoleil.com

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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

Arts & Entertainment

Saturday, Jan 25 - Sunday, Apr 13
55" Images of Sea Level Rise
10 a.m. - 5 p.m.
Exhibit details the impact of rising bay waters
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.incredibletravelphotos.com/55inches

Sundays, Jan 26 thru Mar 23
The Happy Leader - Teen Leadership Program \$
2:00 p.m. - 4:30 p.m.
Teens design a plan for personal & academic growth
India Community Center
525 Los Coches Street, Milpitas
408-934-1130
www.indiacc.org

Tuesday, Jan 28 - Saturday, Apr 12
Jamaica THEN & Cuba NOW
Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Sat: 12 noon - 3 p.m.
Images of the Peace Corps
PhotoCentral
1099 E St., Hayward
(510) 881-6721
www.photocentral.org

Saturday, Feb 1 - Friday, Feb 28
Afro-American Cultural Display
11 a.m. - 6 p.m.
Honoring black history month
Cultural Corner near Sears
New Park Mall
2086 Newpark Mall, Newark
(510) 794-5523

Saturday, Feb 1 - Friday, Feb 28
Jan Schafir Art Studio Exhibit
5 a.m. - 9 p.m.
Mixed media works
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 409-2826

Saturdays, Feb 1 thru Apr 19
Teen/Senior Computer and Gadget Help
10:30 a.m. - 12:30 p.m.
Teens teach seniors to use electronic devices
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Tuesday, Feb 4 - Thursday, Mar 27
Artist's Guild of the East Bay: Jump into Spring
9 a.m. - 5 p.m.
Local artists display a variety of art mediums
Artist reception Friday, Feb 7
5:30 p.m. - 7:30 p.m.
Hayward City Hall
777 B St., Hayward
(510) 538-2787
hacmail@haywardarts.org

Thursday, Feb 6 - Sunday, Mar 2
"An Ideal Husband" \$
Thurs - Sat: 8 p.m. (Sat & Sun matinee: 2 p.m.)
Comedic tale about a politician & a past misdeed
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Four years of High School Hindi Program

MBK's High School Hindi Program is approved by UC System. Credits and grades are accepted by all colleges and universities.

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Wednesday 4:00 - 6:15pm & Sunday (Schedule on line)

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Mom or Dad forgetting things?

Are they telling the same stories or asking the same questions over and over? Have they lost interest in socialization and hobbies? **This 5-part education support series will offer very practical tips for people who love someone who is living with Dementia, including Alzheimer's Disease.**

The dates for this 5-part series are:
3/19/14 from 11am - 12:30pm
4/23/14 from 11am - 12:30pm
5/21/14 from 11am - 12:30pm

A light lunch and beverages will be served

FREE

RSVP at least one week prior to the seminar

RSVP via email to:
candy.woodby@aegisliving.com
or Via phone: 1-510-739-1515
and ask for Candy

Aegis
of Fremont
RCFE #181: 015601374



Farmers’ Markets

OFREMONT:

Centerville

Saturdays

9 a.m. - 1 p.m.

Year-round
Bonde Way at Fremont Blvd.,
Fremont
(510) 909-2067
www.fremontfarmersmarket.com

Kaiser Permanente Fremont Farmers’ Market

Thursdays

10 a.m. – 2 p.m.

Year-round
39400 Paseo Padre Pkwy.,
Fremont
800-949-FARM
www.pcfma.com

Irvington Farmers’ Market

Sundays

9 a.m. – 2 p.m.

Year-round
Bay Street and Trimboli Way,
Fremont
800-949-FARM
www.pcfma.com

HAYWARD:

Hayward Farmers’ Market

Saturdays

9 a.m. - 1 p.m.

Year-round
Hayward City Plaza
777 B. St., Hayward
1-800-897-FARM
www.agriculturalinstitute.org

St. Rose Hospital Farmers’ Market

Tuesdays

12 noon – 4 p.m.

Year-round
27200 Calaroga Ave., Hayward
(510) 264-4139
www.digdeepcsa.com

Kaiser Permanente Hayward Farmers’ Market

Wednesdays

10 a.m. – 2 p.m.

Year-round
27400 Hesperian Blvd., Hayward
800-949-FARM
www.pcfma.com

South Hayward Glad Tidings

Saturdays

9 a.m. - 3 p.m.

Year-round
W. Tennyson Rd. between Tyrell
Ave. and Tampa Ave., Hayward
(510) 783-9377
www.cafarmersmarkets.com

MILPITAS:

Milpitas Farmers’ Market at ICC

Sundays

8 a.m. – 1 p.m.

Year-round
India Community Center
525 Los Coches St.
800-949-FARM
www.pcfma.com

NEWARK:

Newark Farmers’ Market

Sundays

9 a.m. - 1 p.m.

Year-round
NewPark Mall
2086 NewPark Mall, Newark
1-800-897-FARM
www.agriculturalinstitute.org

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

Year-round
Fairmont and East 14th St., San
Leandro
(925) 465-4690
www.cafarmersmkts.com

UNION CITY:

Kaiser Permanente Union City Farmers’ Market

Tuesdays

10 a.m. – 2 p.m.

Year-round
Kaiser Permanente Medical
Offices
3553 Whipple Rd., Union City
800-949-FARM
www.pcfma.com

Union City Farmers’ Market

Saturdays

9 a.m. – 1 p.m.

Year-round
Old Alvarado Park
Smith and Watkins Streets,
Union City
800-949-FARM
www.pcfma.com

Continuing Events

Friday, Feb 7 - Sunday, Apr 6

Children’s Book Illustrator’s Exhibit

11 a.m. - 5 p.m.
Variety of artist’s works on display
Sun Gallery
1015 E St., Hayward
(510) 581-4050
www.sungallery.org

Thursday, Feb 14 - Sunday, Mar 16

California Watercolor Association Exhibit

12 noon - 5 p.m.
Over 70 artists display their works
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Tuesdays, Feb 25 thru Apr 15

NAMI Peer-to-Peer Education Program – R

3:30 p.m. - 5:30 p.m.
Support for adults with mental health challenges
FUDTA Offices
39350 Civic Center Dr, Fremont
(408) 422-3831
kathrynlum@comcast.net

Sunday, Mar 2 - Friday, Mar 28

“Shared Perceptions”

1:30 p.m. - 4:00 p.m.
San Lorenzo Adult School art exhibit
Alameda Historical Museum
2324 Alameda Ave., Alameda
(510) 521-1233
www.alamedamuseum.org

Mondays, Mar 3 thru Mar 24

Community Emergency Response Team Training – R

6:00 p.m. - 9:30 p.m.
Emergency assistance procedures for Hayward residents
Hayward City Hall
777 B St., Hayward
(510) 583-4948

Monday, Apr 21-Friday, Apr 25

Spring Break 1-on-1 Tutoring \$R

4 p.m. - 5 p.m.
Students grades 3 - 6 get help in core subjects
Register by 3/1/2014
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 794-2538
Shootingstarsfoundation123@gmail.com
http://www.fuss4schools.org

Monday, Apr 21-Friday, Apr 25

Academic Boot Camp \$R
5:00 p.m. - 6:00 p.m.
6:15 p.m. - 7:15 p.m.
Enrichment for grades 3 – 6
Register by 3/1/2014
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 794-2538
Shootingstarsfoundation123@gmail.com
http://www.shooting-stars-foundation.org

Tuesday, Feb 25

“Does Jesus Really Love Me? A Gay Christian’s Search for God”

7 p.m.
Film, discussion and refreshments
Lifetree Café
4020 Technology Pl., Fremont
(510) 797-7910
www.Lifetreecafe.com

Tuesday, Feb 25

Caltrans Open-House Meeting

7 p.m. - 9 p.m.
Discuss Alameda Creek Bridge project
Sunol Glen School
11601 Main St., Sunol
(925) 895-3767
http://www.dot.ca.gov/dist4/niles/canyon/

Tuesday, Feb 25

Estate and Trust Planning

7:00 p.m. - 8:30 p.m.
Probate and related tax matters
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Wednesday, Feb 26

Jazz Night

7 p.m. - 10 p.m.
Live music
Hilton Hotel
39900 Balentine Dr., Newark
(510) 490-8390

Wednesday, Feb 26

American Red Cross Blood Drive – R

11 a.m. - 4 p.m.
Call to schedule an appointment
Use sponsor code: CSUEAST-BAY
Cal State East Bay University
25800 Carlos Bee Blvd.,
Hayward
(800) 733-2767
www.americanredcross.org

Wednesday, Feb 26

Guided Meditations

7:00 p.m. - 7:30 p.m.
Learn to overcome negative emotions
Art of Living Center
555 Mowry Ave., Fremont
www.artofliving.org

Wednesday, Feb 26

Hand-Crafted Paper Demonstration

10 a.m. - 12 noon
Art from recycled paper
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.olivehydeartguild.org

Wednesday, Feb 26

Falls Prevention

1:30 p.m. - 2:30 p.m.
Home safety and medication management
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Thursday, Feb 27

Cash for College Workshop

4:30 p.m. - 7:30 p.m.
Financial aid, scholarships and grants
Chabot College
25555 Hesperian Blvd., Hayward
(510) 723-6600

Thursday, Feb 27

American Red Cross Blood Drive – R

2 p.m. - 7 p.m.
Call to schedule an appointment
Use sponsor code: DEVRY
DeVry University Campus
6600 Dumbarton Cir., Fremont
(800) 733-2767

Thursday, Feb 27

How to Help Your Teen-Ager Succeed

7 p.m. - 9 p.m.
Parent workshop to assist teens with challenges
Washington High School
38442 Fremont Blvd., Fremont
(510) 791-3414

Thursday, Feb 27

Teen Summer Job Fair

5:00 p.m. - 7:30 p.m.
Students apply for seasonal work
Fremont Teen Center
39770 Paseo Padre Pkwy.,
Fremont
(510) 494-4300
RegeRec@fremont.gov

Thursday, Feb 27

Food Network: “Food Court Wars”

5 p.m.
Watch television show taping
New Park Mall
2086 Newpark Mall, Newark
(510) 794-5523
www.newparkmall.com

Friday, Feb 28

Toddler Ramble \$

10:30 a.m. - 11:15 a.m.
Kids ages 1 - 3 explore the shore
Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Friday, Feb 28

b2B Procurement and Contracting Fair

9 a.m.
Networking to diversify business supply chains
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 795-2244
agoldsmith@fremontbusiness.com

Friday, Feb 28

Science Lecture for Children

4:30 p.m.
Especially for elementary age kids
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Friday, Feb 28

Fremont Education Foundation Gala - \$R

5:30 p.m.
Dinner, cocktails and recognition program
Marriott
46100 Landing Pkwy., Fremont
(510) 413-3700
www.fremont-education.org

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\$40 for 60 min.
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- * Cannot be combined with other offers
- * Other restrictions may apply

Exp. 2/28/14

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HISTORY AROUND TOWN

FRIENDS OF THE SAN LORENZO PIONEER CEMETERY MEETING

Thursday, March 6, 6:00 PM

Join the efforts to preserve historic San Lorenzo Pioneer Cemetery for future generations. Meet at 22380 Foothill Blvd, Hayward. For more information, call (510) 581-0223 x131.

MEXICAN LAND GRANTS: The Case of Don Castro's Rancho San Lorenzo

Sunday, March 9, 2:00 PM

Join us as Edwin Contreras lays out his fascinating research about Guillermo Castro during a time when the Hayward area was under Mexican rule. Contreras also followed Castro's footsteps after he left Hayward, and you might be surprised to find out what he discovered. FREE admission. **Castro Valley Library 3600 Norbridge Avenue, Castro Valley**
(in partnership with the California Historical Society and the Castro Valley Library)

HAYWARDAREAHISTORY.ORG 510-581-0223

“Come and join the conversation”

Feb 18: “Do Good Dogs Go to Heaven?”
Questions about animals and the afterlife

Feb 25: “God and Gays”
An hour of civil conversation

March 4: “The Struggle to Forgive”
Finding a way forward





Tuesdays at 7:00p
FREE Admission
Upstairs at City Beach Fremont
4020 Technology Place

Friday, Feb 28
Bay Area Climate Protection Workshop
9:30 a.m. - 11:30 a.m.
Discuss toxic air contaminants
Air Quality District Office
939 Ellis St., San Francisco
(415) 771-6000
www.baaqmd.gov

Friday, Feb 28
Whooooo Goes There?
6:00 p.m. - 7:30 p.m.
Meet live owls, activities and sing-a-long
Fremont Nature Learning Center
40224 Paseo Padre Pkwy,
Fremont
(510) 790-5541
centralpark@fremont.gov

Saturday, Mar 1
Spring Charity Ball \$R
6:30 p.m.
Dinner, dancing, music & auction
India Community Center
525 Los Coches Street, Milpitas
408-934-1130
www.indiacc.org

Saturday, Mar 1
Nature Detectives: The Power of Tides
10 a.m. - 11 a.m.
Nature class for ages 3 – 5
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270

Saturday, Mar 1
Stargazing 101
6:30 p.m. - 7:30 p.m.
Hike the bay and learn astronomy
Ages 8+
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270

Saturday, Mar 1
Red Grammer Concert \$
2 p.m.
Children’s musical performance
Ages 3+
Harbor Light Church
4760 Thornton Ave., Fremont
(510) 733-1189
musicforminors2@gmail.com

Saturday, Mar 1
Nowruz Celebration
2:30 p.m. - 4:30 p.m.
Ballet Afaneh Dance Company performance
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
fkhalili@aclibrary.org

Saturday, Mar 1
Bird Walk
8 a.m. - 11 a.m.
Discover behavior, migration and habitat
Ages 8+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Saturday, Mar 1
Healthy Parks Healthy People Hike
1:00 p.m. - 2:30 p.m.
Naturalist led hike
Ages 12+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Saturday, Mar 1
Hayward Youth Summit
9:00 a.m. – 1:30 p.m.
Information about: summer jobs, money for college, volunteering
Entertainment, raffle, free lunch
Hayward City Hall
777 B St., Hayward
youthcommission@hayward-ca.gov
Students 7th-12th grade only

Saturday, Mar 1
All You Can Eat Crab Feed \$
6:30 p.m.
Proceeds support restoration of Mission San Jose
St. Joseph Church
43323 Mission Blvd., Fremont
(510) 882-0527

Saturday, Mar 1 - Sunday, Mar 2
Rummage Sale
Sat: 9 a.m. - 3 p.m.
Sun: 11 a.m. - 3 p.m.
Clothes, household items, books and toys
Southern Alameda County Buddhist Church
32975 Alvarado Niles Rd., Union City
(510) 471-2581

Saturday, Mar 1
Flea Market
8 a.m. - 1 p.m.
Unique treasures and bargains
Kenneth C. Aitken Center
17800 Redwood Rd., Castro Valley
(510) 881-6738
www.haywardrec.org

Saturday, Mar 1
Affordable Care Act
1 p.m. - 2 p.m.
Coverage information and how to register
Session in Spanish
Hayward Main Library
835 C St., Hayward
(510) 881-7974
www.coveredca.com

Saturday, Mar 1
Rabbit Adoption Event \$
1 p.m. - 4 p.m.
Adopt a pet
Hayward Animal Shelter
16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org

Saturday, Mar 1
Mehfil Indian Dance Event
7 p.m.
Indian dance groups
Moreau Catholic High School – Teves Theater
27170 Mission Blvd., Hayward
(510) 881-4300
www.moreaucatholic.org/more-aumehfil

Saturday, Mar 1
Nature Walk for Health
10:30 a.m. - 11:30 a.m.
1.3 mile hike along the bay
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Saturday, Mar 1
Bay Bike Ride – R
10:30 a.m.
11 mile ride along bay trail
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222

Sunday, Mar 2
Shoreline Discovery Hike
1:00 p.m. - 2:30 p.m.
Family hike to explore wildlife
Ages 8+
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270

Sunday, Mar 2
“The Shallows: What the Internet is Doing to Our Brains”
2 p.m. - 4 p.m.
Book talk
India Community Center
525 Los Coches Street, Milpitas
408-934-1130

Sunday, Mar 2
Movie Night \$
8 p.m.
“The Last Wolf of Ezo”
Serra Theaters
200 Serra Way, #37, Milpitas
(408) 935-9674

Sunday, Mar 2
Oscar Time
5 p.m.
Oscar party: Photo op with Oscar
Edison Theater
37417 Niles Blvd, Fremont
(510) 494-1411
pr@nilesfilmmuseum.org

Sunday, Mar 2
Ohlone Village Site Tour
10:00 a.m. - 12 noon
1:30 p.m. - 4:30 p.m.
Tour pit house and sweat house
Ages 5+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220

Monday, Mar 3
Contemplative Dialogue: Non-Defended Learning \$
8:30 a.m. - 4:30 p.m.
Listening without judgment
Dominican Sisters of Mission San Jose
43326 Mission Blvd., Fremont
(510) 933-6335
www.msjdominicans.org

Monday, Mar 3
Community Outreach Event
7 a.m. - 11 a.m.
Oakland International Airport extension
BART
Coliseum Station Concourse, Oakland
www.bart.gov

Monday, Mar 3
American Red Cross Blood Drive – R
12 noon - 6 p.m.
Call to schedule an appointment
Sponsor code: WHHS
Washington Hospital
2500 Mowry Ave., Fremont
(800) 733-2767

Tuesday, Mar 4
Volunteer Orientation
11 a.m. - 12 noon
Wildlife conservation training
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513

SUBMITTED BY RENA AND
DAVID KIEHN, NILES ESSANAY
SILENT FILM MUSEUM

The honorary Oscar reads: “To Gilbert M. ‘Broncho Billy’ Anderson Motion picture pioneer, for his contributions to the development of motion pictures as entertainment.” And on this Oscar night, Sunday, March 2nd, you can see it in person



and get your photo taken with it at the silent film museum’s party!
As the story goes, it was the first of April in the year 1912, when the town of Niles, population 1400, was invaded by a small army. The fifty-two members of the

Essanay Film Manufacturing Company arrived by train. Twenty years before, the moving picture profession had been nonexistent. By the time movies were made in Niles (what decades later would become part of Fremont), the movie industry was transforming the nation and the world with a universal language printed on film.
The people of Niles were well aware of this new medium. Many of the actors were recognized by sight, but one person was known by name: Gilbert M. “Broncho Billy” Anderson, the world’s first western movie star. He also wrote, produced, directed and edited most of his films.
George K. Spoor and Anderson were the “S” and “A” of Essanay, based in Chicago, Illinois. They began the company in 1907, but the harsh winters drove the ever-restless Anderson west in search of the perfect location. By the time he and his company arrived in Niles, they had already been responsible for more than two hundred films. By 1916, the western division in Niles had completed more than 350 one and two-reelers. Two years later when Essanay’s main Chicago studio closed for good more than 2,000 films had been released under the company’s name.
The Essanay Studio launched the careers of cross-eyed comedian Ben Turpin, screen queen Gloria Swanson, leading man Francis X. Bushman, and film heavy / sometime director Wallace Beery. At the end of 1914, the company also signed an up-and-coming vaude-villian making waves onscreen at Mack Sennett’s Keystone company... Charlie Chaplin. Just a few months later, based on the success of the films he made in Niles, much like a rocket fired into the heavens, his fame quickly shot into the stratosphere and his worldwide superstardom eclipsed all other film celebrities for decades. He achieved lifelong acclaim, adoration and

the notoriety that can also come with such vehement adulation.
When the Niles studio received a telegram at the beginning of 1916 ordering it to shut down, the doors were closed and locked. Two years later, the same fate met the original Chicago studio. It was the end of an era.
Flash forward thirty years at the 1948 Oscars, Hollywood celebrated some of the filmmaking pioneers: William Selig of his self-named studio, Albert E. Smith of the Vitagraph company and George K. Spoor of the Essanay studio.
Ten years later, and more than 40 years after his heyday, on March 26th, 1958, it was Gilbert “Broncho Billy” Anderson’s turn for recognition and appreciation by the Academy of Motion Picture Arts & Sciences. Chaplin, himself, would receive a long overdue honorary award in 1972 after a twenty year self-imposed exile in Switzerland.
Anderson (who locals now think of as our own “Broncho Billy”) was one of the small group of pioneers whose belief in a new medium, and whose contributions to its development, blazed the trail along which the motion picture has progressed, in their lifetime, from obscurity to world-wide acclaim.
And we have his Oscar!
The Niles Essanay Silent Film Museum is hosting a free party on the big screen in our 100-seat auditorium at the Edison Theater, 37417 Niles Blvd. on March 2nd at show time. We will have snacks and drinks available for a donation (popcorn and milk duds, of course!) And if you’d like to snap a selfie holding the man in gold, you can for only a \$10 donation per photo.



