



100 years of joyful living

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'Rosencrantz & Guildenstern Are Dead'

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Oakland Airport Connector avoids traffic hassles

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TRI-CITY VOICE

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Blazing a trail to success

By Sara Giusti
PHOTOS COURTESY OF CBC

Spring is here, and with the bright days and warmer evenings, Citizens for Better

Community (CBC) celebrates another year of service at their 22nd annual Spring Celebration fundraiser.

For 23 years, CBC has been representing, bringing awareness to, and building commu-

nity for Chinese-Americans in the Tri-City area. Founded at a time when Fremont lacked Chinese representation, CBC today is not just a Chinese-American organization, but a unique and essential part of the com-

munity as a whole, providing education, health, and cultural outreach programs to the entire community. Senior citizen outreach, community service, or communal events, such as their annual Fourth of July Barbecue, are just a few of the ways CBC supports the Tri-City area.

CBC's annual "Spring Celebration" is the organization's primary fundraiser. This year, funds from the gala will benefit CBC's Toastmasters Youth Leadership Program, Internship Program, cultural programs (e.g. Moon Festival, Chinese New Year Celebration with Fremont Library), and financial aid to other local nonprofits.

Entertainment for the evening includes music performances by CBC's own Dr. Herbert Chiu and Idea band, a special erhu performance (a two stringed bowed instrument, also nicknamed the "Chinese violin"), and a surprise percussion performance with selected community members. A dance will follow closing remarks.

The gala's emcee is CBC Board Member Colonel Garrett Yee. Speakers include Citizen of the Year Phong La, Fremont's former Human Relations Commissioner, also ap-

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Putting spice into life

ARTICLE AND
PHOTOS BY JULIE GRABOWSKI

Once considered to be an expensive, luxury good in close company with gold and precious stones, spices nowadays are readily available to anyone. They may have shifted from ancient uses in the crowning of emperors, creation of medicines and perfumes, religious ceremonies and embalming the dead, but spices still play a huge role in the modern world, certainly for those looking for an outstanding meal.

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Courage

SUBMITTED BY ABHINAYA DANCE COMPANY
PHOTOS BY BIPIN THAKKAR

Abhinaya Indian Dance Company announces their upcoming performance of "Courage" featuring Abhinaya's Associate Artistic Director and Principal Dancer Rasika Kumar. This 90-minute solo Bharatanatyam Indian classical dance with five vignettes depicts the resilience of the human spirit. "Courage" takes place Sunday, March 30 at the Indian Community Center in Milpitas.

Mythili Kumar founded the Abhinaya Dance Company of San Jose in 1980 to present innovative and professional-quality performances of

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Yoga Classes Help Moms-to-be and New Moms Balance Body, Mind and Spirit

Since she was a child, Fremont native Mona Heir has been fascinated with the movement of the human body. She was inspired by activities like creative movement and ballet. But, it was not until she went off to college that she found her true love—yoga, which she has practiced for more than 12 years. When Mona was pregnant with her 3-year-old daughter Elika, she found practicing yoga to be more important than ever.

“During my pregnancy, I had very little energy and began feeling excruciating pain in my back, to the point that I couldn’t walk for several weeks,” related Heir. “I tried pain medication but wanted a solution without medicine. So, I arranged for a yoga instructor to come to my house. After just a few sessions, I could feel the difference.”

Today, Heir teaches yoga classes designed especially for new mothers and mothers-to-be through Washington Hospital’s Maternal Child Health program. Classes are held at the Hospital’s Maternal Child Education Center at 3639 Beacon Ave. in Fremont.

Prenatal classes promote flexibility, strength, improved posture and balance. The Postpartum Yoga classes help new moms return to fitness and relieve stress.

Prenatal Yoga classes are held on Tuesdays from 11 a.m. to 12 noon and on Saturdays from 10:30 a.m. to 11:30 a.m. Postpartum Yoga classes are on Saturdays from 12 noon to 1 p.m. For fees and more information, visit www.whhs.com/childbirth-classes or call (510) 818-5040.

“I’ve received immense benefits from the practice of yoga, and I want to share these powerful gifts with others,” Heir said.

Mind and body practice

Most of us associate yoga with a set of physical poses that have unusual names, like “downward-facing dog” or “warrior pose.” The National Institutes of Health (NIH) describes it as a mind and body practice with historical origins in ancient Indian philosophy.

“Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques and meditation or relaxation,” states the NIH on its Web site.

While she was pregnant and after the birth of her baby, Heir built a foundation in Kundalini yoga. This is said to be one of the more spiritual types of yoga, going beyond the physical performance of poses with an emphasis on breathing, meditation and gestures. Heir is a certified Kundalini yoga instructor and teaches it to her classes.

“The postures of Kundalini yoga enabled me get through the discomfort and anxiety I felt during pregnancy. It also helped me heal my back,” she recalls. “I am very passionate about sharing it with other women, and I’ve had great feedback in my classes.”

This style of yoga isn’t just for women before and after birth, Heir pointed out. It is powerful for both men and women, addressing a variety of issues related to health and fitness, such as strengthening and stress reduction.



Mona Heir (above) teaches yoga classes designed especially for new mothers and mothers-to-be through Washington Hospital’s Maternal Child Health program. Classes are held at the Hospital’s Maternal Child Education Center at 3669 Beacon Avenue in Fremont. To find the right class for you, visit us online at www.whhs.com/childbirth-classes or call (510) 818-5040 for class descriptions, dates and fees.

A positive experience

“I have witnessed a lot of healing and positive change in people’s stress levels both as a student and a teacher of yoga,” observed Heir. “Most people have such a wonderful feeling of well-being after practicing. It is a very positive experience.”

That’s why she was so excited when Washington Hospital asked her to teach prenatal and postpartum classes through their Maternal Child Health program.

“With my first-hand experience, both as an expectant mom and a teacher, I felt strongly that I could adapt my program to fit the needs of pregnant women,” she added. “Practicing yoga during pregnancy is one of the greatest gifts a woman can give herself.”

Benefits for moms

According to Heir, yoga has benefits that address many of the problems women experience during pregnancy. This includes muscle fatigue, swelling around the joints, low back pain and sciatica, indigestion and difficulty sleeping. The practice enables women to strengthen their pelvic floor in preparation for giving birth. Heir also believes it helps women prepare in ways that are beyond the physical.

“Yoga prepares you mentally and emotionally to give birth by helping you build your spirit and endurance,” she explained. “I’ve seen women tap into a positive attitude that says, ‘I can do it.’”