We are raising funds for a very special Chaplin film restoration project. In case you are wondering, our beloved Oscar was willed to us by a private donor and will make occasional “guest appearances” at special events, otherwise will be housed in a bank deposit box for safe keeping. So this is your chance to see him in person!
The Oscar Party starts at 5:00 pm. If you have any questions, please email pr@nilesfilmmuseum.org or leave a message at (510) 494-1411 (email preferred as it is easier to return a response as we are all volunteers).
Free museum tours are available from 12 noon – 4 p.m., Saturdays and Sundays. Donations to keep our doors open and lights on (except when we are showing movies, natch!) are accepted and appreciated!

Gomes Elementary celebrates a history of advocacy

SUBMITTED BY
QUEENIE CHONG

The Parent Teacher Association (PTA) of John Gomes Elementary School, Fremont, marked the anniversary of the founding of the National PTA by honoring 13 special people from the school community for their achievements.

The National PTA celebrates Founders Day every February, commemorating the visionary women who, more than 100 years ago, started the organization – Alice Birney and Phoebe Hearst, co-founders of the Congress of Mothers – and honoring past and present PTA leaders. We also remember Selena Butler who in 1926 founded the National Congress of Colored Parents &



Community members honored at Gomes Elementary Founders Day pose with Principal Douglas Whipple (far right)

Teachers, which united with National PTA in 1970.

The PTA is the nation's oldest, largest and highest-profile volunteer organization working on behalf of public schools, children and families. The mission of the California State PTA is to positively impact the lives of all children and families by representing its members and empowering and supporting them with skills in advocacy, leadership, and communication.

At a special reception on February 11, Gomes Elementary School honored the following community parents and teachers for their time, effort and dedication: Frances Bender, Diane Geschke, Jana Harvey, Ujwala Warey (Very Special Teacher Award); Joe Lee, Annam Srinivasan, Divya Raman (Very Special Person Award); Nicole Cantu, Queenie Chong, Norm Howell, Ying Shen (Honorary

Service Award); Joy Suh (Continuing Service Award); Nivi Gupta (Golden Oak Award).

"We're proud to recognize the achievements of these very special individuals at the Founders Day event," said Chitra Arunachalam, Parliamentarian of Gomes PTA and co-chair of the event. "The work of our dedicated parent volunteers and school staff members benefits all children, which is the heart of the PTA's mission."

Fremont Council Founders Day will be held on March 18 at the Saddle Rack in Fremont.

Awards will be presented to honor community members who exemplify the mission of our Fremont PTAs.

Congratulations to all stakeholders - students, parents, educators and school staff - of John Gomes Elementary as they continue to benefit from the diligent and creative work of a vibrant PTA!

Watercolor demonstration Fremont Art Association

SUBMITTED BY
AVANTHI KANMATAREDDY

Guest artist, for the Wednesday, March 5 Fremont Art Association's general meeting is Myrna Wacknov. She is a practicing artist and workshop instructor specializing in figurative and portrait character studies. Portraiture is not new to Myrna. In fact, even before graduating from high school, Myrna was doing commissioned portraits. She was also the charcoal sketch artist at numerous outdoor art shows around the Kansas City area for a number of years. Myrna attended Washington University in St. Louis and later finished her degree in Painting and Drawing at the College of San Mateo and San Francisco State University.

She has attained Signature Membership in the American Watercolor Society, National Watercolor Society, the California Watercolor Society and the San Diego Watercolor Society. Wacknov has been included and received awards in many national watercolor competitions. See Wacknov's work as well as her workshop schedule at www.myrnawacknov.com and her online art journal at: myrnawacknov.blogspot.com.

Wacknov will be demonstrating her watercolor technique: the public is invited, free of charge.

Watercolor demonstration

Fremont Art Association Centre/Gallery
37697 Niles Blvd., Fremont

Wednesday, Mar 5
7 p.m. – 9 p.m.
(510) 792-0905

www.FremontArAssociation.org
Free

Fremont News Briefs

SUBMITTED BY
CHERYL GOLDEN

On the Road: Over 1,000 Electric Vehicles in Fremont

More and more Fremont residents are hitting the road driving electric vehicles. There are now over 1,000 electric vehicles (EV) in the community and almost 30 percent of all electric vehicles in Alameda County are in Fremont.

In addition to the many environmental benefits of driving an electric vehicle such as reducing carbon emissions, there is a monetary incentive. The Clean Vehicle Rebate Project (CVRP), whose goal is to promote the production and use of zero-emission vehicles, offers up to \$2,500 in electric vehicle rebates. Rebates are given on a first come, first serve basis. Currently, 80 percent of fiscal year 2013-2014 funding for CVRP has been issued and reserved.

For more information on the Clean Vehicle Rebate Project, visit www.Energy-center.org/clean-vehicle-rebate-project.

For additional information about electric vehicle projects in Fremont, contact Rachel DiFranco, Sustainability Coordinator, at rdifranco@fremont.gov or (510) 494-4451.

Travel Training Workshops and Specialized Trainings

Travel Training provides seniors and people with disabilities the skills, knowledge and confidence needed to ride public transportation. Workshops include classroom instruction and outings on buses and BART. Small group and one-on-one specialized trainings are available. Trainings cover accessibility of transit, trip planning skills, safety information and tips, fare information, and how to use a clipper

card. Travel training can increase a person's independence and increase access to community resources.

To schedule a small group or one-on-one training please call (510) 574-2053.

Upcoming Training Dates

Travel Training
Mar. 10 and Mar. 11
9:15 a.m. to 1 p.m.
Newark Senior Center
7401 Enterprise Dr.

Internet Resources Workshop
Mar. 14
10:30 a.m. to 11:30 a.m.
Fremont Senior Center
40086 Paseo Padre Pkwy.

Travel Training
Mar. 31 and Apr. 1
9 a.m. to 12 p.m.
Fremont Senior Center
40086 Paseo Padre Pkwy.

I, 2, 3 Strikes You're Out ...

There is still time to sign up for the City of Fremont Spring Adult Softball Leagues.



Deadline to register a team is Tuesday, Mar. 4, 2014. All game times are 6:30 p.m., 7:45 p.m. and 9 p.m. For more information, contact Michael Sa at msa@fremont.gov or (510) 790-5522.



Tuesday: Men's 35 yrs. +, Men's Recreational, Coed Competitive, Coed Recreational

Wednesday: Men's Business (5:15 p.m. games only) Men's Competitive Men's Recreational Coed 35 yrs. + Coed Recreational

Thursday: Men's Competitive, Men's Recreational, Coed Business (5:15 p.m. games only), Coed Competitive, Coed Recreational

Friday: Men's Competitive, Men's Recreational, Coed Competitive, Coed Recreational



Catch a Pot of Gold Hold a Rainbow in Your Hand

Is there really a pot of gold at the end of every rainbow? The only way to find out is to visit us at Leprechaun Land for Wee Folk on Friday, Mar. 14 from 5:30 p.m. to 8:30 p.m.! The fee per child includes one walk through the forest; parents are free. This event sells out, so get your gold early.

Check our Recreation Guide for more classes and details at www.Fremont.gov/RecGuide or to register visit us online at www.RegeRec.com. For more information, email regerec@fremont.gov or call Sue a (510) 494-4300.

LIFE CORNERSTONES

Birth

Marriage

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

Obituaries



Fremont Memorial Chapel
(510) 793-8900 FD 1115
3723 Peralta Blvd. Fremont
www.fremontmemorialchapel.com

Bonnie G. Menconi
RESIDENT OF FREMONT

November 9, 1944 – January 26, 2014

Rosita H. Custodio
RESIDENT OF UNION CITY

July 7, 1948 - February 2, 2014

Salvador Raygoza
RESIDENT OF UNION CITY

November 13, 1977 – February 14, 2014

Stephen A. Ramirez
RESIDENT OF UNION CITY

November 22, 1948 – February 21, 2014

Ethelyn M. Sacks
RESIDENT OF FREMONT

November 22, 1923 – February 22, 2014



Fremont Chapel of the Roses
(510) 797-1900 FD 1007
1940 Peralta Blvd., Fremont
www.fremontchapeloftheroses.com



Beverly J. Soper
RESIDENT OF FREMONT

January 18, 1948 – February 11, 2014

Neil A. Johnson
RESIDENT OF FREMONT

January 31, 1925 – February 14, 2014

Nu To Ha
RESIDENT OF UNION CITY

June 18, 1930 – February 15, 2014

Leilah J. Rodrigues
RESIDENT OF FREMONT

February 11, 2014 - February 15, 2014

Edmund J. Bingle, Sr.
RESIDENT OF AUBURN, FORMERLY OF FREMONT
May 15, 1916 – February 15, 2014

Su-Ming Koo
RESIDENT OF FREMONT

February 24, 1924 – February 16, 2014

Sister Eucharía Heidt
RESIDENT OF FREMONT

May 12, 1926 – February 16, 2014

Mary L. Peplinski
RESIDENT OF FREMONT

August 31, 1949 – February 17, 2014

Henry R. Greaney, Jr.
RESIDENT OF UNION CITY

May 30, 1934 – February 18, 2014

Raymond Kinores, Jr.
RESIDENT OF FREMONT

January 16, 1933 – February 19, 2014

Pushpa Dua
RESIDENT OF INDIA

November 6, 1935 – February 19, 2014

Donald F. Hewell
RESIDENT OF HAYWARD

March 17, 1934 – February 20, 2014

Manuel T. Medeiros, Jr.
RESIDENT OF FREMONT

December 12, 1945 – February 20, 2014

Barbara P. Abrams
RESIDENT OF UNION CITY

March 8, 1925 – February 22, 2014

Nicole R. Zvara
RESIDENT OF MORGAN HILL

December 20, 1972 – February 23, 2014

Julieta Centeno-Hermida
RESIDENT OF UNION CITY

December 4, 1964 – February 12, 2014

Veril R. Pearce
RESIDENT OF PLEASANTON

December 10, 1939 – February 8, 2014

William E. Leach
RESIDENT OF FREMONT

August 12, 1936 – February 11, 2014

Eileen D. Standlee
RESIDENT OF FREMONT

September 15, 1935 – February 11, 2014

Mikel L. Stevens
RESIDENT OF FREMONT

June 18, 1951 – February 11, 2014

Lorna L. Cayanán
RESIDENT OF HAYWARD

March 26, 1958 – February 9, 2014

Francisco S. Vieira
RESIDENT OF UNION CITY

June 3, 1926 - February 24, 2014

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

Swalwell announces
federal grant for Alameda
County Fire Dept

SUBMITTED BY ALLISON
BORMEL

U.S. Representative Eric Swalwell (CA-15) announced on February 12, that the Alameda County Fire Department (ACFD) was awarded a two-year \$4.1 million federal SAFER grant to hire and train 12 new firefighters. The Staffing for Adequate Fire and Emergency Response (SAFER) grant program is administered by the Federal Emergency Management Agency (FEMA) under the U.S. Department of Homeland Security. Swalwell, a member of the Homeland Security Committee, wrote a letter to FEMA in September in support of the grant for the Alameda County Fire Department.

“This federal grant is fantastic news for public safety in Alameda County. I am a proud advocate for our outstanding local firefighters who risk their lives every day to protect our community and was honored to request this funding for the Alameda County Fire Department,” said Swalwell. “This funding enables ACFD to replace retiring firefighters and maintain its current staffing levels so they can continue to keep our communities

safe.”

“The grant allows the ACFD to hire new firefighters, but does not add new firefighter positions or expand our current deployment model,” said Interim Fire Chief Dave Rocha. “This is a significant step toward maintaining our current staffing levels in the unincorporated service areas of the Department into Fiscal Year 2014/15 and Fiscal Year 2015/16.”

The FEMA SAFER program seeks to increase the number of frontline firefighters, enhancing the ability of grantees to attain and maintain 24-hour staffing and assuring that their communities have adequate protection from fire and fire-related hazards. In accordance with this grant's requirements, the new firefighters would replace firefighters who have recently retired or who have officially notified ACFD they will be retiring later this year, allowing the department to maintain current staffing levels for two years.

Alameda County Reps. Barbara Lee (CA-13) and Mike Honda (CA-17) also wrote letters of support on behalf of the ACFD to receive the SAFER grant.

VTa begins
work on Light
Rail Pocket
Track by Levi's
Stadium

SUBMITTED BY SANTA CLARA VALLEY
TRANSPORTATION AUTHORITY

The Santa Clara Valley Transportation Authority (VTA) has begun work on the Santa Clara Pocket Track, a third light rail track on Tasman Drive. This additional track will allow VTA to store light rail trains and put them into service quickly to meet increased service demands due to special events and the beginning of local BART service.

During upcoming special events at Levi's Stadium, and when local BART service begins in late 2017, VTA will be able to store three 3-car trains on the pocket track. These trains can then be deployed quickly to pick up passengers and take them on their way, allowing VTA to provide a pleasant, quick and efficient experience to riders.

“This will be of tremendous value to our customers, and will result in people getting to and from this area more smoothly, especially when there's a special event taking place at Levi's Stadium,” said Mark Robinson, Chief Engineering & Construction Officer.

Beginning February 13 at 9 p.m., construction crews started putting down K-rail, a cement barrier that will narrow Tasman to one lane westbound between Old Ironsides and Patrick Henry for about three months. This will allow crews to relocate sewer and storm water lines and perform other construction-related activities. Once that work is complete, the K-rail will be shifted to allow crews to work on the track in the median. The sidewalk on the north side of Tasman Drive will also be closed; however, pedestrians can still use the sidewalk on the south side of Tasman Drive, opposite construction.

In addition, west of Patrick Henry Drive, K-rail will be placed to allow utility and track work to commence. Traffic on Tasman Drive will also be reduced to one lane westbound in this area.

The pocket track is expected to be completed in August.

For more information, 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.

Hayward releases fact-finding report
on labor impasse with union

SUBMITTED BY KELLY MCADOO

The City of Hayward has released the findings of a three-person panel charged with “fact finding” in the City's continuing labor impasse with SEIU 1021. The panel, consisting of one representative from the City, one from SEIU, and one neutral third party, met for four days late last year to examine the circumstances leading up to the impasse and to hear evidence from each side.

The City's contract with SEIU 1021 clerical, maintenance, and confidential employees expired on April 30, 2013. Talks stalled in July, leading the City to declare impasse on July 26. SEIU employees staged a three-day strike from August 13 -15. The deadlock continued through the late summer and fall, as SEIU steadfastly refused to meet Council-directed compensation guidelines established to address the City's structural budget deficit.

Many of the City's eleven employee groups have already agreed to various packages of structural compensation reforms to meet the benchmarks established by Council. Throughout the negotiations, SEIU 1021 representatives rebuffed requests for their mem-

bers to further share in the cost of their valuable City-provided benefits; and unlike other groups that have accepted salary concessions to meet the established target, SEIU leadership stood firm on their refusal to participate further, demanding a 10 percent raise over two years and a \$1,000 signing bonus.

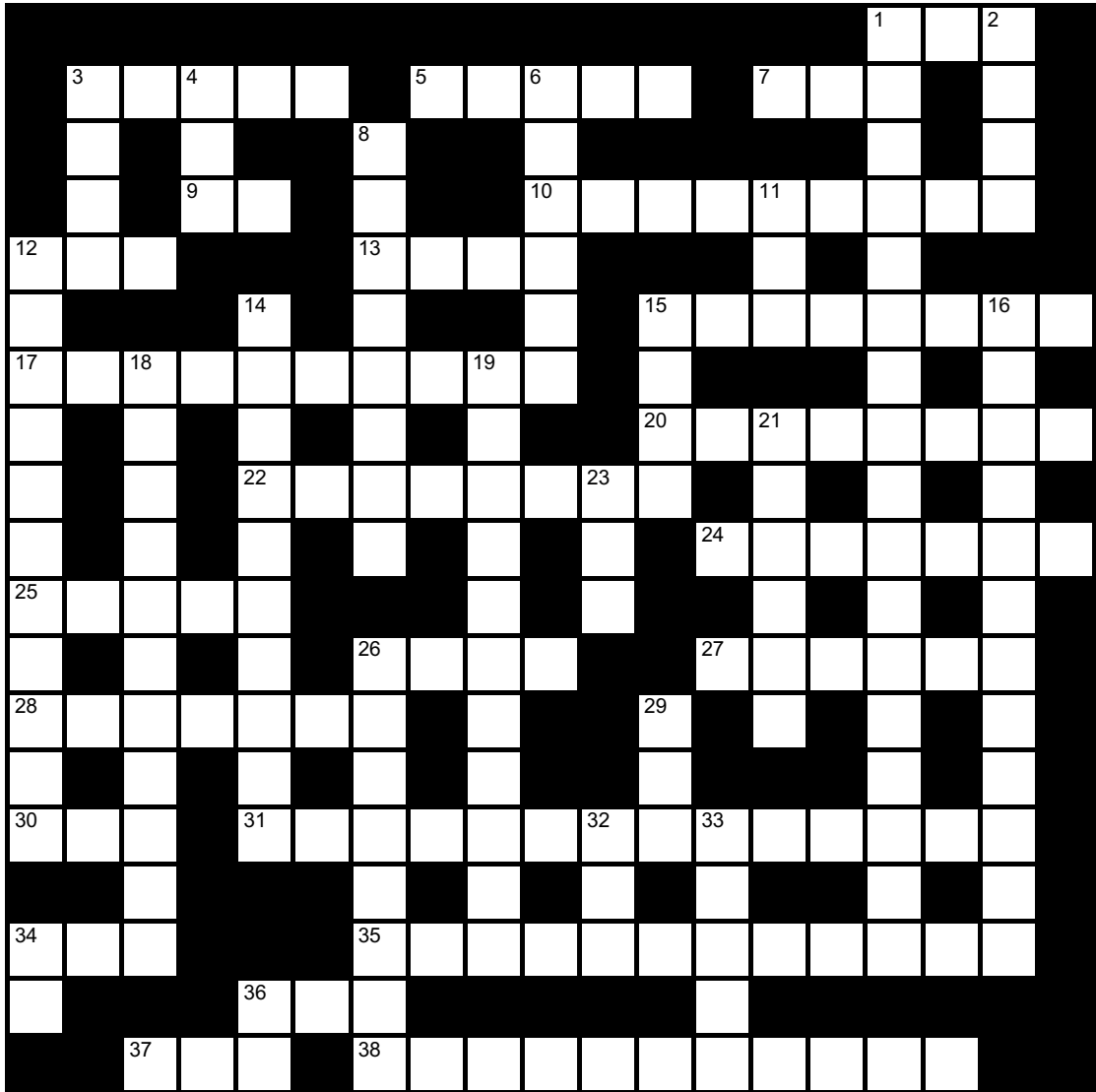
The fact finding hearings were conducted on November 18, 19, and 22, and December 17, 2013. The fact finder issued the non-binding report and recommendations on February 4, 2014, which could not legally be released to the public until February 14.

Although the City agrees with some of the neutral party's findings, the sheer number of items in contention made a nuanced analysis of the issues impossible given the neutral party's limited time and relevant background on the topic. Ultimately, the City disagrees with the fact finder on many of her core observations, which value short-term labor peace over the City's long-term fiscal stability.

Members of the public are encouraged to visit www.haywardworks.com to see a summary of concessions from other bargaining groups, the full breakdown of the City's offers to SEIU, and more detailed information about the impasse.

Mind Twisters

Crossword Puzzle B 254



- Across

1 Hack (3)

3 Snares (5)

5 Nibble (5)

7 ____ Wednesday (3)

9 ____-do list (2)

10 Not civilized (9)

12 "____ not!" (3)

13 "God's Little ____" (4)

15 Best (8)

17 Associated with architecture (10)

20 Must take elevator to reach (8)

22 Ballpark figure (8)

24 Bar (7)

25 Change, chemically (5)

26 They may provide relief (4)

27 Childhood toy (6)

28 Long-necked animal (7)
- Down

30 Animal house (3)

31 "Great job!" "I'm so proud of you", e.g. (14)

34 Functioned as (3)

35 Ever more aware (12)

36 ____ and cheese (3)

37 Schuss, e.g. (3)

38 Facial ____ (11)
- 14 Lab equipment, charts, experiments, e.g. (10)

15 Bond (4)

16 Caught off guard, adverb (12)

18 Typical date location (11)

19 ____ gases, like Nitrogen and Carbon Dioxide (11)

21 Go up and down (6)

23 Cracker Jack bonus (3)

26 While we wait; In the ____ (8)

29 "____ rang?" (3)

32 20-20, e.g. (3)

33 Catalogs (5)

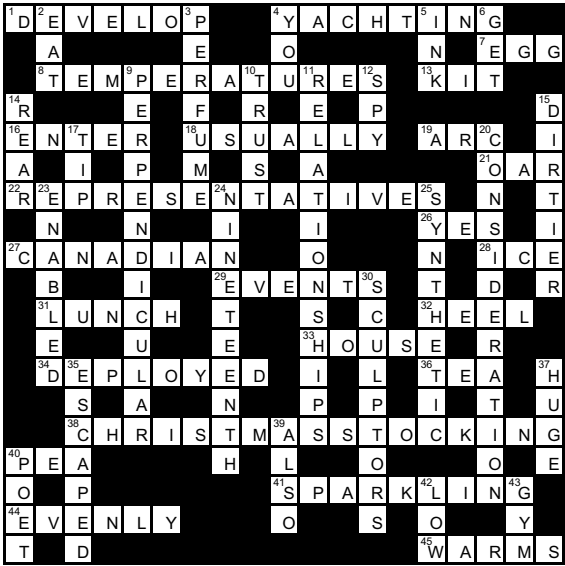
34 You and I (2)

36 Hola (2)

Sudoku:

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

			9		6			
						4	6	7
				8		1		3
				7				
			2		8		3	
4	6			3				1
	5				2		7	
		2				8		
	7			1				5



B 253

7	9	4	6	8	1	2	5	3
2	6	8	3	9	5	4	7	1
5	1	3	2	7	4	8	6	9
8	2	6	5	3	7	9	1	4
4	7	1	9	6	8	5	3	2
9	3	5	4	1	2	7	8	6
1	8	2	7	4	3	6	9	5
6	5	7	1	2	9	3	4	8
3	4	9	8	5	6	1	2	7

Tri-City Stargazer FEBRUARY 26 – MARCH 4, 2013 BY VIVIAN CAROL

For All Signs: This week, three planets are changing directions. It is a bit like dancing some sort of three-person jig. Mercury will be stationary direct on February 28th after which it slowly pulls back into is normal orbital pattern. On March 1st, the planet Mars shifts into reverse after a long, slow deceleration. No doubt you Aries, Libras, and Scorpios have noticed the deceleration in your overall life pattern. You are called to “go back” to something in the past. Then on March 2nd, Saturn goes retrograde until July 14th. It is common for Saturn to appear retrograde for four months of each year. Saturn rules

business and corporate development. While retrograde, the associated entities move into a time of slower motion, checking and re-checking planned projects. It may be more difficult to secure a corporate job while Saturn is retrograde. Corporate officers tend to make mainly temporary decisions. However, if you do not mind feeling insecure for a time, take the option and be the best possible worker so they will decide later to keep you on the payroll.

Aries the Ram (March 21-April 20): You and another may be in different camps at this time. The situation became apparent in mid-January. You could be in conflict over issues of shared resources, which may include the subjects of intimacy and sexuality. The one who plays Venus' role is the one asking for more sharing. Sexual desire is strong at this time but can be thwarted by lack of attention to the communion of hearts.

Taurus the Bull (April 21-May 20): Venus and Mars are square again. The first time was in mid-January when the issues were raised between you and another. This is a time of evaluation. If you want hold onto and grow this relationship further, then a new surge of energy and resources are required. So, now is the time to decide. Is it worth the extra effort?

Gemini the Twins (May 21-June 20): Mercury, your ruling planet, has been retrograding in the area that includes publishing, the law, philosophy, and travel. It is possible you have been repeating an activity of the past in one or more of these areas. You have two more weeks to finish and then you will shift into a new direction.

Cancer the Crab (June 21-July 21): During this period there may be a surprising development that opens a different doorway in the direction you thought you were headed. You are conflicted on the subject of romance versus caretaking, which is your natural instinct. Perhaps you are caught in the middle between the needs of a spouse and your children.

Leo the Lion (July 22-August 22): Listen with care to the messages coming to you from the world at large, along with dream information, and even psychic perceptions. You are treading a minefield, but you have magicians and helpers all around you, ones who can offer guidance and information. Take strict care of your physical and emotional health.

Virgo the Virgin (August 23-September 22): Mercury is turning direct in your house of health. For the past month it may have been difficult to manage your diet and exercise programs. Now the urge to progress forward is nagging at you. Any health problems that have been hard to treat or diagnose, will now begin to show signs strongly enough that you can get help.

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 less expensively.

Scorpio the Scorpion (October 23-November 21): Old issues may rise to the surface and cause you to become angry all over again. Maybe you simply have to replay this scenario, but don't attack, lest you be sorry afterward. Take especially good care of vehicles and use care in driving. Your reflexes are not at their best right now.

Sagittarius the Archer (November 22-December 21): You continue to be restless and excitable. You want to make changes in your routine and/or home and hearth. Those who are fortunate have travel plans during this period can use some of that extra adrenaline you are toting. Your exuberant mood could cause you to overextend your promises. Think before committing.

Capricorn the Goat (December 22-January 19): Venus has been traversing your sign since December. In mid-January it was square to Mars and this week it is so again (rare double square). This is the action of yin and yang at its worst. It represents challenges between pairs and partners, business or personal. The problem concerns values: love and beauty versus practicality.

Aquarius the Water Bearer (January 20-February 18): It may be a challenge to stand up straight this week. The planet Mercury which has traveled in your sign for three weeks is shifting to direct motion on the 28th. You will be changing your mind about a lot of things. Something new and exciting related to com-

munications and/or the work environment is also shifting.

Pisces the Fish (February 19-March 20): Put on your roller skates. It will require speed and energy to handle all your necessary activities this week. Romance is looking up and may bring some surprises. If you have health issues, now is the time to find the right cure. You could be tempted to purchase an item that is really expensive. Think twice.

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

Inclusion

Councilmember Anu Natarajan commented that the Warm Springs Community Plan should be “inclusive” and I agree. Any part of the plan that intentionally removes it from the rest of Fremont and surrounding neighbors is simply wrong. Although each part of our area has its own unique characteristics and amenities, the purpose of City government and structure is to recognize and celebrate our diversity while uniting all its elements to bring maximum success to all.

Community Development Director Jeff Schwob noted that this plan is “what could be.” Among the extremes of resulting a resulting vision is an exclusive development with little relationship to the rest of Fremont and its immediate neighbors OR a welcoming, inclusive community that recognizes its location in context, communicating easily with its surroundings through multiple modes of transportation.

The inter-city connections of BART have inherent advantages of mass transit, but do not solve the challenge of intra-city connectivity - even if Fremont ends up with a third station in Irvington. Quite a bit of effort is now being expended on the form and function of this particular section of Warm Springs, but it’s relationship to the rest of Warm Springs, other districts of Fremont and neighboring cities should not be lost in the giddy blizzard of technical and structural detail. A “cooperation agreement” between some of the stakeholders is a good first step, but if City staff forgets they represent an entire city of over 220,000 people spread over 90 square miles, we may end up with an exclusive enclave, unaware and without respect for the city that spawned it.

Councilmember Bacon spoke of a “transit spine,” connecting infrastructure to not only the Warm Springs/South Fremont acreage, but extending to businesses and people throughout Fremont. This is the same concept that should guide the other major Fremont development, Civic Center and Central Business District. We need to plan and construct efficient transit options connecting all of Fremont - Ardenwood, Center-

ville, Irvington, Niles, Warm Springs, Mission San Jose and the rest of the districts and neighbors.

Without planning and providing such infrastructure, future costs and redesign of streets and thoroughfares will only increase and become prohibitive, fueling the naysayers. These planning stages are a perfect opportunity to think beyond the first few miles. Those who planned the City of Fremont proposed and built a landmark – Central Park and Lake Elizabeth - that went far beyond their current needs. Why? Because they envisioned a City beyond their political and natural lives. This takes courage, ambition and vision. Are we the equals of their vision? Let’s make sure connections such as walking corridors, bike paths, rail lines, etc. are at the core of our vision to connect and communicate.

Mayor Harrison spoke of parking considerations, Councilmember Bacon included a training facility and green technology in his comments, Councilmember Chan was impressed with the possibilities and Councilmember Natarajan appreciated the challenge of defining urbanism in a suburban context. Stakeholders, including the schools, will have a say in the ultimate design. All of this is a good start, but let’s remember a favorite word describing Fremont – inclusion – when planning physical and visual connections throughout the City.

William Marshak
PUBLISHER

Construction begins on San Lorenzo Library expansion

SUBMITTED BY ZOE WOODCRAFT

Alameda County Supervisor Wilma Chan led a groundbreaking ceremony on February 19, 2014 to commemorate the official start of construction on the San Lorenzo Library expansion project.

The \$9.4 million project is the first major exterior renovation of the library in 45 years and will double the size of library to nearly 20,000 square feet.

The expanded library will add a 1,500 square foot community room, café, dedicated teen area, space for used book sales, additional public computers, and a learning cen-

ter for small group classes and tutoring. The library will be a LEED (Leadership in Energy & Environmental Design) “Silver” certified building, verifying that it is a high performance green building – the first of its kind in San Lorenzo.

The San Lorenzo Library expansion project will also be the first project to benefit from Alameda County’s first-ever countywide Project Stabilization Agreement, or PSA (formerly known as a Project Labor Agreement). The PSA is the result of a collaborative effort between the County, local leaders, and the Building & Construction Trades Council of Alameda County and its 28 affiliated unions.

It outlines expectations and benefits for county-funded construction projects with the labor community and promotes the training and hiring of target populations, such as veterans and low income residents.

Construction on the library expansion is expected to last 15 months and be completed in the spring of 2015. A temporary library opened on February 5 at 16032 Hesperian Boulevard, approximately one block from the old library on Paseo Grande. The revitalized library will open its doors to the public in summer 2015.



PUBLISHER
EDITOR IN CHIEF
William Marshak

DIRECTOR OF OPERATIONS
Sharon Marshak

PRODUCTION/GRAPHIC DESIGN
Ramya Raman

ARTS & ENTERTAINMENT
Sharon Marshak

COPY EDITOR
Miriam G. Mazliach

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TRAVEL & DINING
Sharon Marshak

PHOTOGRAPHERS
Mike Heightchew
Don Jedlovec

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Subscribe
Call 510-494-1999

510-494-1999
fax 510-796-2462
tricityvoice@aol.com
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1-888-493-0734 or 510-933-2181
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continued from page 8

Fremont Police Log

afraid to call when the robbery occurred. The suspect was described as a black male adult, 30 years old, 170-180 lbs, collar length dreadlocks, dark hat, dark jacket, armed with a pistol. Investigated by Ofc. Gonzalez.

Officers were dispatched to a hit and run that occurred on Paseo Padre Pkwy and Siward. The suspect vehicle was located with major front end damage parked on France Rd., but the driver had left the scene. Officers contacted the registered owner and learned that the son, a 23 year old adult male, was driving the vehicle tonight. The registered owner found his son at his friend's house around the corner from the abandoned suspect vehicle. He brought his intoxicated son to the scene where he admitted to crashing and fleeing. The 23 year old was placed under citizen's arrest and transported to jail. Officer Ramsey investigated the incident.

Sunday, February 16

Officers responded to take a commercial burglary report at the Afghan Palace located on the 24700 block of Ardenwood Bl. Investigated by Officer Ramsey.

Monday, February 17

At 2:40 pm officers responded to an armed robbery that had just occurred at the Fremont Gas store at Grimmer/Doane. The suspect was described as a Hispanic adult male, early 20's, 5'11", thin build, long sideburns, small goatee, wearing an orange beanie, brown hoody, dark pants and black/white athletic shoes. Ofc. Cenicerros investigating.

A homeowner returned home and discovered that his home on Springwater Dr. had been burglarized. Officer Piol investigated. No suspect leads at this time.

Monday, February 18

At 2:40 pm officers responded to an armed robbery that had just occurred at the Fremont Gas store at Grimmer/Doane. The suspect was described as a Hispanic adult male, early 20's, 5'11", thin build, long sideburns, small goatee, wearing an orange beanie, brown hoody, dark pants and black/white athletic shoes. Ofc. Cenicerros investigating.

A homeowner returned home and discovered that his home on Springwater Dr. had been burglarized. Officer Piol investigated. No suspect leads at this time.

Wednesday, February 20

Bank Robbery at Patelco Credit Union (5100 block of Mowry Ave.)
Officers responded to Safeway at the Hub where Loss Prevention had detained a 28 year old adult female, Fremont resident, for theft. Ofc. Taylor responded and received a female into custody for theft. She was escorted to our jail.

CSO Baca investigated a residential burglary on the 4300 block of Jessica Circle. Entry was made via the rear slider and loss was jewelry.

continued from page 8

Newark Police Log

Friday, February 7

Patrol responded to an interrupted residential burglary at a residence in the 5700 block of Civic Terrace Ave. at 11:11 p.m. Three Hispanic males forced entry through the front door (kick). The resident locked herself in a room which was later kicked while the suspects were inside. The resident screamed and the suspects fled. The suspect vehicle could only be described as a black or maroon small SUV.

Saturday, February 8

At 6:59 p.m., Officers Horst and Katz investigated an auto-burglary that occurred in the Chuck E. Cheese parking lot where the victim was actively tracking her stolen iPad through a computer application. Officers Horst, Bloom, and Sergeant Mapes caught up to the suspects when they stopped their vehicle at the 7-11 Store on Alvarado Niles Blvd. in Union City. Taslim Shariff of Hayward and Michelle Smith of Fremont were arrested for burglary and the victim's property was recovered from inside their vehicle. Both suspects were booked at Santa Rita Jail.

Monday, February 10, 2014

Officers responded at 7:08 p.m. to Macy's, 200 NewPark Mall for a shoplifter under citizen's arrest after he had fought with security personnel. Officer Norvell arrested Burl Morris (Transient - Kentucky) for robbery and burglary. During the booking process at the Fremont Jail, Morris was found to have a meth pipe hidden in his shoe. Additional charges of bringing drug paraphernalia into a jail and possession of drug paraphernalia were added.

Officer Coffey handled a citizen's arrest/shoplifting case at the NewPark Mall Macy's store at 9:04 p.m. Mother and daughter Rasila Trivedi of Berkeley and Deepa Jani of Berkeley were both arrested for grand theft after being caught stealing

over \$2000 in merchandise. Both suspects were later booked at Santa Rita Jail.

Wednesday, February 12

At 1:36 p.m., Officer Warren located an occupied stolen vehicle at Cedar Court/Cedar Boulevard. A high-risk stop ensued which resulted in the arrest of John Molly. As it turned out, the vehicle was reported stolen to Modesto PD this morning and ended up in Newark. While en-route to Santa Rita Jail John claimed he was having a medical issue while on Automall Parkway/680. Fremont Fire and Paramedics Plus responded to the scene and he was then transported to a local hospital. He was eventually booked at Santa Rita Jail for possession of stolen property.

Thursday, February 13

Officer Horst accepted the arrest of Sebastion Silva of Oakland and Maria Silva-Chavez of Oakland at 4:10 p.m. from Macy's for petty theft. Both were transported to Fremont Jail for booking.

Friday, February 14

At 9:13 a.m., Officer Cerini stopped Joseph Morales of Hayward on Cedar Blvd at Robertson Avenue. Officer Cerini arrested Morales for possession of a binder stolen from Hayward Court.

Officer Bloom responded to Macy's at 2:37 p.m. and arrested Shawn Bandy and Frank Nunes for petty theft.

Sunday, February 16

1540 Hours: Officer Neithercutt arrested Munirabanu Mansur of Newark for Petty Theft. Mansur was stopped by Macy's LP for switching price tags on items. Mansur was arrested and released on a citation.

Any person with any information concerning these incidents can contact the non-emergency line at 510-578-4237. Information can also be left anonymously on the "silent witness" hotline at 510-578-4000, extension 500.

Union City Police Log

SUBMITTED BY UNION CITY PD

Saturday, February 15

At 12:33 a.m., Officer Seto and Officer Fonseca were at the Union Landing shopping center when they noticed a Toyota Camry drive past them with no rear license plate. Officers conducted a traffic stop as the vehicle entered the I-880 freeway. Officers contacted the driver, Tyrell Ewing of Hayward resident and passenger Cornelius Brown of San Leandro. The vehicle was reported stolen from the City of Oakland. Officers found the missing license plates for the vehicle in the trunk. Both occupants were arrested and transported to a local jail.

Officers were dispatched to James Logan High School at 2:15 a.m. to investigate a burglar alarm activation. Six adults fled from one of the school classrooms as Officers arrived. The six burglars decided to stop running when police K-9 Marx caught one of the suspects in the group. All six burglars were arrested without further incident. Arrested: Toni Ngo (Union City), Steven Tran (Union City), Calvin Gallardo (Union City), Jeffrey Nguyen (Union City), Devesh Patel (Union City), Doneil Crabtree (Union City).