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



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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
	03/18/14	03/19/14	03/20/14	03/21/14	03/22/14	03/23/14	03/24/14
12:00 PM 12:00 AM 12:30 PM 12:30 AM	Living Well with Diabetes: Overcoming Challenges	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Deep Venous Thrombosis	Hip Pain in the Young and Middle-Aged Adult	Strengthen Your Back! Learn to Improve Your Back Fitness	Raising Awareness About Stroke	Minimally Invasive Hip Replacement
1:00 PM 1:00 AM	Minimally Invasive Treatment for Common Gynecologic Conditions	Washington Women's Center: Cancer Genetic Counseling	Voices InHealth: Healthy Pregnancy	Women's Health Conference: Age Appropriate Screenings	Minimally Invasive Surgery for Lower Back Disorders		Your Concerns InHealth: Senior Scam Prevention
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	Learn If You Are at Risk for Liver Disease	Varicose Veins and Chronic Venous Disease	Your Concerns InHealth: Senior Scam Prevention	Do You Suffer From Anxiety or Depression?		Diabetes Matters: Back to the Basic Keys for Success
2:30 PM 2:30 AM	Minimally Invasive Surgery for Lower Back Disorders					Raising Awareness About Stroke	
3:00 PM 3:00 AM	Sports-Related Concussions	Turning 65? Get To Know Medicare	Sports-Related Concussions	Diabetes Matters: Strategies for Support	Diabetes Matters: Strategies for Support		Diabetes Matters: Strategies for Support
3:30 PM 3:30 AM	Diabetes Matters: Strategies for Support					Raising Awareness About Stroke	
4:00 PM 4:00 AM	Turning 65? Get To Know Medicare	Raising Awareness About Stroke	Community Based Senior Supportive Services	Kidney Transplants	Kidney Transplants		Shingles
4:30 PM 4:30 AM	Superbugs: Are We Winning the Germ War?					Don't Let Hip Pain Run You Down (New)	
5:00 PM 5:00 AM	Diabetes Matters: Top Foods for Heart Health	Treatment Options for Knee Problems	Important Immunizations for Healthy Adults	Diabetes Matters: Vacation or Travel Plans?	Washington Township Health Care District Board Meeting March 12th, 2014		Washington Township Health Care District Board Meeting March 12th, 2014
5:30 PM 5:30 AM	Washington Township Health Care District Board Meeting February 12th, 2014					Get Back On Your Feet: New Treatment Options for Ankle Conditions	
6:00 PM 6:00 AM	Wound Care Update	TDiabetes Matters: Diabetes Viewpoint	Don't Let Hip Pain Run You Down (New)	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
6:30 PM 6:30 AM	Fitting Physical Activity Into Your Day					Arthritis: Do I Have One of 100 Types?	
7:00 PM 7:00 AM	Do You Have Sinus Problems?	Keeping Your Heart on the Right Beat	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Keys to Healthy Eyes	What You Should Know About Carbs and Food Labels		Superbugs: Are We Winning the Germ War?
7:30 PM 7:30 AM	Do You Have Sinus Problems?					Keeping Your Heart on the Right Beat	
8:00 PM 8:00 AM	Do You Have Sinus Problems?	Keeping Your Heart on the Right Beat	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Keys to Healthy Eyes	What You Should Know About Carbs and Food Labels		Superbugs: Are We Winning the Germ War?
8:30 PM 8:30 AM	Do You Have Sinus Problems?					Keeping Your Heart on the Right Beat	
9:00 PM 9:00 AM	Do You Have Sinus Problems?	Keeping Your Heart on the Right Beat	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Keys to Healthy Eyes	What You Should Know About Carbs and Food Labels		Superbugs: Are We Winning the Germ War?
9:30 PM 9:30 AM	Do You Have Sinus Problems?					Keeping Your Heart on the Right Beat	
10:00 PM 10:00 AM	Do You Have Sinus Problems?	Keeping Your Heart on the Right Beat	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Keys to Healthy Eyes	What You Should Know About Carbs and Food Labels		Superbugs: Are We Winning the Germ War?
10:30 PM 10:30 AM	Do You Have Sinus Problems?					Keeping Your Heart on the Right Beat	
11:00 PM 11:00 AM	Do You Have Sinus Problems?	Keeping Your Heart on the Right Beat	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Keys to Healthy Eyes	What You Should Know About Carbs and Food Labels		Superbugs: Are We Winning the Germ War?
11:30 PM 11:30 AM	Do You Have Sinus Problems?					Keeping Your Heart on the Right Beat	

Taking a Proactive Approach to Treating Osteoporosis

Learn About Treatment Options at Free Upcoming Education Session

Osteoporosis is a metabolic bone disease that is often silent. An individual may not realize he or she has osteoporosis until they sustain a fracture, likely caused by a fall. While significant bone density loss cannot be reversed, early awareness with preventive action can slow its progress.

"It's important to understand that progressive loss of bone density over time in is a natural result of the skeletal system as it ages, but accelerated bone density loss seen in osteoporosis can be managed and slowed with pro-active treatment," said Kari Robertson, a certified physician assistant who specializes in orthopedics and sports medicine with the Washington Township Medical Foundation.

Part of the Healthy Knowledge at Noon Education Series, Robertson will present a free education session titled: "Osteoporosis and Women" on Monday, March 24, from Noon to 1 p.m. at the Washington Women's Center Conference Room located at 2500 Mowry Avenue, 1st floor, (Washington West) in Fremont.



Robertson, who has a master's degree in physician assistant studies and a master's degree in biomechanics, will discuss the causes of osteoporosis including; how the disease is diagnosed, DEXA scans, treatments, complications of the disease and, most importantly, what steps to take to delay or slow down the progress osteoporosis. Informational material to take home will be available for program participants.

While the presentation focuses on osteoporosis in women, men also suffer the disease in smaller numbers and are welcome to attend the lecture. Much of the material in the presentation applies women specifically, but the diagnosis and treatment of osteoporosis is quite similar across the spectrum of both sexes, Robertson said.

"Everyone will suffer from bone loss if you live long enough," Robertson said. "In women it often occurs after menopause with the loss of estrogen and similarly it can occur in men with the loss of androgen," she added.

Other causes of osteoporosis may include alcoholism, high doses and long term use of corticosteroids, tobacco abuse and, less commonly, genetic disorders, extensive immobilization from an accident or illness, rheumatoid arthritis, celiac disease, anorexia, and medications such as blood thinners and certain medications used to treat depression.