A victim flagged down Officer Figueiredo at 2:03 p.m. as he was driving on Alvarado-Niles Road and Central Avenue. The victim told Officer Figueiredo that another male in a nearby vehicle had brandished a firearm at him. Officer Figueiredo detained the driver of a nearby Mercedes at gunpoint based on the infor-

continued on page 29

PUBLIC NOTICES

CIVIL ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. HG14713870 Superior Court of California, County of Alameda Petition of: Manickababu Muthugopalakrishnan for Change of Name TO ALL INTERESTED PERSONS: Petitioner Manickababu Muthugopalakrishnan filed a petition with this court for a decree changing names as follows: Manickababu Muthugopalakrishnan to Manickababu Muthu 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: 4/25/2014, Time: 8:45 AM, Dept.: 504 The address of the court is 24405 Amador Street, Hayward, CA 94544 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice Date: Feb 14, 2014 WINIFRED Y. SMITH Judge of the Superior Court 2/25, 3/4, 3/11, 3/18/14 CNS-2591517# ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. HG14712360 Superior Court of California, County of Alameda Petition of: Makarand Narendra Vichare & Madhuri Makarand Vichare for Change of Name TO ALL INTERESTED PERSONS: Petitioner Makarand Narendra Vichare & Madhuri Makarand Vichare filed a petition with this court for a decree changing names as follows: Abhimanu Makarand Vichare to Dev Makarand Vichare 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: April 4, 2014, Time: 8:45 a.m., Dept.: 504 The address of the court is 24405 Amador Street, Hayward, California 94544 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice Date: February 3, 2014 Winifred Y. Smith Judge of the Superior Court 2/11, 2/18, 2/25, 3/4/14 CNS-2585911#	FICTITIOUS BUSINESS NAME STATEMENT File No. 487738 Fictitious Business Name(s): Short and Sprout, 3944 Harlequin Terrace, Fremont, CA 94555, County of Alameda Registrant(s): Jessica McDonald, 3944 Harlequin Terrace, Fremont, CA 94555 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Jessica McDonald This statement was filed with the County Clerk of Alameda County on February 7, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/25, 3/4, 3/11, 3/18/14 CNS-2590886# FICTITIOUS BUSINESS NAME STATEMENT File No. 487738 Fictitious Business Name(s): Short and Sprout, 3944 Harlequin Terrace, Fremont, CA 94555, County of Alameda Registrant(s): Jessica McDonald, 3944 Harlequin Terrace, Fremont, CA 94555 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Jessica McDonald This statement was filed with the County Clerk of Alameda County on February 7, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/25, 3/4, 3/11, 3/18/14 CNS-2590876# FICTITIOUS BUSINESS NAME STATEMENT File No. 487987 Fictitious Business Name(s): East Bay Lore, 357 Barton Drive, Fremont, CA 94536, County of Alameda Registrant(s): Tailia Golan, 357 Barton Drive, Fremont, CA 94536 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Tailia Golan This statement was filed with the County Clerk of Alameda County on February 11, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/25, 3/4, 3/11, 3/18/14 CNS-2590869# FICTITIOUS BUSINESS NAME STATEMENT File No. 487853 Fictitious Business Name(s): Mission Pain Therapy Center, 43195 Mission Blvd., Ste #85, Fremont, CA 94539, County of Alameda Registrant(s): Hai Ying Liu, 40420 Citrus Dr., Fremont, CA 94538 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on 02/11/14. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Hai Ying Liu This statement was filed with the County Clerk of Alameda County on February 6, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/25, 3/4, 3/11, 3/18/14 CNS-2590892# FICTITIOUS BUSINESS NAME STATEMENT File No. 487768 Fictitious Business Name(s): Choice One Realty and Investment, 111 Palacio Ct., Fremont, CA 94539, County of Alameda Registrant(s): Hyong C Yoo, 111 Palacio Ct., Fremont, CA 94539 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on N/A.	CNS-2587390# FICTITIOUS BUSINESS NAME STATEMENT File No. 487625 Fictitious Business Name(s): Herbal Etc., 45401 Research Ave, Suite 226, Fremont, CA 94539, County of Alameda. Registrant(s): Recrutopia Corporation, CA, 630 Navajo Way, Fremont, CA 94589. Business conducted by: Corporation The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Rajan Bama, Vice President This statement was filed with the County Clerk of Alameda County on February 5, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/11, 2/18, 2/25, 3/4/14 CNS-2586399# FICTITIOUS BUSINESS NAME STATEMENT File No. 487488 Fictitious Business Name(s): Master Business Management, 120 Mahogany Ln., Union City, Alameda, CA 94587, County of Alameda, P O Box 15580, Fremont, CA 94537 Registrant(s): Master Business LLC, CA, 120 Mahogany Ln., Union City, Alameda, CA 94587 Business conducted by: a limited liability company The registrant began to transact business using the fictitious business name(s) listed above on 1/1/14 /s/ Jill Haine, President I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Jill Haine, President This statement was filed with the County Clerk of Alameda County on January 31, 2014 NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/11, 2/18, 2/25, 3/4/14 CNS-2584799# FICTITIOUS BUSINESS NAME STATEMENT File No. 487176 Fictitious Business Name(s): Cemneo, 1320 Decoto Rd, Ste. 110, Union City, CA 94587, County of Alameda. 31923 Chicoine Ave., Hayward, CA 94544. Registrant(s): Heston Systems, Inc., CA, 31923 Chicoine Ave., Hayward, CA 94544. Business conducted by: a Corporation The registrant began to transact business using the fictitious business name(s) listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Jamie Heston, President This statement was filed with the County Clerk of Alameda County on January 23, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/18, 2/25, 3/4, 3/11/14 CNS-2587836# FICTITIOUS BUSINESS NAME STATEMENT File No. 487563 Fictitious Business Name(s): Mai's Kitchen, 34587 Alvarado Niles Rd. Union City, CA 94587, County of Alameda Registrant(s): Elizabeth M. Lee, 3025 Via Del Sol, San Jose, CA 95132 Business conducted by: an Individual The registrant began to transact business using the fictitious business name(s) listed above on (illegible). I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Elizabeth M. Lee This statement was filed with the County Clerk of Alameda County on February 8, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/18, 2/25, 3/4, 3/11/14 CNS-2583425# STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME File No. 454677 The following person(s) has (have) abandoned the use of the fictitious business name: ESA Company, 40824 Townsend Terrace, Fremont, CA 94538 The fictitious business name referred to above was filed in the County Clerk's office on Aug./03/ 2011 in the County of Alameda. Hui Ying Hu Wong, 40824 Townsend Terrace, Fremont, CA 94538 This business was conducted by: an individual S/ Hui Ying Hu Wong This statement was filed with the County Clerk of Alameda County on January 15, 2014. 2/4, 2/11, 2/18, 2/25/14	FICTITIOUS BUSINESS NAME STATEMENT File No. 487062 Fictitious Business Name(s): Scott Capen Photography, 4104 Tawny Terr, Fremont, CA 94536, County of Alameda 39270 Paseo Padre Parkway #238, Fremont, CA 94536 Registrant(s): Scott Matthew Capen, 4104 Tawny Terr, Fremont, CA 94536 Business conducted by: An Individual The registrant began to transact business using the fictitious business name(s) listed above on 1/16/14 I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].) /s/ Scott M. Capen This statement was filed with the County Clerk of Alameda County on January 21, 2014. NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code). 2/4, 2/11, 2/18, 2/25/14 CNS-2582534# GOVERNMENT
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continued from page 28

Union City Police Log

mation from the victim. Officer Figueiredo searched the Mercedes and found a loaded .32 caliber semi-automatic pistol. Apparently, the driver of the Mercedes decided to point his loaded firearm at the victim after a verbal argument. The driver of the Mercedes was arrested and identified as Charles Wittebort of Union City.

Monday, February 17

Officers were dispatched at 9:26 p.m. to contact two subjects that refused to pay their bill at the Chevy's restaurant. One of the subjects reportedly threatened to get a gun from his vehicle and kill employees. Arriving Officers contacted Nicholas Redd-Martinez of Tracy and Anthony Corrales of Union City. Both were intoxicated and arrested. No firearms were located during the incident.

Anyone with information on local crime or any of the listed incidents should contact the Investigations Division at 510-675-5247. Those wishing to remain anonymous can contact the tips line by calling 510-675-5207 or email Tips@union-city.org.

Hayward Police Log

SUBMITTED BY
SGT. ERIC MELENDEZ, HAYWARD PD

Monday, February 10

At 11:30 a.m., arson occurred in the area of Huntwood Ave and West Tennyson Road. An unknown suspect forced open a locked utility box and set fire to the contents causing damage which shut down phone service in the area.

Tuesday, February 11

Officers responded at 8:47 a.m. to a call of a suspicious person at a residence. When officers arrived and contacted the subject the subject fled. After a short pursuit the subject was stopped and was found to be in possession of stolen property from a recent auto burglary and was arrested.

At 7:02 p.m., an Officer assigned to downtown patrol observed a suspicious vehicle which he has stopped by other officers in the area of Grove Way and Locust St. When officers approach the vehicle they observe a handgun in plain view inside. The driver and passengers are removed and a search of the vehicle recovers a large quantity of narcotics and currency.

Wednesday, February 12

Officers were called to a school board meeting at 5:28 p.m. regarding a suspicious person with a weapon. When officers arrived they contacted to male juveniles with replica firearms. Both males were arrested.

Thursday, February 13

At 10:44 a.m., Officers are contacted regarding a vehicle driving recklessly in the area of Tennyson Rd and Calaroga Ave. An officer located the vehicle near Miami St and Decatur Ave and observed a male and female struggling inside. As the officer walked up to the vehicle the female inside suddenly jumped out and the vehicle fled from the scene. The female passenger tells the officer that she had been kidnapped by her ex boyfriend in Oakland and driven to Hayward. A search for the vehicle was unsuccessful. The female victim was driven to Oakland Police Department where investigators took over the case.

A burglary to an occupied residence took place in the 27000 block of Le May Way at 11:29 a.m. The suspect kicked in the front door and began ransacking the residence. The suspect fled when confronted by the victim.

Saturday, February 15

An officer observes a suspicious vehicle in the area of Tampa Ave and Cheryl Ann Ct. at 10:30 a.m. The vehicle comes back as stolen and when the officer contacts the driver he flees from the vehicle. The officer chases and captures the suspect a short distance away. Stolen property from an auto burglary is recovered inside the stolen vehicle.

If you have information to report that could help lead to an arrest in this crime/crime activity, please contact police.

BART seeks comments on new service to Oakland International Airport

SUBMITTED BY BAY AREA RAPID TRANSIT

BART invites the public to a series of outreach events to learn more about the extension to Oakland International Airport and provide comments on key service changes including: Replacement of the current AirBART system

Fares

Shorter wait times

Shorter travel times

The dates and locations of these outreach events are as follows:

Monday, March 3

7 a.m. – 11 a.m.

BART Coliseum Station Concourse and Oakland International Airport AirBART Pick up/Drop off Area

Tuesday, March 4

4 p.m. – 8 p.m.

BART Coliseum Station Concourse and Oakland International Airport AirBART Pick up/Drop off Area

Thursday, March 6

7 a.m. – 11 a.m.

BART Coliseum Station Concourse and Oakland International Airport AirBART Pick up/Drop off Area

Friday, March 7

4 p.m. – 8 p.m.

BART Coliseum Station Concourse and Oakland International Airport AirBART Pick up/Drop off Area

In addition, if you are unable to attend one of these outreach events, you may still provide feedback by completing an online comment form, which will be available by February 24, at www.bart.gov/oac.



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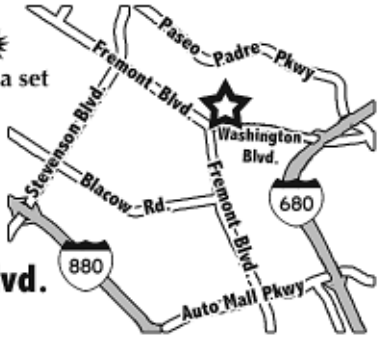


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SPORTS

Men's Basketball

East Bay Men Out-Paced by CSU Stanislaus

SUBMITTED BY STEVE CONNOLLY

The Cal State East Bay men's basketball team was defeated soundly by Cal State Stanislaus on February 21st, 92-61, in the penultimate home game of the season. The Warriors (15-8, 11-8 CCAA) led from the opening possession and never looked back. It's the eighth straight loss for the Pioneers (7-18, 4-15 CCAA).

Jarred Jourdan was East Bay's leading scorer, notching 15 points on 5-of-12 shooting to go with four rebounds. Freshman Aaron Cameron knocked down three long balls and finished with 11 points, his second straight game scoring in double figures.

Baseball

Pioneer Baseball

SUBMITTED BY STEVE CONNOLLY

Pioneers split with Sonoma State

The Cal State East Bay baseball team scored five runs in the bottom of the ninth inning to walk off with a dramatic 6-5 win over Sonoma State in the first game of a doubleheader on February 21st. The Pioneers (6-4) erased a 5-1 deficit with two walks and five singles in the ninth inning of game two to stun the Seawolves (4-4), who had led since the top of the first.

The teams split the doubleheader after Sonoma State outlasted East Bay for a 3-2 victory in the second game. Both squads are 3-3 to begin California Collegiate Athletic Association (CCAA) play.

Pioneers lose both ends of doubleheader

The Cal State East Bay baseball team suffered a pair of heart-breaking losses at Sonoma State on February 22nd, as the Seawolves swept the doubleheader and captured the California Collegiate Athletic Association (CCAA) series three games to one. Each of the four of the contests was decided by a single run. Game 1: Sonoma State 8, Cal State East Bay 7 (10 Innings); Game 2: Sonoma State 2, Cal State East Bay 1

Women's Basketball

Pioneer Women's Basketball

SUBMITTED BY SCOTT CHISHOLM

Sizzling second half nets win over Stanislaus
Senior Brianna Terrance scored 23 second half points in lifting Cal State East Bay past Cal State Stanislaus 92-78 inside Pioneer Gymnasium February 21st. The Pioneers moved into a three-way tie for sixth place in the California Collegiate Athletic Association (CCAA) standings and the final post-season tournament following the victory. "We showed life tonight. We played for each other, especially our seniors," said East Bay Head Coach Suzy Barcomb. "We've been faced with so much adversity this year and tonight we pushed through our mistakes to come away with a big win."

Terrance led a group of five Pioneers to score in double figures. Stephanie Lopez had an efficient 21 points highlighted by a 5-for-7 shooting night and 10-for-12 effort at the free throw line. Danielle Peacon had her most impactful night since returning from an injury contributing 15 points and six rebounds before fouling out of the game. Tori Breslers was one board shy of a double-double with 11 points and nine rebounds, to go along with four helpers. Michal Walker finished with 12 points, five rebounds, and four assists.

Contributions came from nearly every player that saw floor time tonight including senior Rachel Finnegan. While the shooters were hot she distributed a season-high seven assists and led the team with three steals. Junior Sharissa Estremera made a clutch 3-point basket to push the Pioneers ahead for good near the midway point of the second half.

East Bay enjoys 'Senior Night' victory
Cal State East Bay played inspired ball during "Senior Night" on February 22nd in hopes of sending Brianna Terrance and Rachel Finnegan out with a victory in their final game inside Pioneer Gymnasium. It will be a night to remember for the senior duo as the Pioneers outlasted Chico State 63-60 in a down to the wire finish.

"We were running on fumes, but we kept fighting and stayed together as a team. We played this entire weekend for our seniors," said East Bay Head Coach Suzy Barcomb. "We wanted to honor them and I think it gave us such an emotional lift to push us through the end for an incredibly important win."

Terrance was honored during a timeout late in the second half after scoring her 1,000th career point for the Pioneers. She became the third player in program history to join the club alongside Antoinette Goode and Leah Thornton.

"It is very fitting that Bri scored her 1,000 career point tonight on her home floor. It was a key basket to give us a cushion down the stretch," praised Barcomb. Her final two points came with 1:12 left in the second half to put the Pioneers ahead 58-53.

Softball

Pioneer Softball

SUBMITTED BY SCOTT CHISHOLM

Seventh Inning rally salvages split with Argonauts

The seventh inning decided both games of Cal State East Bay's road doubleheader February 18th with Notre Dame de Namur on Tuesday afternoon. The Argonauts walked off with a 1-0 game one win while the Pioneers rallied for five runs in game two for a 7-4 come from behind victory. East Bay pitcher Emily Perlch and NDNU hurler Jenna Bassler were battling in a pitcher's duel to open Tuesday's action. Through six innings neither pitcher had surrendered a run and Bassler had held the Pioneers to just three hits in the game.

Cal State East Bay defensive miscues turned a 2-1 lead into a 3-2 deficit in the bottom of the sixth. Down to their final two outs, Meli Sanchez and Chelsie

Kakela to put the game-tying run in scoring position. Pinch hitter Alex Vela's clutch two-run double put the Pioneers ahead as they looked to tack on more runs. The Argonauts committed errors on back-to-back run scoring plays after surrendering their lead. Cassie Vela capped off the five run frame with an RBI single as East Bay salvaged a split.

Softball suffers sweep to #13 Tritons

Cal State East Bay softball dropped a pair of California Collegiate Athletic Association (CCAA) games to No. 13 ranked UC San Diego at Triton Softball Field on Friday, February 21st. The Pioneers fell 4-0 in game one and 12-9 in game two.

Cal State East Bay dropped 17-1 and 8-3 decisions on the road to nationally ranked No. 13 UC San Diego on February 22nd. The Pioneers scored in their opening team at-bat to take the lead in both games, but the Tritons offense put up 25 runs on the day and 41 over the four-game series.

Women's Water Polo

Pioneer Water Polo

SUBMITTED BY SCOTT CHISHOLM

Pioneers drop Sunday games at Aggie Shootout

CSUEB Women's water polo took part in the Aggie Shootout on Sunday, February 16th, hosted by UC Davis. The Pioneers suffered its second one goal defeat in as many games dropping a 7-6 decision to Bakersfield. CSUEB closed out its weekend falling 15-4 to No. 14 ranked UC Davis.

Cal State East Bay nor Bakersfield led by more than two goals in Sunday's low scoring affair. Sara Hudyn scored one of her team-high two goals on the team's opening possession to give Pioneers their only lead of the game. On the Pioneers final possession Hudyn's backhand from set barred out to force overtime. Teammates Ka'iliponi McGee and Julia Charlesworth each scored fourth quarter goals to pull even with the Roadrunners. Taylor Cross and Breanna Ritter each scored for Cal State East Bay. East Bay goal-

keeper Marrina Nation made 11 stops for the second straight game.

UC Davis concluded its weekend and the Aggie Shootout against the visiting Pioneers on Sunday afternoon. Following a 6-on-5 goal from Hudyn to pull within 3-2 near the midway point of the first quarter, UCD scored nine unanswered goals to lead 12-2 in the final minute of the third quarter. Hudyn again led the Pioneers with two scores. Allison Zell and Cross each scored once in the loss.

Pioneers Prevail Over Sunbirds

Cal State East Bay defeated Fresno Pacific for the second time this season with a 9-5 road win on Saturday, February 22nd. The Pioneers led 7-0 at half-time and goalkeeper Marrina Nation made 13 saves in the victory. "Our offensive movement today was great. We came out very strong in the first quarter which was great to see," complimented East Bay Head Coach Lisa Cooper of her team's performance. "Marrina had a very solid game including a massive block on a penalty shot in the second quarter." Sara Hudyn paced the offense with three goals on five attempts. Olivia Mackell and Allison Zell each scored twice. Michelle Thornbury and Breanna Ritter round out Pioneer scorers.

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Logan wrestlers end De La Salle reign; girls win Section title

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

Clayton Hartwell pinned his opponent in just 69 seconds and Jacob Donato won the clinching match in a 17-6 romp as the James Logan High School wrestling team won the North Coast Section dual team championship with a 34-22 victory over perennial champion De La Salle on Saturday, February 15th in San Ramon.

Raymond Monela, Felix Bonavente, Jacob Macalolooy, Aman-deep Kang, Zack Wally, Eugene Roberson and Jose Zamora also won their individual matches for Coach Eli Bagaoisan's team, which ended De La Salle's five-year reign as NCS dual champions. The Mighty Colts defeated Liberty High, 46-23, in the semifinal round after routing host Dougherty Valley, 63-9, in the quarterfinals.

Logan's girl's team, meanwhile, won its second straight NCS tournament championship, as four girls reached the finals and three won individual titles as the section meet in Pittsburg. Logan amassed 193.5 points to finish well ahead of runner-up Albany (158) and third-place Ukiah (141.5).

Logan's Talissa Noriega won the 106-pound title, Wendy Ho earned the 116-pound title and Alyssa Hernandez finished first at 143 pounds, all pinning their final opponents. Haley Aguilar also reached the finals, finishing second n the 111-pound division. All four qualified for the state championships Feb. 28 in Visalia.

Men's Golf

Moreau Catholic vs. Arroyo

SUBMITTED BY DAVE BAPTIST

Moreau Catholic 187, Arroyo 226
February 20, 2014

- 33 — Pranav Mohan (MC)
- 35 — David Shafer (AR)
- 36 — Justin Herrera (MC)
- 37 — Alex Galano (MC)
- 39 — Cobi Montes (MC)
- 42 — Omkar Salpekar (MC)
- 45 — Cole Wagner (AR)
- 48 — Cameron Parker (AR)
- 49 — Tyler Gunderson, Michael Hospitalier (AR)

Men's Basketball

James Logan vs. Irvington

SUBMITTED BY CHRISTOPHER FORTENBERRY

Logan 66, Irvington 50
February 21, 2014

Logan (13 - 13, 10 - 4 MVAL)
Harris 2, Keyro 2, Schaper 17, Rodriguez 5, Barkolleh 1, Webster-Butler 5, Loza 4, Godfrey 15, Leno 15
Total: 66

Irvington (7 - 19, 3 - 11 MVAL)
HO 7, Kitazumi 6, Roe 2, Bajwoa 14, Para 3, Kochan 7, V. Cheng 3, Sheldon 7
Total: 50

Logan 18 13 23 12 - 66
Irvington 14 7 13 16 - 50
3-pt goals: Schaper 3, Rodriguez 1, Ho 2, Kitazumi 2, Bajwoa 3, Para 1, Kochan 2, V. Cheng 1.
Foul Outs: NONE
Technical Fouls: Bajwoa

JV Logan (9 - 17, 6 - 8 MVAL)
Logan 67, Irvington 40

Frosh Logan (13 - 13, 11 - 3 MVAL)
Logan 60, Irvington 27

Logan repeats as league champions

Wrestling

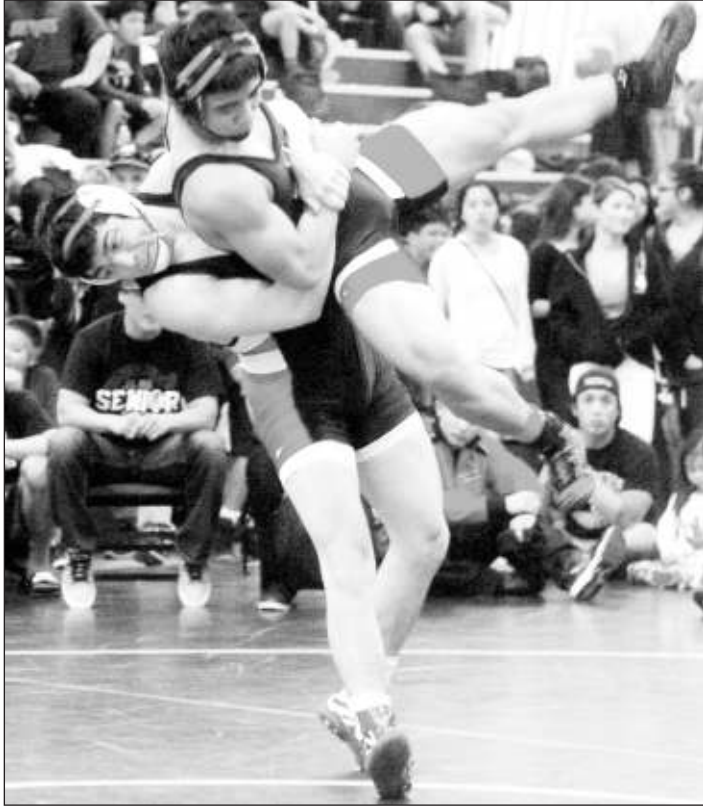
SUBMITTED BY MIKE HEIGHTCHEW
PHOTOS BY MIKE HEIGHTCHEW

February 22

James Logan's Colts are Mission Valley Athletic League (MVAL) champions... again. With strong performances in all weight classes, starting with Raymond Monela who dominated the 106 weight class with speed and power, the Colts set the tone for the tournament. In the early stages of the match the Mission San Jose Warriors had hopes of giving the Colts a fight as Warriors Deion Sirwet moved into the semi-finals with an impressive performance. Jonathan Lin beat Newark's Marin Hess to also move into the semi-round of 132 weight class, but those hopes quickly faded as numerous Colt wrestlers appeared in final rounds.

Fourth-ranked in the state for his weight class, Logan's Donato dominated his class; the biggest blow came when Logan's 195-pound Clayton Hartwell put the match out of reach. A big test comes in the North Coast Section Wrestling Championship at Newark Memorial High School at the end of February when the Colts will face the best of Northern California. American sophomore Jared Luty used great speed to take his second straight title in the 113 weight class.

Wrestlers Jacob Donato and Clayton Hartwell won their third straight MVAL titles And it was a very big day for Logan's Jacob Macalolooy, in a class all by himself as he took his fourth straight first place title in the 138 weight class, just the fourth



player in MVAL history to do this. The only other MVAL players to do this were Victor Pereira (Newark Memorial, 2009-2012), Kirk Fitzpatrick (Logan, 1999-2002) and Mark Trice (Mission San Jose 1985-1988).

Team scores:

James Logan 242.5, Mission San Jose 120, Newark Memorial 91, Washington 89.5, Irvington 82, American 81, J.F. Kennedy 66.



Rising from the ashes

SUBMITTED BY PAT MAPELLI

The Saturday before their first regular season game – Saturday, December 14 - American's girls varsity soccer team (the ShEagles) had just celebrated a 3 -2 victory over Castro Valley in a preseason game. Castro Valley is a strong team and the ShEagles were on a high. Later that evening, after all of the equipment had been safely stored in the equipment shed and the field had been locked up, the Fremont Fire Department was dispatched to a fire on the soccer field. Someone had intentionally set the girls soccer equipment shed on fire. By the time the fire department arrived, the shed and all its contents were reduced to a pile of ash and molten plastic. Every training tool, every ball, every training bib, corner flag, pug goals, etc. - including score board electronics had been lost. To

call it a tragedy is an understatement.

At the beginning of Monday's training session, after the fire, there was an emotional sense of loss. It was talked about on campus throughout the day; a common theme, "What are you going to do?" Both the Junior Varsity and Varsity girls' teams decided not to let this set them back, rather bring them together and make them stronger – which it did.

With the help and guidance from their coaches, they reached out to the community and local businesses for assistance and raised money through the sale of licorice. The community came through big time with individual donations, and local businesses like Fremont Bank and Cargill Salt stepped up to fill in the gaps. Generous donations were made by the Elks Lodge, Fremont Youth Soccer Club, and another soccer club from the Midwest.

By the end of the regular season, most of what was lost had been replaced.

Through it all, the girls stayed focused on their game while at the same time doing all they could to raise funds for their teams and future teams yet to come. The Junior Varsity team finished the league season in fourth place despite being the youngest team in Mission Valley Athletic League by far. The Varsity team finished the league season in second place and made the NCS playoffs for the third time in four years. This is a great example of how determined minds can overcome just about any obstacle. You wouldn't wish this situation upon anyone, yet the lessons learned are invaluable.

Rising from the ashes like a Phoenix, the ShEagles soar once again! Congratulations ShEagles – we are all proud of you.

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	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	American Business Women’s Assoc. Meet third Wed of each Month Networking 6:30pm Meeting begins 7pm Polish your business skills Fremont/Newark Hilton Hotel 39900 Balentine Drive, Newark www.ABWA.org,Dinner \$28 Wendy Khoshnevis 510-657-7917	10 lines/\$10/ 10 Weeks \$50/Year 510-494-1999 tricityvoice@aol.com Shout out to your community Our readers can post information including: Activities Announcements For sale Garage sales Group meetings Lost and found For the extremely low cost of \$10 for up to 10 weeks, your message will reach thousands of friends and neighbors every TUESDAY 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 Experience a country and its culture with local hosts and promote global goodwill. Clubs in 56 countries. Visit Australia in Feb. Host French in Sept. Monthly programs & socials. 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	Fremont Area Writers Want to write? Meet other writers? Join us from 2-4 p.m. every fourth Saturday except July and December. Rm. 223 at DeVry University, 6600 Dumbarton Circle, Fremont Call Carol at (510) 565-0619 www.cwc-fremontareawriters.org Help with Math & Reading You can make a difference by helping Newark children with Math and reading. If you can give one hour a week, you can give a life-long gift of learning to a child. Contact 510-797-2703 dia_aarp_4486@yahoo.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	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	Interested in Portuguese Culture and Traditions? PFSA (Portuguese Fraternal Society of America) Promotes youth scholarships, community charities, and cultural events. All are welcome. Contact 510-483-7676 www.mypfsa.org			
The League of Women Voters invites you to visit our website at www.lwvfncuc.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.	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 510-656-7973				
Hayward Demos Democratic Club Monthly meetings-learn about current issues from experts, speak with officials. Annual special events such as Fall Festival, Pot-lucks and more Meetings open to all registered Democrats. For information www.haywardddemos.org	AARP Newark Meetings Newark Senior Center 7401 Enterprise Drive., Newark last Monday of each month at 10:00 am. All seniors (50+) are welcome to attend Contact 510-402-8318 http://aarp-newark-california-webs.com/	The Union City Historical Museum 3841 Smith St. Union City Open Thurs.-Sat 10am-4pm Visit our Museum. You'll find valuable information about our community, past history and current happenings. www.unioncitymuseum.com Call Myrla 510-378-6376	Unity of Fremont A Positive Path for Spiritual Living 12:30 pm Sunday Service 1351 Driscoll Rd (at Christian Science Church), Fremont 510-797-5234 www.unityoffremont.org “The Church of the Daily Word”	Holy Trinity Lutheran Church Caring, Sharing, Serving God 38801 Blacow Rd., Fremont Sun Worship:8:45am 11:00am Child-care provided.Education for all ages: 10:00am. Nacho Sunday: First Sunday of every month. (510)793-6285 www.holytrinityfremont.org	
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Celebrate Recovery Free yourself from any hurt, hang-up or habit Join us at 33450 9th street Union City Thursdays 7pm -9pm or call anytime 510-586-5747 or 510-520-2769	SparkPoint Financial Services FREE financial services and coaching for low-income people who want to improve their finances. SparkPoint Info Session 3rd Thursday, 6-7pm City of Fremont Family Resource Center To reserve a seat: 574-2020 Fremont.gov/SparkPointFRC	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.	Create & Design Websites At Ohlone College Enroll in CS 162:HTML5 This class starts on Wed. 1/29/14 in the Fremont Campus, room HH-117, 6:30-9:30pm Contact 510-659-6080 510-402-8318 https://webadvisor.ohlone.edu	FREMONT UNIFIED SCHOOL DISTRICT OFFERS CHINESE IMMERSION K THRU 6TH GRADE Immerse your child in Mandarin with a diverse group of students. The benefits of a dual language will last a lifetime. Call 24/7 (510) 857-1038	
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February 1st at Berryess Branch
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6pm-8pm
Sponsored by the Berryessa
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Club. For more info
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Meet 3rd Thursday
7pm-9pm
Berryessa Denny's
For more info
BNSJDemocrats@yahoo.com
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Saturday, April 12
10am-4pm
Hayward Veterans Bldg.
22737 Main St., Hayward
The American Legion
If you want to take part call
Edward Castillo 510-348-7771
email: ercastillo@yahoo.com

**Spaghetti &
Meatball Feed
Sat. March 15
4:00pm - 8:00pm**
Silent Auction, Rafffle, Giveaways
Group price available. Family
Holy Trinity Lutheran Church
38801 Blacow Rd.,Fremont
510-793-6285
www.holytrinityfremont.org

**Mission San Jose High
Booster Club**
Annual Crab & Pasta Feed-All
you can Eat - Public Invited
Sat. March 8 6pm-10pm
Mission SJ High Main Gym
41717 Palm Ave., Fremont
Tickets \$45
msjhscrabfeed@hotmail.com
Proceeds: Athletics, & Arts

City of Union City
honored with awards
of excellence



UCLS Administrative Assistant Johanna Ota (L) and UCLS Recreation Coordinator Maynard Estrellado with their 2013 CPRS Agency Showcase Award for Outstanding Special Event.



2013 CPRS Volunteer of the Year winner John Haley (L) with Union City Public Works Supervisor Nelson Kirk.

SUBMITTED BY CHRIS VALUCKAS

The California Parks and Recreation Society (CPRS) – District 3 (which covers both Alameda and Contra Costa counties) honored the City of Union City with two awards of excellence at their annual awards luncheon. The awards were held at the Officers Club in Alameda on Thursday, February 20.

The 2013 Outstanding Volunteer in Parks and Recreation award was presented to Union City Community Garden Coordinator John Haley for all of his outstanding work coordinating Union City's Community Garden for the past 15 years.

Union City Leisure Services' "The Running Dead" 5k/10K Fun Run was honored with the 2013 Agency Showcase Award – Outstanding Special Event. Union City Leisure Services also teamed up with the American Diabetes Association to organize this event to help raise the awareness of diabetes in the Union City community.

Congratulations to the winners!

Olive Hyde offers
scholarships

SUBMITTED BY DIANE LEYS

Olive Hyde Art Guild, a volunteer non-profit organization, is offering three scholarships for the study of art. To apply, you must be a Fremont high school senior, a Fremont resident, and have plans to include some visual arts classes at an accredited college or university. The three non-renewable scholarships awarded will be based on artistic merit, not financial need. First place will receive \$2,000. Two honorable mentions of \$1,000 each will also be given. All of the awards will be sent to the Financial Aid Office of the school the recipient is planning to attend. In addition, the high school art teacher of the first place student will receive \$500 for classroom art supplies.

Finalists' art work will be exhibited to the public and awards will be presented during a reception at the Olive Hyde Art Gallery, 123 Washington Blvd., Fremont, on Friday, May 9, 2014 from 7:00 p.m. - 9:00 p.m.

The application deadline is March 29, 2014. Application forms are available through career centers and art instructors at the Fremont high schools, at the City of Fremont Recreation Dept., and on the Olive Hyde Art Guild website: www.olivehydeartguild.org/scholarships/

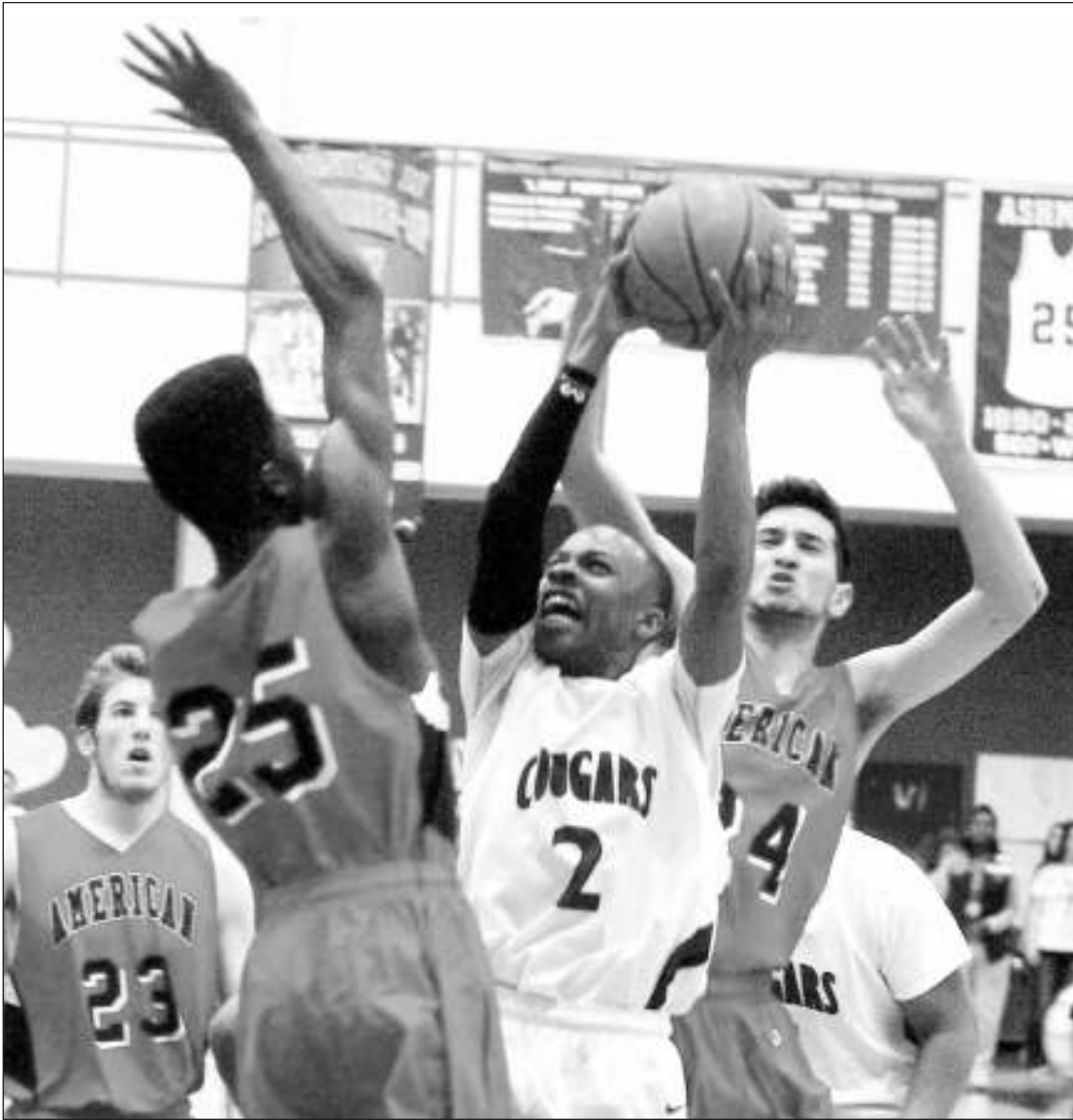


Valentine's
social a big hit

SUBMITTED BY CHRIS VALUCKAS

On Thursday, February 13, Union City Leisure Services held its first ever "Special Needs Valentine's Day Social" at the Kennedy Center and it was a huge success! Over 175 participants enjoyed pizza, snacks, a live DJ and dancing, Karaoke and other fun recreational activities throughout the day. Thank you to all of our wonderful participants, teachers, care providers, parents and City staff for making it all possible.

Cougar powerhouse dominates Eagles



SUBMITTED BY MIKE HEIGHTCHEW
PHOTOS BY MIKE HEIGHTCHEW

The Newark Memorial Cougars put on a impressive all-around performance on Friday, February 21st, beating the American Eagles 77-43. Cougar defense took control of the game from the start, closing shooting lanes and forcing the Eagles into low percentage shots from outside the paint. On the flip side, the Cougars appeared to penetrate the Eagle defense at will, using superior speed and scoring inside and outside the paint. There was little doubt about the outcome as the Newark Memorial Cougars dominated this game.