Osteoporosis often is most commonly diagnosed by a combination of the following; bone density scans (DEXA), x-rays of the spine, family history, fracture history, current medications, and or changes seen in an individual's posture or stature over time.

Robertson emphasizes that it is important to be proactive and approach the disease before it appears as a fracture or other skeletal issue such as spinal compression.

"I recommend that patients first have a conversation with their physician or endocrinologist about their potential risk for osteoporosis," she says.

Tips for Prevention

Robertson will share some prevention recommendations that can help reduce your risk which include; instituting weight-bearing exercise, ensuring adequate calcium and Vitamin D intake, stopping smoking, limiting alcohol consumption, and minimizing risk for falls. She will also discuss how to fall-proof your home and how to assess your risk for falls.

While less common, osteoporosis can occur in younger women before the onset of menopause. This is usually due to secondary causes which can be a result of calcium or Vitamin D deficiency, uncommon fragility fractures, eating disorders, or metabolic disease. Bone density scans are not recommended for younger women without a specific medical reason or suspicion for osteopenia or osteoporosis. However, Robert-

Kari Robertson, PA-C, a certified physician assistant who specializes in orthopedics and sports medicine with the Washington Township Medical Foundation will present a free education session titled: "Osteoporosis and Women" on Monday, March 24, from Noon to 1 p.m. at the Washington Women's Center Conference Room located at 2500 Mowry Avenue, 1st floor, (Washington West) in Fremont. Robertson will discuss the causes of osteoporosis including; how the disease is diagnosed, DEXA scans, treatments, complications of the disease and, most importantly, what steps to take to delay or slow down the progress osteoporosis. Register online at www.whhs.com/event/class-registration.

son again emphasized the importance of discussions with one's physician to assess risk and determine preventive treatments.

"Individuals need to be their own health care advocates with their physicians," Robertson said. "It is important to understand the disease — that it can progress irreversibly without any visible signs — and that early, simple preventive actions can delay its onset and slow it down."

Learn More About Osteoporosis

To register for the upcoming seminar, visit www.whhs.com/event/class-registration or call (800) 963-7070. To learn more about the wide variety of programs and services at the Washington Women's Center, visit www.whhs.com/womenscenter.

Washington Hospital's Outpatient Rehabilitation Center Helps People Regain Strength and Flexibility

If you have a pain in the back, trouble bending your knees or are contending with a sports injury, the Washington Hospital Outpatient Rehabilitation Center can help you regain your mobility and improve your strength.

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assistants who are skilled at providing the latest techniques for alleviating painful conditions including arthritis and sports injuries. They also assist with post-surgery reconditioning including knee, shoulder or hip replacement, tendonitis and tendonitis. (Tendonitis is the inflammation

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Sharmi Mukherjee, MPT, DPT, physical therapist and director of the Washington Outpatient Rehabilitation Center, develops individualized treatment plans for patients who are injured or recovering from serious illness so that they can improve their physical abilities and get back to their regular lives. To learn more about the services offered at the Washington Outpatient Rehabilitation Center, visit www.whhs.com/oprehab.

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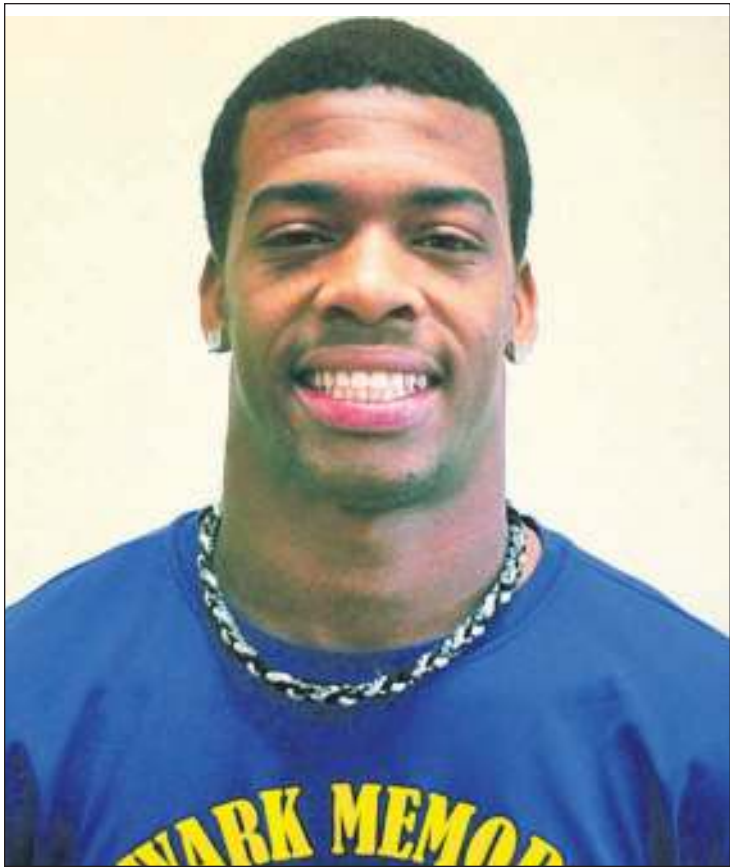
Athlete of the Month