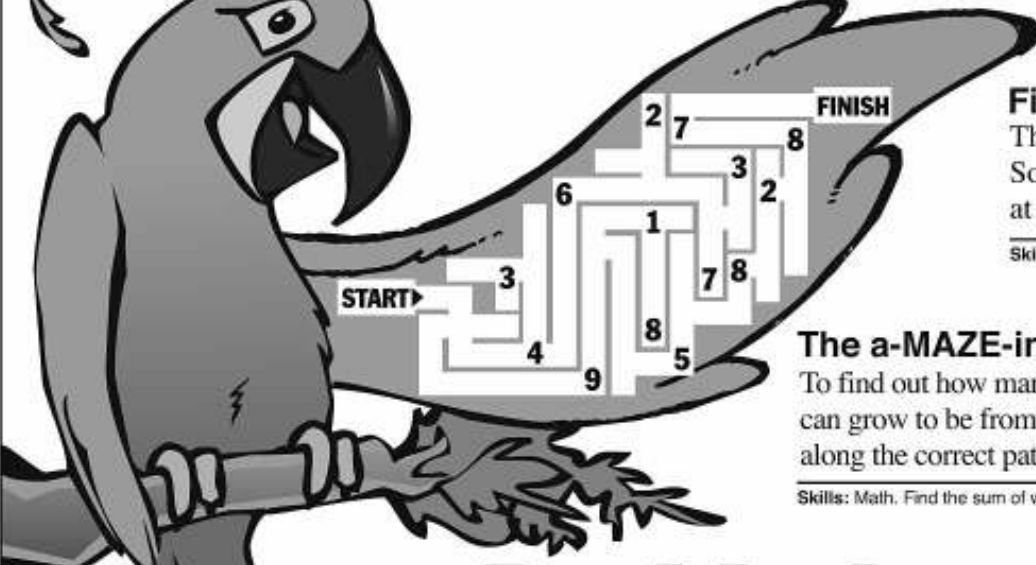
Kid Scoop®

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Find the Matching Parrots
The tiny, green hanging parrots of Southeast Asia roost upside down at night like bats.
Skill: Observe similarities and differences in objects.

The a-MAZE-ing Hyacinth Macaw
To find out how many inches long the Hyacinth Macaw can grow to be from head to tail, add up the numbers along the correct path.
Skills: Math. Find the sum of whole numbers.

The largest parrot is the blue Hyacinth Macaw. It lives in the tropical forests of South America. Scientists believe that there are now less than 5,000 of these beautiful birds left in the wild.

Positively Parrots

For hundreds of years, parrots large and small have been kept as pets. Perhaps they were first captured for food or for their colorful feathers, but when it was discovered they could "talk," they became pets rather than dinner.
There are more than 350 kinds of parrots. Some are only 3 inches long, while others

grow to be more than 3 feet long.
All parrots have short legs with two toes that point forward and two toes that point backward. This arrangement of toes makes it possible for parrots to grasp the fruits and nuts they like to eat. It also helps them to climb and even hang upside down.



In ancient Rome, parrots were kept in silver cages and taught to say the above phrase. Unscramble the letters to find out the phrase.

ANSWER: Hall Emperor!



Why do parrots copy people?
Parrots are highly intelligent birds, and they like to play with people. Some parrots learn they can get attention when they copy, or *mimic*, human speech. Find at least 10 differences in the two pictures above.
Skill: Observe similarities and differences in objects.

Extra! Extra!

Polly's Newspaper Game

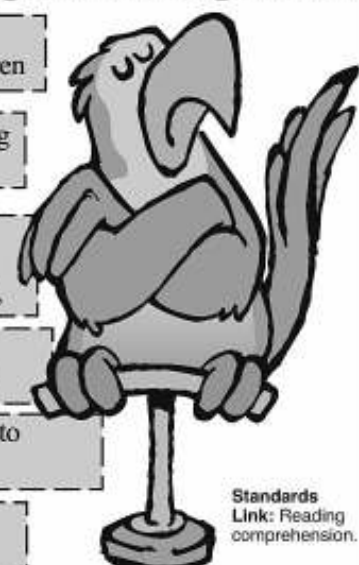
Look through the newspaper for:

- 3 words that describe parrots
- numbers that add up to the number of inches a Hyacinth Macaw can grow to be
- the letters that spell what parrots were taught to say in ancient Rome

Skills: Reading: Identify words. Math: Calculate one and two digit sums.

Kid Scoop Puzzler

Put this TRUE STORY together in the right order.



Standards Link: Reading comprehension.

But he would not utter a sound. After a while the children

One day a little parrot was sitting outside in the sun when some

called out, "Don't go!" Apparently, as long as the children were entertaining him,

got tired and started to walk away. At that point the parrot

the parrot saw no reason to entertain them.

children came by and tried to get him to speak.

Double Double Word Search

PARROTS
FEATHERS
MACAW
GREEN
PETS
FRUITS
NUTS
ROOST
SPEAK
MIMIC
ROME
TALK
BIRDS
TOES
SMALL

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

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

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

**Kid Scoop Together:**



Polly Wants an Answer!

Go on a treasure hunt on today's Kid Scoop page with a family member. Can you find the answer to all of these questions?

1. Tiny, green parrots of Southeast Asia like to roost hanging _____.
2. How many inches long can the blue Hyacinth Macaw grow to be? _____
3. On which continent does the blue Hyacinth Macaw live? _____
4. How many different kinds of parrots are there? More than _____.
5. Parrots were first captured for their colorful _____.
6. Parrots are intelligent animals.
☐ TRUE ☐ FALSE
7. Parrots can imitate human speech.
☐ TRUE ☐ FALSE
8. Parrots have short legs with five toes.
☐ TRUE ☐ FALSE
9. Hyacinth Macaws are not a threatened species.
☐ TRUE ☐ FALSE

Kid Scoop VOCABULARY BUILDERS

This week's word: **TROPICAL**

The adjective **tropical** relates to an area close to the equator that is hot and humid.

Tropical rainforests have year-round warmth.

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

FROM THE Kid Scoop LESSON LIBRARY

Word Mimics

Some words mean the same or almost the same thing, such as mimic and copy. Look through the newspaper for words that mean the same or almost the same thing.

Standards Link: Reading: Vocabulary Development, recognize common synonyms.



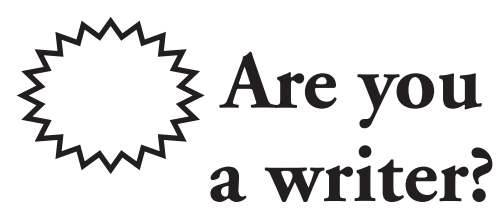
Why did the parrot cross the road?

ANSWER: Because it was the chicken's day off.

Write On!

Interview with a Parrot

Imagine you can interview a parrot about life in the wild vs. life in captivity. What would they tell you?



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

If so, maybe writing for the Tri-City Voice is in your future. We are looking for disciplined writers and reporters who will accept an assignment and weave an interesting and accurate story that readers will enjoy. Applicants must be proficient in the English language (spelling and grammar) and possess the ability to work within deadlines.

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

Government Briefs

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

City Council/Public Agency MEETINGS

Readers are advised to check websites for special meetings, cancellations, minutes, agendas and webcasts

CITY COUNCILS

Fremont City Council
1st/2nd/3rd Tuesday @ 7 p.m.
City Hall, Bldg A
3300 Capitol Ave., Fremont
(510) 284-4000
www.fremont.gov

Hayward City Council
1st/3rd/4th Tuesday @ 7 p.m.
City Hall, second floor
777 B Street, Hayward
(510) 583-4000
www.ci.hayward.ca.us

Milpitas City Council
1st/3rd Tuesday @ 7 p.m.
455 East Calaveras Blvd., Milpitas
(408) 586-3001
www.ci.milpitas.ca.gov

Newark City Council
2nd/4th Thursday @ 7:30 p.m.
City Hall, 6th Floor
37101 Newark Blvd., Newark
(510) 578-4266
www.ci.newark.ca.us

San Leandro City Council
1st/3rd Monday @ 7 p.m.
835 East 14th St., San Leandro
(510) 577-3366
www.sanleandro.org

Union City City Council
2nd/4th Tuesday @ 7 p.m.
City Hall
34009 Alvarado-Niles Rd., Union City
(510) 471-3232
www.ci.union-city.ca.us

WATER/SEWER

Alameda County Water District
2nd Thursday @ 6:00 p.m.
43885 S. Grimmer Blvd., Fremont
(510) 668-4200
www.acwd.org

East Bay Municipal Utility District
2nd/4th Tuesday @ 1:15 p.m.
375 11th St., Oakland
(866) 403-2683
www.ebmud.com

Santa Clara Valley Water District
2nd/4th Tuesday @ 6:00 p.m.
5700 Almaden Expwy., San Jose
(408) 265-2607, ext. 2277
www.valleywater.org

Union Sanitary District
2nd/4th Monday @ 7:00 p.m.
5072 Benson Rd., Union City
(510) 477-7503
www.unionsanitary.com

SCHOOL DISTRICTS

Castro Valley Unified School Board
2nd/4th Thursday @ 7:00 p.m.
4400 Alma Ave., Castro Valley
(510) 537-3000
www.cv.k12.ca.us

Fremont Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
4210 Technology Dr., Fremont
(510) 657-2350
www.fremont.k12.ca.us

Hayward Unified School Board
2nd/4th Wednesday @ 6:30 p.m.
24411 Amador Street, Hayward
(510) 784-2600
www.husd.k12.ca.us

Milpitas Unified School Board
2nd/4th Tuesday @ 7:00 p.m.
1331 E. Calaveras Blvd., Milpitas
www.musd.org
(406) 635-2600 ext. 6013

New Haven Unified School Board
1st/3rd Tuesday @ 6:30 p.m.
34200 Alvarado-Niles Rd., Union City
(510) 471-1100
www.nhusd.k12.ca.us

San Leandro Unified School Board
1st/3rd Tuesday @ 7:00 p.m.
835 E. 14th St., San Leandro
(510) 667-3500
www.sanleandro.k12.ca.us

San Lorenzo Unified School Board
1st/3rd Tuesday @ 7:30 p.m.
15510 Usher St., San Lorenzo
(510) 317-4600
www.slzsd.org

Sunol Glen Unified School Board
2nd Tuesday @ 5:30 p.m.
11601 Main Street, Sunol
(925) 862-2026
www.sunol.k12.ca.us

Fremont City Council

February 18, 2014

Work Session (Councilmember Raj Salwan – recuse)

Warm Springs Community Plan – Introduction by Community Development Director Jeff Schwob, “A plan of what could be.” Discussed organizing principles developing within a cooperation agreement between City of Fremont, Fremont Unified School District, Property Owners, BART and Union Pacific RR. A “Vision Plan” will incorporate land use, site & building design, transportation and public space. Public review is envisioned through a draft community plan and public hearings at the end of March/mid-April. Points of discussion from Council centered on the definition of “urbanism,” affordable housing, inclusion, placemaking, green technology, training facility, transit and parking. The Community Plan is available for review at: www.fremont.gov under “Our Community” and “Projects.”

Consent:

- Accept and appropriate \$110,000 of Metropolitan Medical Response Systems and CERT grant funds from Alameda County.
- Approve summary vacation of emergency vehicle access easement at Pacific Commons Blvd. and Bunche Drive.
- Approve minor alterations of land use limitations in accordance with California Environmental Quality Act.
- Approve land use amendment to facilitate development of sporting goods, retail and eating establishments at Pacific Commons.

Public Communications:

- Request to consider climate change at a future meeting
- Olive Hyde Art Guild reminds public of national watercolor exhibit at Olive Hyde Gallery

Other Business:

Adopt a resolution approving Alameda County 2014 Transportation Expenditure Plan to be placed on ballot November 4, 2014. This time around, the plan sunsets in 30 years.

Scheduled Item:

Approve medical marijuana cultivation zoning text amendment to ban outdoor cultivation and restrict indoor cultivation to locations unobservable by neighbors.

Mayor Bill Harrison	Aye
Vice Mayor Vinnie Bacon	Aye
Anu Natarajan	Aye
Suzanne Lee Chan	Aye
Raj Salwan	Aye (work session recusal)

Milpitas City Council Meeting

February 18, 14

Presentation

The Barbara Lee Senior Center Calligraphy Group presented an art piece to the City in honor of Milpitas’ 60th anniversary.

Consent

Waive the second reading and adopt ordinance to create guidelines for citywide freeway corridor overlay, amending the zoning map for Pacific Mall and Hotel project.

Adopt resolution granting initial acceptance of Street Resurfacing Project 2014. Reduce performance bond to \$189,870.

Approve amendment to agreement with ACCO Engineered Systems in a not-to-exceed amount of \$34,000 bringing the agreement to a total of \$238,854.

Approve amendment extending agreement with Dr. Howard Michaels to provide medical services to Milpitas Fire Department for a not-to-exceed amount of \$31,500.

Approve amendment to agreement with Frank Szeto for senior nutrition services in the amount of \$12,300.

Approve amendment to the agreement with ThyssenKrypp elevator platinum maintenance for

a one-time increase of \$5,010 for state-required tests.

Reports of Officers

Consider vote to remove community advisory commissioner Jennifer Lind. (3 ayes, 2 nays—Giordano-Indihar and Gomez)

Discuss requiring public art requirement and in-lieu fee for private developments.

New Business

Accept the 2013 Bulletproof Vest Partnership Grant and appropriate funds in the amount of \$4836 into police department’s operating budget.

Reaffirm commitment to cosponsor Chamber of Commerce BBQ event scheduled for May 31 and June 1. Fiscal impact will amount to just over \$14,000 mostly in waivers.

Bid and Agreement

Authorize bid proposals and approve plans for 2014 road rehabilitation.

Approve amendment to agreement with Dr. Howard Michaels to provide services as Medical Director for the Milpitas Fire Department through December 31, 2015.

Mayor José Esteves: Aye
Vice-Mayor Althea Polanski: Aye
Debbie Giordano-Indihar: 6 ayes, 1 nay
Armando Gomez Jr.: 6 ayes, 1 nay
Carmen Montano: Aye

TAKES FROM SILICON VALLEY EAST



About Takes From Silicon Valley East
TheDailyBeast called Fremont the 2nd best U.S. city for innovation. Whether it's manufacturing, clean tech, Fremont or the Silicon Valley scene itself, we're telling the stories that are advancing business here.
To subscribe to all blog posts scan this QR Code or visit ThinkSiliconValley.com/silicon-valley-east/

All Grown Up! Pacific Commons Transitions under new Management

When word broke in December that Catellus Development had sold Pacific Commons to Chicago-based investor Heitman, it was big news. (Big, as in the largest retail transaction in 2013!) Most heartening to us was the fact that there was significant competition to purchase the asset because of its reputation as a high-performing retail powerhouse. Heitman wasted no time in upping the ante for this premier asset, hiring Vestar for property management and opening an on-site office this month. As the new ‘face’ of Pacific Commons, we asked Vestar General Manager Jennifer Duarte to share her thoughts on their plans for the center.

Q: What was it about Pacific Commons that attracted Heitman/Vestar to this opportunity?

A: Pacific Commons is an all around strong retail center and solid long-term investment. The Center is a dominant, regional retail project in the Bay area. It has a great line-up of leading anchor tenants with an excellent tenant mix of retailers and restaurants. With this premier location and affluent demographics, all within the heart of Silicon Valley, Pacific Commons is a very attractive Center to own and manage.

Q: What are the most important things for people to know about Vestar’s management philosophy?

A: Vestar’s philosophy is simple – “create a sense of place and value for the long-term”. This philosophy is the cornerstone of our success with our projects, our people, investors and tenants. With a reputation for integrity and responsibility, we make a positive long-term improvement to every project we own and manage. We intend to do that at Pacific Commons – through strengthening the tenant mix, creating special places throughout the project and bringing the community into the Center through partnerships, charity events and entertainment.

We want to continue to grow Pacific Commons as the community’s first choice as the destination for shopping, dining, socializing and entertainment.

Q: Retail has changed a lot in the last several years. What is

Vestar’s approach to adapting to this ever-evolving industry?

A: With the emergence of e-commerce, it is critical that we provide “a special shopping experience” for consumers when visiting our Centers. Whether it is the latest brands and concepts, unique gathering places, entertainment and events or a special place to bring your family for the afternoon, our Centers are operated to the highest standards to provide a comfortable, inviting and appealing atmosphere. Our goal is to bring a mix of retailers together that complement each other in an environment that is inviting to our community.

Q: What are your specific plans for Pacific Commons? Lots of change or subtle adjustments?

A: Both! You will see big changes in our branding, messaging and communication with our customers at Pacific Commons. We will be launching a comprehensive marketing, advertising and event program in the next few months. This will include providing special offers from our retailers and restaurants, hosting community charity events and adding a weekly farmer’s market.

We will be making more subtle changes in the physical aspect of Pacific Commons including the creation of some “special places” where you can relax, hang out, and enjoy the scenery with friends, family and the community.

Q: How do you envision The Block relating to the rest of the center?

A: The Block is a unique destination within Pacific Commons. It has more of a lifestyle center feel with colored LED lights, palm trees, outdoor dining, and storefront parking. With restaurants such as The Habit, Krispy Kreme, Which Wich and Blaze Pizza (coming soon!) in conjunction with the Century Theatre; this is an ideal area to go on “date night” or spend time with your family and friends. We are excited to announce that Dick’s Sporting Goods will soon be joining other strong retailers in this area such as Ulta Cosmetics and Men’s Wearhouse. We are looking forward to their opening near the end of the year.

Fremont b2B Procurement and Contracting Fair

SUBMITTED BY AARON GOLDSMITH

The b2B Procurement and Contracting Fair on Friday, February 28, will bring together public entities and large, private companies to meet with small businesses in Fremont. If you are a small business looking to break into the supply chain of a larger company, this is a chance to meet directly with purchasing and procurement professionals from large companies and public agencies.

During the fair, a panel discussion featuring procurement professionals and government certification experts will take place from 10 a.m. - 11 a.m.

**Procurement and Contracting Fair
Friday, Feb 28**

9 a.m. – 12 noon

**Fremont Main Library, Fukaya Room
2400 Stevenson Blvd., Fremont
(510) 795-2244
agoldsmith@fremontbusiness.com
Free**

HOME SALES REPORT

CASTRO VALLEY TOTAL SALES: 05							
Highest \$:		793,000	Median \$:		605,000		
Lowest \$:		385,000	Average \$:		589,600		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
3741 Cottage Court	94546	385,000	3	1350	1957	01-17-14	
19448 Garrison Avenue	94546	455,000	3	1299	1961	01-22-14	
19071 Santa Maria Avenue	94546	605,000	4	1584	1950	01-17-14	
6776 Crow Canyon Road	94552	710,000	3	2044	-	01-17-14	
5371 Crown Court	94552	793,000	4	1834	1960	01-21-14	

FREMONT TOTAL SALES: 19							
Highest \$:		1,275,000	Median \$:		652,500		
Lowest \$:		335,000	Average \$:		670,789		

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
404 Boulder Terrace	94536	548,000	3	1314	2008	01-17-14	
35602 Brookvale Court	94536	789,000	5	2537	1970	01-17-14	
36161 Carnation Way	94536	721,000	3	1727	1957	01-22-14	
4686 Eggers Drive	94536	842,000	2	2084	1954	01-22-14	
4445 Richmond Avenue	94536	653,000	4	1344	1961	01-17-14	
37309 Sequoia Road	94536	335,000	2	840	1986	01-17-14	
38513 Thane Street	94536	360,000	3	1064	1955	01-17-14	
38731 Tierra Street	94536	760,000	3	1762	1977	01-17-14	
40391 Davis Street	94538	511,000	3	925	1955	01-17-14	
4778 Griffith Avenue	94538	633,000	4	1874	1962	01-17-14	
4366 Hardwood Street	94538	629,000	3	1093	1959	01-21-14	
39369 Ide Court	94538	630,000	4	1792	1961	01-17-14	
5614 Impatiens Common	94538	366,000	2	850	1994	01-17-14	
42975 Isle Royal Street	94538	662,500	4	1736	1962	01-17-14	
1061 Casa Marcia Place	94539	1,125,000	4	1956	1970	01-17-14	
46774 Fernald Street	94539	548,000	3	1271	1981	01-17-14	
48917 Tulare Drive	94539	1,275,000	4	2049	1991	01-21-14	
34636 Creekwood Terrace	94555	705,000	4	1863	1987	01-22-14	
34104 Pavia Terrace	94555	652,500	3	1481	2007	01-22-14	

HAYWARD TOTAL SALES: 18							
Highest \$:		640,000	Median \$:		400,000		
Lowest \$:		216,500	Average \$:		392,222		

ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
22516 Byron Street	94541	405,000	2	880	1946	01-22-14	
1389 C Street #4	94541	320,000	3	1350	1989	01-17-14	
22579 Colton Court	94541	216,500	2	1080	1987	01-17-14	
260 Flint Court #4	94541	246,000	2	1010	1991	01-22-14	
23058 Palazzo Del Kayla	94541	640,000	4	2182	2007	01-22-14	
3262 Ridge Crest Court	94541	400,000	3	2162	1973	01-21-14	
21930 Western Boulevard	94541	365,000	3	1755	1941	01-22-14	
632 Celia Street	94544	425,000	4	1224	1955	01-22-14	
26655 Colette Street	94544	401,000	4	1863	1950	01-17-14	
27182 Gading Road	94544	443,500	3	1140	1957	01-22-14	
665 Garin Avenue	94544	412,000	3	1408	1958	01-22-14	
26645 Joshua Street	94544	445,000	4	1380	1981	01-17-14	
27085 Lemay Way	94544	395,000	3	1474	1957	01-21-14	
27935 Mandarin Avenue	94544	277,500	4	1264	1954	01-22-14	
28837 Tucker Street	94544	400,000	4	1866	1999	01-22-14	
26555 Underwood Avenue	94544	340,000	4	1446	1952	01-17-14	
1030 Avondale Lane	94545	450,000	3	1312	1958	01-17-14	
1456 Southgate Street	94545	478,500	3	1276	1957	01-22-14	

MILPITAS TOTAL SALES: 10							
Highest \$:		928,000	Median \$:		621,000		
Lowest \$:		270,000	Average \$:		627,000		
843 Alisal Court	95035	735,000	3	1778	1984	01-27-14	
1655 Arizona Avenue	95035	621,000	3	1584	1958	01-28-14	
914 Berryessa Street	95035	560,000	3	1277	1960	01-22-14	
444 Dempsey Road #144	95035	270,000	1	676	2007	01-28-14	
183 Douglas Court	95035	928,000	3	2247	1999	01-28-14	
1434 Lassen Avenue	95035	599,000	3	1484	1963	01-22-14	
566 Manzano Street	95035	645,000	4	1234	1977	01-22-14	
1190 Mente Linda Loop	95035	707,000	3	1810	2006	01-28-14	
1254 Mente Linda Loop	95035	555,000	2	1371	2006	01-24-14	
503 Old Evans Road	95035	650,000	3	1296	1978	01-23-14	

NEWARK TOTAL SALES: 03							
Highest \$:		560,000	Median \$:		368,000		
Lowest \$:		343,000	Average \$:		423,667		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
39931 Cedar Boulevard #201	94560	343,000	2	1071	1985	01-17-14	
39996 Parada Street	94560	560,000	2	1388	1995	01-21-14	
6189 Thornton Avenue	94560	368,000	3	1330	1987	01-22-14	

SAN LEANDRO TOTAL SALES: 06							
Highest \$:		11,050,000	Median \$:		355,000		
Lowest \$:		176,000	Average \$:		2,116,667		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
695 Joaquin Avenue	94577	453,000	2	1204	1940	01-22-14	
2077 Washington Avenue #207	94577	176,000	1	726	1984	01-21-14	
1210 147th Avenue	94578	366,000	2	1365	1942	01-17-14	
1601 165th Avenue	94578	11,050,000	-	-	-	01-17-14	
1067 Adason Drive	94578	300,000	3	1129	1946	01-17-14	
1223 Butler Avenue	94579	355,000	3	1261	1951	01-17-14	

SUNOL TOTAL SALES: 02							
Highest \$:		150,000	Median \$:		150,000		
Lowest \$:		150,000	Average \$:		150,000		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
2373 Kilcare Road	94586	150,000	2	1410	1931	01-17-14	

UNION CITY TOTAL SALES: 04							
Highest \$:		781,000	Median \$:		605,000		
Lowest \$:		275,000	Average \$:		592,500		
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED	
33451 5th Street	94587	605,000	6	1872	1937	01-17-14	
33104 9th Street	94587	275,000	1	755	1948	01-17-14	
4227 Cambridge Way	94587	709,000	4	2087	1998	01-21-14	
33021 Korbel Street	94587	781,000	4	2545	1984	01-22-14	

Fremont sailor competes for Sailor of the Year

SUBMITTED BY SPECIALIST 2ND CLASS KAROLINA OSEGUERA

The staff of Naval Surface Force, U.S. Pacific Fleet (SURF-PAC) welcomed seven Sailors and their spouses for the annual Sea and Shore Sailor of the Year (SOY) Week in San Diego, February 9 - 14.

Each year, the SURFPAC SOY Program recognizes Sailors who best represent the large number of superior and dedicated professionals within SURF-

PAC squadrons and shore commands.

The events of the week honor each finalist for their contributions to their commands and local communities while evaluating their military bearing, professional performance and leadership skills as they compete for the SOY title.

Among those nominated is Petty Officer 1st Class Raymond Cuevas, from Fremont, who has been in the navy for 12 years and is currently serving as Command

Master-at Arms and Assistant Antiterrorism/Force Protection Officer aboard USS Paul Hamilton (DDG 60). Petty Officer Cuevas was named a finalist for the 2013 Sailor of the Year.

The Sailor of the Year program was established in 1972 by Chief of Naval Operations, Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittier to recognize an individual who best represented each command and ultimately the entire Navy.

‘Tell Your Story!’ through art

SUBMITTED BY ALAMEDA COUNTY LIBRARY

In honor of Art IS Education month in March, Alameda County Library is presenting a series of 150 free art events for children and families at all Alameda County Library locations, including the bookmobile. The Alameda County Arts Commis-

sion has partnered with the Alameda County Office of Education since 1990 to present this annual celebration of youth arts education in Alameda County each March during national Arts Education Month. This year’s theme is “Tell Your Story!” Join the fun at the events, enjoy creative activities for the whole family, and explore the wonderful world of stories through art!

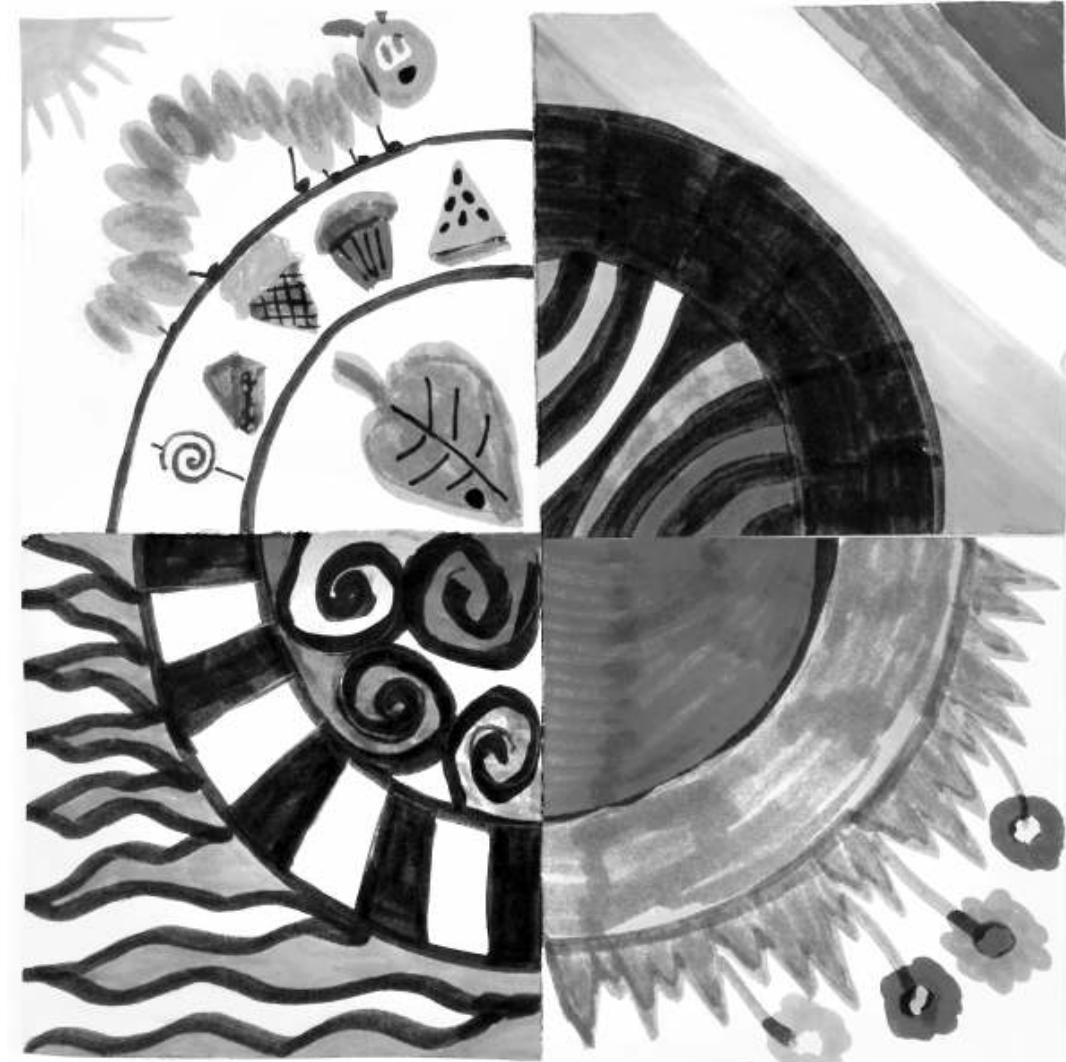
One of the programs being offered is the Quarter Circle Paper Quilt project, a collaborative art project open to Centerville Library patrons of all ages throughout the month of March. This year’s project is meant to encourage patrons of all ages to come together and tell their stories through art. “My hope is that patrons will create a unique piece of art that represents something about themselves by using their favorite colors, books, characters, places, or anything else unique to them,” says Centerville’s Children’s Librarian Elizabeth Gamell. “When the project is completed all of the individual art pieces

p.m., and all materials will be provided. (The library can use donations of plain white paper, marker pens, and crayons or color pencils for this project.)

Library activities for Art IS Education month include photography classes, preschool crafts, family workshops, film screenings, storytimes, watercolor workshops, journaling and writing workshops and more. In honor of Art IS Education, there will be an exhibit of art work created by Library staff at the Fremont Main Library. All ages will be able to enjoy the creativity displayed on the walls and in display cases.

Call your local branch to learn more or visit online at www.aclibrary.org for a full schedule of events.

Art IS Education
Throughout March
Alameda County Libraries
www.aclibrary.org
www.acgov.org/arts/



Gasoline and diesel fuel tax data Released for Third Quarter 2013

SUBMITTED BY BRIAN MILLER

California’s gasoline consumption increased 0.9 percent, while diesel consumption increased 4.0 percent in the third quarter of 2013, according to fuel tax data released by Betty T. Yee, First District Member of the California State Board of Equalization (BOE).

“Although the third quarter saw a small increase in consumption, long term trends show a continuing, modest decline in gasoline consumption.”

The BOE’s state taxable gasoline gallons report reveals Californians consumed 3.71 billion gallons of gasoline in the third quarter, a 0.9 percent increase from 3.68 billion gallons used in the third quarter of last year. The average

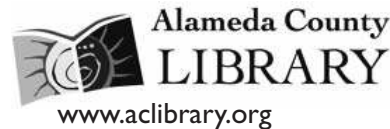
price of gasoline was \$3.99 per gallon in California during the third quarter, which is a six cent decrease from the average price of \$4.05 per gallon in the third quarter of 2012. Nationally the average price of gasoline in the third quarter was \$3.64, according to the Energy Information Administration. The BOE estimates statewide gasoline tax-related revenues for the third quarter of 2013 are \$422 million in sales taxes and \$1.5 billion in excise taxes.

The BOE’s state taxable diesel gallons report shows California’s diesel fuel consumption increased 4.0 percent in the third quarter to 705 million gallons, compared to 678 million gallons during the third quarter of last year. In California, the average price of diesel fuel in the third quarter was \$4.06 per gallon, which is a 14 cent decrease

from the average price of \$4.20 in the third quarter of 2012, while the nationwide average price of diesel fuel was \$3.87. The BOE estimates statewide diesel fuel tax-related revenues for the third quarter of 2013 are \$251 million in sales taxes and \$82 million in excise tax.

For the most recent figures from BOE, visit Fuel Taxes Statistics and Reports: www.boe.ca.gov/sptaxprog/spftrpts.htm.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. For more information on other taxes and fees in California, visit www.taxes.ca.gov.



SALLIE PINE

MANAGER, FREMONT LIBRARIES

For the month of March, Alameda County libraries and the Alameda County Department of Education celebrate Art IS Education month. This year's theme is Tell Your Story, a great one for both art and libraries. All Tri-City libraries are having events. Many are aimed at children, but there are events for adults and teens as well. Here is a partial listing, by branch, of the events going on in Fremont, Newark and Union City.

Fremont Main Library

2400 Stevenson Blvd., Fremont 510-745-1421; TTY 888-663-0660; guides.aclibrary.org/fremont
Throughout March, during open hours Library Staff Art Exhibit In honor of Art IS Education, there will be an exhibit of art work created by Library staff. All ages will be able to enjoy the creativity displayed on the walls and in display cases.

Art IS Education Toddler Times:

stories about art and creativity
Mondays: 2 - 2:20 pm; 7 - 7:20 pm
Wednesdays: 12:15 - 12:35 pm
Fridays: 11:30 - 11:50 am

Saturday, March 1 Nowruz Celebration

2:30 p.m. - 4:30 p.m.
Ballet Afsaneh celebrates the New Year (spring equinox) in Afghanistan, Iran and Tajikistan. Ballet Afsaneh presents the dance, music and poetry of the historic Silk Road networks of Eurasia. "Afsaneh" is a wonderful word, shared by the major language groups of the Silk Road, meaning "legend" or "mythic story." Also on hand will be the Ebrahimi Brothers, playing classical Persian music on traditional instruments.

Sunday, March 2 Photography Class

2:00 p.m. - 3:30 p.m.
Take great photos of family and friends; for adults and teens.

Tuesday, March 4 Dr. Seuss Day

4:00 p.m. - 4:45 p.m.
Join us for a fun-filled program of all things Dr. Seuss! Free program, all supplies provided. Pick up a free ticket at the Children's Desk beginning at 3:45 pm.

Fridays, March 7 and 21 Preschool Crafts

2:00 p.m. - 2:30 p.m.
Preschoolers ages 3 - 5 and an adult helper are invited to join us for a fun preschool craft program. Wear clothes that can get dirty as we often make an artful mess. Free tickets at Children's Desk 15 minutes prior to program.

Saturday, March 8 The Beatles: Musical Revolution

11:00 a.m. - 12:30 p.m.
Lecture for adults about the Beatles

Saturday, March 8 Musical Performance

2:00 p.m. - 3:30 p.m.
Join us for a concert by the Beatles Tribute Band Ticket to Ride. Fun for all ages!

Sunday, March 9 Sunday Film

2 p.m. - 4 p.m.
Vincent and Theo (2004) rated PG-13.

Saturday, March 15 "Tell Your Story!" Family Workshop

2 p.m. - 4 p.m.
Youth and families tell their story of creativity and community by drawing colorful hands and creating miniature

books. All ages welcome, and all materials provided. Registration begins Saturday, March 8 at 10 am.

Sunday, March 16 Photography Class

2:00 p.m. - 3:30 p.m.
Make finishing touches on your photos with a computer; adults and teens.

Thursday, March 20 Sanskrit Fables

12 Noon - 1 p.m.
Author/translator
Sunita Parasuraman

Saturday, March 22 Creative Creatures! Workshop

11:00 a.m. - 12:30 p.m.
Twins and teens; use sewing, staples and glue to make a small stuffed creature to attach to your backpack. Everyone will assemble and customize their own hand sewing kit to take home. All materials provided. Ages 10 and up.

Saturday, March 22 Clay Magnets

2:00 p.m. - 2:45 p.m. (ages 5 - 8),
3:00 p.m. - 3:45 p.m. (ages 9 - 13)
Create a magnet made out of clay. Registration begins March 15 at 10 a.m.

Sunday, March 23 Sunday Film

2 p.m. - 4 p.m.
Girl with the Pearl Earring (2003) rated PG-13.

Friday, March 28 Create a Book all About YOU!

4:30 p.m. - 5:15 p.m.
Bring your imagination and join Ms. Garima for craft time. This school-aged crafts session is especially for 6 - 8 year olds. Free tickets will be available at the Children's Desk at 3:45 pm.

Sunday, March 30 Sunday Film

2 p.m. - 4 p.m.
The NeverEnding Story (1984) rated PG.

Centerville Library

3801 Nicolet Ave., Fremont 510-795-2629; TTY 888-663-0660; guides.aclibrary.org/centerville
Throughout March; Tuesdays & Thursdays
Participate in a collaborative art project for the Centerville Library. Each participant will create their own unique design on a 4" square to be added to our paper quilt. All materials are provided; the art project will be put on display in the library after completion.

Tuesday, March 4 Tell Your Story! Family Workshop

5:30 - 7:30 pm
Draw colorful hands and creating miniature books. All ages welcome, and all materials will be provided.

Tuesdays, March 4 Bollywood Babies

2 - 2:30 pm
Learn Bollywood dance; children 18 - 48 months old and their parent or caregiver. Space is limited, so a ticket is required to attend. Free tickets will be handed out 30 minutes prior to the program.

Thursdays, March 6 and 20 Preschool Art

2 - 3 pm
Preschool art class is for kids ages 3 - 5. Wear clothes that you don't mind getting messy. Space is limited, so a ticket is required to attend. Free tickets will be handed out 30 minutes prior to the class start time. All materials will be provided.

Tuesdays, March 11 and 25 School Age Art

6:30 - 7:30 pm
Kids ages 6 to 8. Create a unique and original art project with art

teacher Christine Kita. Make sure you wear clothes that you don't mind getting messy. Space is limited, so a ticket is required to attend. Free tickets will be handed out 30 minutes prior to the class start time. All materials will be provided.

Thursday, March 13 Kids' Book Club

4:30 - 5:30 pm
The Centerville Library's Kids' Book Club is for kids in fourth through sixth grade. The book club meets the second Thursday of the month from October through June. The book selection for March is Extra Credit by Andrew Clements. Each participant will create a biographical Mandala art project to tell their story. All materials will be provided. Sign up at the Information Desk to pick up our current book selection.

Tuesday, March 18 Creative Creatures! Workshop

6 - 7:30 pm
Twins and teens, join us for this special Makerspace-inspired workshop to learn how to use sewing, staples and glue to make a small stuffed creature to attach to your backpack. All materials provided. Ages 10 and up.

Irvington Library

41825 Greenpark Dr., Fremont 510-795-2631; TTY 888-663-0660; guides.aclibrary.org/irvington

Wednesday, March 12 Preschool Art

10:15 - 11:15 am
A chance for children ages 3 - 5 to express their creativity! Be sure to wear clothes that you don't mind getting messy. Seating is limited, so arrive on time to get your spot!

Wednesday, March 12 Tell Your Story! Family Workshop

3 - 5 pm
Draw colorful hands and create miniature books. Led by local artist Marion Coleman, participants will use drawing. Tell your story through art about what makes your family special and what you love about your community. All ages welcome, and all materials will be provided.

Wednesday, March 26 Preschool Art

10:15 - 11:15 am
A chance for children ages 3 - 5 to express their creativity! Be sure to wear clothes that you don't mind getting messy. Seating is limited, so arrive on time to get your spot!

Wednesday, March 26 Make a Shrinky Dink Necklace

3:30 - 4:15 pm
Make your own special shrinky dink necklace. This fun, free program is for children ages 5 and up. Due to space limitations, free tickets will be handed out 15 minutes prior to the program.

Wednesday, April 9 "Creative Creatures!" Workshop

3 - 4:30 pm
Twins and teens use sewing, staples and glue to make a small stuffed creature to attach to your backpack. All materials provided. Ages 10 and up.

Niles Library

150 I Street, Fremont 510-795-2626; TTY 888-663-0660; guides.aclibrary.org/niles

Tuesdays, March 4 and 18 Preschool Art

10:15 - 11:15 am
A chance for children ages 3 - 5 to express their creativity! Be sure to wear clothes that you don't mind getting messy. Seating is limited, so arrive on time to get your spot!

Tuesday, March 18

Mosaics

3:30 - 4:15 pm
Express your creativity by making a beautiful mosaic! This free program is for children ages 5 and up. Space is limited, so please arrive a little early.

Tuesday, March 25 Tell Your Story! Family Workshop

3 - 5 pm
Draw colorful hands and creating miniature books. Join us to tell your story through art about what you love about your family and community. All ages welcome, and all materials will be provided.

Tuesday, April 8

Creative Creatures! Workshop

3 - 4:30 pm
Twins and teens use sewing, staples and glue to make a small stuffed creature to attach to your backpack. All materials provided. Ages 10 and up.

Newark Library

6300 Civic Terrace Ave., Newark 510-795-2627; TTY 888-663-0660; guides.aclibrary.org/newark

Saturday, March 1 Preschool Art with Ms. Chris

3:30 - 4:30 pm
This fun art class is for young children ages 3 - 5. Please have your child wear clothes that you don't mind getting messy! Limit to 20 children. Please obtain a free ticket to attend. Tickets will be handed out 15 minutes prior to the program. Contact Chien-Chun Chang at 510-795-2627 extension 23 or cchang@aclibrary.org for more information.

Saturday, March 8 Elephant and Piggie Day

2 - 4 pm
Children of all ages are invited to join us for the fun with Elephant and Piggie, the two popular story characters created by Mo Willems. The participants will create their own Elephant and Piggie comic stories, make Elephant and Piggie crafts, and enjoy other fun Elephant and Piggie activities. Contact Chien-Chun Chang at 510-795-2627 extension 23 or cchang@aclibrary.org for more information.

Friday, March 14 Toddler Time Special Session

11 - 11:30 am
This special Toddler Time session will include art-themed stories and an easy craft. This program is for toddlers ages 2 - 3. Contact Chien-Chun Chang at 510-795-2627 extension 23 or cchang@aclibrary.org for more information.

Saturday, March 15 Watercolor Workshop

1 - 3:30 pm
Join us for a watercolor workshop with local artist Jan Schafir. For teens and adults. Registration is required, so please call 510-795-2627 extension 7 at the library during open hours or email btelford-ishida@aclibrary.org.

Friday, March 21 Adventure Beneath the Sea!

3:30 - 4:30 pm
Presented by Kenn Adams Adventure Theater. At this interactive adventure, the audience members will make all of the sound effects, become the scenery, create the plot and jump up on stage to play the main characters. An exciting experience for children ages 6 and up! Contact Chien-Chun Chang at 510-795-2627 extension 23 or cchang@aclibrary.org for more information.

Saturday, March 22 Tell Your Story! Family Workshop

Draw colorful hands and create miniature books. Tell your story

through art about what makes your family special and what you love about your community. All ages welcome, and all materials will be provided.

Saturday, March 22 Creative Creatures! Workshop

2:30 - 4 pm
Twins and teens use sewing, staples and glue to make a small stuffed creature to attach to your backpack. All materials provided. Ages 10 and up.

Union City Library

34007 Alvarado-Niles Rd., Union City 510-745-1464; TTY 888-663-0660; guides.aclibrary.org/unioncity

Throughout March
Art IS Education Storytimes
Preschool Storytime: Tuesdays, March 4 and 11, 11 am - 12 pm
Toddler Time: Wednesdays, March 5, 12, 19 and 26, 10:30 - 11:30 am
In honor of Art IS Education, Preschool Storytime and Toddler programs will include stories about creativity and a simple craft. Storytimes are geared for children ages 3 - 5, and Toddler Times are for children ages 0 - 3 accompanied by an adult.

Sundays, March 2, 9, and 16 Journaling Workshop for Teens

1:30 - 3 pm
Starting and keeping a journal. Keeping a journal is a great way to express thoughts and feelings as well as improving reading and writing skills.

Mondays, March 3, 10, 17, 24, and 31

Music and Movement

10:30 - 11 am
Children ages 1 - 5 explore their creativity through singing, clapping, and dancing.

Tuesdays, March 4 and 18 Write Your Story - For Adults

1 - 3 pm
Write your memoir. Informal meetings to support each other and organize your thoughts for writing.

Wednesday, March 12 Workshop with Author Mary B. Morrison

6 - 8 pm
Adult writing workshop is with Mary B. Morrison, New York Times best-selling author.

Friday, March 21 Teen Henna Program

3:30 - 5 pm
Twins and teens are invited to draw their dreams - directly on to their bodies - during a special Mehndi Henna program.

Sunday, March 23 Nowruz Celebration

3:30 - 4:30 pm
This special performance by the Ballet Afsaneh celebrates the New Year (spring equinox) in Afghanistan, Iran and Tajikistan. Ballet Afsaneh presents the dance, music and poetry of the historic Silk Road networks of Eurasia. "Afsaneh" is a wonderful word, shared by the major language groups of the Silk Road, meaning "legend" or "mythic story."

Sunday, March 30 Tell Your Story! Family Workshop

2 - 4 pm
Youth and families tell their story of creativity and community by drawing colorful hands and creating miniature books. All ages welcome, and all materials will be provided. Ages 10 & up.

Indian Business and Professional Women host book reading

SUBMITTED BY SHUBHANGI VAIDYA

This year, Indian Business and Professional Women (IBPC) are hosting their annual book reading event featuring Nicholas Carr, author of The Shallows: What the Internet is Doing to Our Brains. This book explores the intellectual and cultural

consequences of the Internet on human minds based on neuro-scientific evidences. Carr has brilliantly established how we are increasingly being proficient at scanning and skimming, at the expense of our capacity to concentrate, contemplate and reflect.

"As we enjoy the Net's bounties, are we sacrificing our mind's ability to ponder and

think?" The author has addressed this thought-provoking question that will lead to an insightful and exciting debate!

Join us and listen to the author's views in person, along with a distinguished panel:

Dr. Elaine Brady, Exec. Dir: Net Worth Recovery, Inc.

Michele Bolton, Ph.D; Founding Part-

ner: ExecutivEdge of Silicon Valley

IBPC presents author Nicholas Carr

Sunday, Mar 2
2 p.m. - 4 p.m.

India Community Center (ICC)

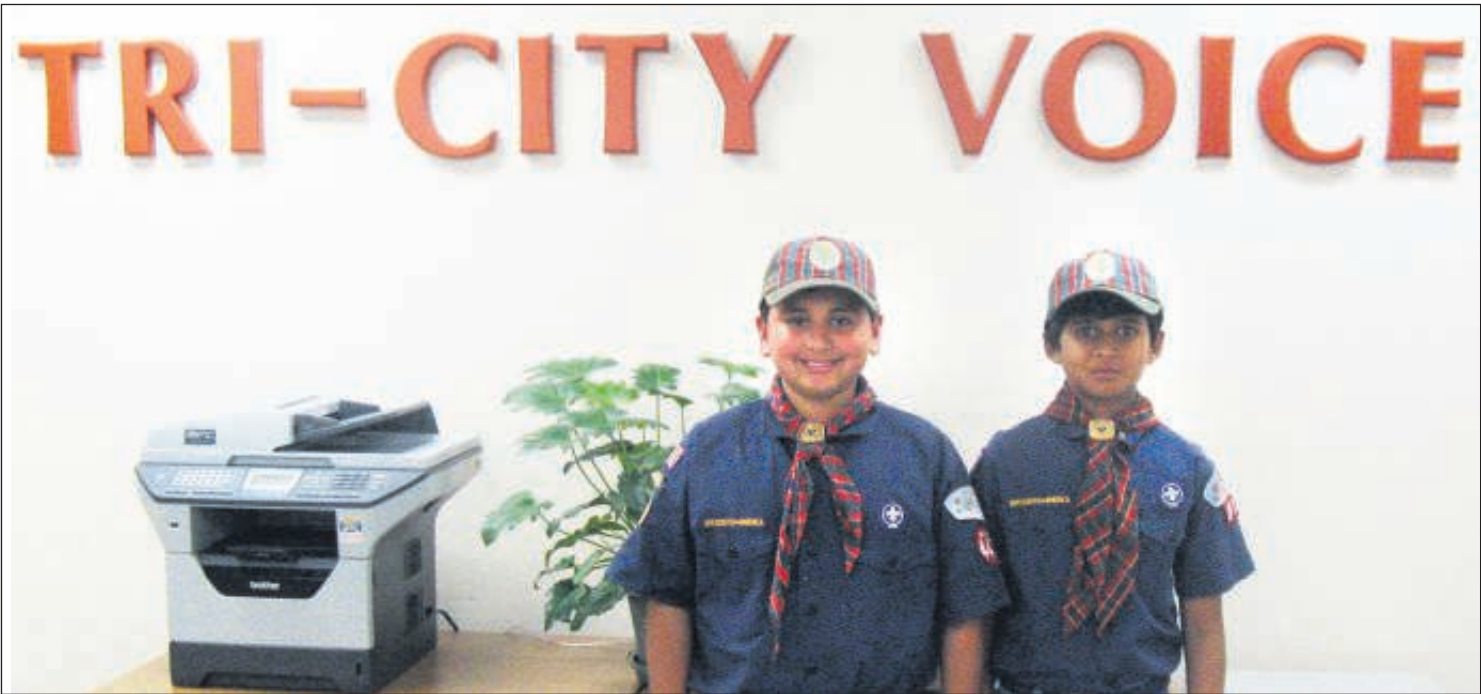
525 Los Coches Street, Milpitas

RSVP: info@ibpw.net

Free

Webelos visit
Tri-City Voice

Representing Fremont
Cub Scout Pack 477,
Den 14, Farooz Hajee
and Samardh Kanugula
visited the office of
Tri-City Voice on
February 19th to learn
about newspaper
publishing and
communication within
their community.



Rebecca Schulman (gazelle), Alan Weiner (zebra), Alan Eisenbruck (King MufAshverosh), Julie Turchin (Queen Sarabi Esther), Matthew Ballin, (Haman Scar), Pamela Ballin (Queen Vashti), Jim Cohen (zebra), Julia Gold (gazelle), Emily and Hannah Ballin (lion cubs), and Jonathan King (wildebeest) star in "The Lion King Shpiel."

'The Lion King Shpiel'
roars into town

SUBMITTED BY MARTHA GARCIA

On March 8 and 9, Temple Beth Torah's Shushan Players will perform their brand new Purim Shpiel musical entitled "The Lion King Shpiel," which is based on the animated film and Broadway musical of the same name.

The story of Purim is found in the biblical book of Esther, and is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). Purim commemorates the salvation of the Jewish people in ancient Persia from an evil plot to annihilate them, and is known for its joyous, carnival-like atmosphere.

A Purim Shpiel is an oft campy theatrical presentation of the Purim story that provides an opportunity for crowds to cheer the heroes (Mordecai and Esther) and boo the villain (Haman). Shpiels are a staple of many modern synagogue Purim celebrations, as is the case with Temple Beth Torah in Fremont. We are very excited to perform our new show for our friends and family in the Tri Cities community!

"The Lion King Shpiel" was written and directed by Laura Golden, produced by Greg Ravenscroft, and choreographed by Janette Buechler. The program will offer audiences an intimate, theater-in-the-round style of performance that features a fantastic lineup of experienced lead performers, including Washington High School drama teacher Matthew Ballin as the villain Haman Scar. As al-

ways though, our cast is extensive and comprised of ensemble performers of all ages who will be up on the stage representing and entertaining our local community. Another exciting aspect of "The Lion King Shpiel" is the wonderful costumes. You will be amazed at the multitude of beautiful and intricate animal costumes and headpieces creatively designed and handcrafted by local residents Cheryl Cohen and Hannah Golden.

Tickets for "The Lion King Shpiel" are on sale now at <http://www.tbtpurimshpiel.com>. There will be two performances only at Temple Beth Torah on Saturday, March 8 at 8:00 p.m., and Sunday, March 9 at 12:30 p.m.

All seating is reserved, with ticket prices at \$50 for front row VIP seats, and \$15 for all other seating.

For additional information, please call Temple Beth Torah at (510) 656-7141 or go to <http://www.bethtorah-fremont.org>.

The Lion King Shpiel
Saturday, Mar 8
8:00 p.m.
Sunday, Mar 9
12:30 p.m.
Temple Beth Torah
42000 Paseo Padre Pkwy., Fremont
(510) 656-7141
<http://www.tbtpurimshpiel.com>
Tickets: \$15 general or \$50 VIP

Teen holds
fundraiser



SUBMITTED BY AL BRUCKNER

Allison Bruckner became a Bat Mitzvah (A "coming of age" ceremony in the Jewish tradition), on February 15, 2014. As part of this process, she needed to complete a community service activity. Combining her love of basketball and her dislike of cancer, she created a free throw shoot-a-thon to raise money for the American Cancer Society, soliciting support from family and friends.

At the Silliman Center in Newark, on January 19, 2014, Allie laced up her sneakers and sank 84 shots in 30 minutes, raising over \$1,100! On February 18th, she presented these funds to Tulin Melton, Vice President of Community Engagement for the American Cancer Society.

Nominations
sought for
alumni awards

SUBMITTED BY CAL STATE
EAST BAY ALUMNI ASSOCIATION

Cal State University East Bay has issued a call for nominations in the categories of Distinguished Alumni and Distinguished Young Alumni, for 2013-14. The awards are given in recognition of the University's most outstanding alumni.

Members of the university community are invited to nominate one or more alumni for consideration. Nomination forms must be received by Friday, March 7 at 5 p.m.

The form and information can be accessed at: bit.ly/1kSRwXv

Submit nomination forms to: Penny Peak, Director, Alumni Relations, Cal State East Bay, 25800 Carlos Bee Blvd., Hayward, CA 94542-3004; Fax: (510) 885-4691; Email: penny.peak@csueastbay.edu. For questions, please contact Penny Peak at (510) 885-4156.

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Eric Olsen
Physician (In Training)



Alan Olsen, CPA
Father and GROCO
Managing Partner



Charlotte Olsen
Teacher (in training)



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ON TIME SIGNS

continued from page 1

Famed Mandalorian warrior joins the Empire: worldwide exhibition extended

Since debuting on screen in “Star Wars: Episode V The Empire Strikes Back,” Boba Fett has developed a strong following among fans of the famed franchise. As the exhibition heads into its final months at the museum, guests, fans, and Jedi Masters far and wide will get the chance to see Boba Fett up close before the exhibition bids farewell for the last time.

The international exhibition also features the Yoda puppet, C-3PO, R2-D2, the three-section Darth Vader helmet from Revenge of the Sith, as well as the models of the X-wing and the “Millennium Falcon.” There are also costumes for Mace Windu, Princess Leia, Anakin Skywalker, Obi-Wan Kenobi and the Stormtroopers, and Lightsabers belonging to Luke, Obi-Wan, Darth Maul and Count Dooku.

In addition to hands-on design labs where you can engineer Droids™ and defy gravity, guests will have the opportunity to drive an actual hovercraft. Fans of the saga will also recognize the full-size

replica of the cockpit of the Millennium Falcon™ from “Star Wars: Episode IV A New Hope.” For an additional fee, visitors can experience a virtual jump to lightspeed during a four-and-a-half minute presentation narrated by Anthony Daniels, the actor who portrayed C-3PO.

Tickets for the blockbuster exhibition are on sale now through March 23. For more information about the exhibition, go

to <http://www.thetech.org/plan-your-visit/special-exhibitions/STAR-WARS#Overview>. “Star Wars®: Where Science Meets Imagination,” presented by Bose Corporation®, was developed by Boston’s Museum of Science in collaboration with Lucasfilm Ltd. and the exhibition makes use of an extensive archive collection on loan from the Lucas Cultural Arts Museum.

Star Wars: Where Science Meets Imagination
Through Sunday, Mar 23
10 a.m. - 5 p.m.

The Tech Museum of Innovation
201 South Market St., San Jose
(408) 294-8324
thetech.org
Tickets: \$13 - \$27

The Joshua Project Comes to Fremont

SUBMITTED BY
LISA MARIE WILSON

Joshua Goldenberg is blind. In 2011, when he was seven years old, he asked his parents why store signs were not created in Braille to help him read about items when on family shopping trips from his home in Simi Valley, CA. A youngster’s question was actually part of a larger issue: “How will Joshua and the millions of visually impaired people just like him be able to lead truly independent lives if they cannot shop for themselves?”

Through Joshua’s and his parent’s efforts in their spare time at the kitchen table, that simple request turned into a non-profit organization that provides Braille signs and audible scanners to Whole Foods Market stores. Three years later, The Joshua Project Foundation and Whole Foods Market Fremont have part-

nered to provide Braille labels on the grocery aisles and in the produce section, to create an informative shopping experience for people who are blind or visually impaired.

Founded by Joshua Goldenberg with his parents, Evan and Christie, the foundation is an effort to bring awareness to the importance of Braille, and enhance an independent atmosphere for the blind and visually impaired. The Joshua Project provides quick, simple and flexible tools for any business to accommodate customers with visual impairment including Braille format store directories, aisle markers and product labels.

On Friday, February 21st, a group of students from the California School for the

Blind in Fremont met Joshua and his parents at Whole Foods to talk about the new service, share a celebratory cake and inaugurate the new system which includes a store guide, aisle guides, product labels and two scanners to provide audible details about store items.

All grocery stores and businesses are welcome to contact the Joshua Project for information and assistance.

The Joshua Project
www.thejoshuaprojectfoundation.org

- ☒ Schedule vaccinations
- ☒ Make appointment with allergist
- ☒ Contact nutritionist



Our team handles your health care, because you have enough on your plate. Or is it off the plate?

At Washington Township Medical Foundation, we know all about the joys of parenting. That's why our pediatric practice is designed to make managing your child's health care as easy as possible. Our staff of pediatric specialists works hard to ensure your child's clinic visit is pleasant and efficient. Just as important, they help coordinate all of your child's health care needs. The pediatrician you choose will be responsible for the care of your child as he or she grows and develops. When your child finally becomes an adult, we can help you select a WTMF board certified family practice physician

or internist. Because we're a group practice, there will always be a doctor available for same-day appointments when your child is sick. We also have pediatric consultants available by phone 24 hours a day, 7 days a week. Should your child ever require hospital services, you can receive care at Washington Hospital, our award-winning institution, right in the community. Call us to schedule a complimentary appointment to meet our physicians. We're certain choosing a WTMF pediatrician will be one of the easiest choices you'll make as a parent.



To find out more, visit our website at www.mywtmf.com or call (866) 710-9864.