Arthur J. Ting, MD
Sports Medicine & Orthopedic Surgery
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Sports Medicine specialist Arthur Ting, M.D. features a male and a female student “Athlete of the Month” selected by athletic directors and coaches from schools located in the Tri-CityVoice readership area. Each month, both athletes will represent the same school.

Ni’yesha Brown and Marlin Hess, Seniors at Newark Memorial High School, have been selected to receive Athlete of the Month honors. Newark Memorial High School Cougars Athletic Director is Rachel Kahoalii.

Marlin Hess



He is the guy concentrating with deep, even breathing before each match; and usually smiling after he leaves the mat. Marlin Hess is a senior at Newark Memorial High School (NMHS) and this month's Tri-City Voice male student athlete. As a wrestler on the Cougar varsity wrestling team, he competes primarily in the 132 pound weight class.

Hess played football and was a runner in track events who de-

cided to give wrestling a try. He admits that the fact that Newark's head wrestling coach, Tim Hess, is also his father might have had something to do with it. Growing up with in an active family probably contributed as well. Besides his father who wrestled, played football and baseball and mother, Kelly Hess, he has three siblings: Isaac and Christina, younger brother and sister and an older sister, Alyssa, a

champion wrestler and water player who graduated from NMHS in 2010 and now participates in collegiate water polo.

Hess has an enviable record of 35-11 with 15 pins and 11 major decisions. When asked about strengths on the mat, Hess believes he is most formidable when facing his opponent in the “neutral,” standing position, looking for a takedown and control. This year, his team, the Cougars record in the

Mission Valley Athletic League (MVAL) was 4-2 and 10-11 overall.

Government and Economics are Hess’ favorite subjects. Following graduation, he would like to attend Chabot Community College, transfer to a four year college and earn a degree in Special Education. He would also like continue wrestling.

Hess’ father is his role model because he is always there for him, as a coach or as just Dad.

He enjoys listening to all kinds of music and likes sampling different types of food. When not involved with sports or school work, Hess enjoys drawing, hanging out with friends, playing video games and texting. Fitting for a fierce and passionate grappler and competitor, Hess’ favorite movie is The Lion King.

As a winner on the mat, in school and in life, Hess just keeps smiling.

Ni'yesha Brown



competitive nature make it difficult, at times, to concentrate on those strategies.

Brown has a big cheering section including Mom, Reeshamah Brown, Dad, William Brown and Step Dad Travis Smith. She has two younger sisters, Sharia Brown who attends Newark Junior High School and Zakoiyah Smith at Bunker Elementary School. Sharia also plays volleyball and basketball; she says that Zakoiyah may be the best athlete of them all. Ny admires and tries to emulate Michael Jordan and LeBron James because of their work ethic and never-give-up approach.

Favorite subjects in high school are English and Social Science. Ny is hoping for a university scholarship to pursue a career in kinesiology while continuing to play basketball and volleyball.

Her hero and role model is her mother who has been there for her through good times and bad, with unconditional love and protection. She says her mom is definitely her #1 fan. Brown likes to “hang out” and set aside quality time with her family and two friends, Clara and Yaya. She enjoys pasta, all types of music; her favorite movie is “Daddy's Little Girls.”



Ni’yesha “Ny” Brown has been named female student athlete of the month. At 5' 10”, Brown plays on the Cougars' girl's basketball team for Head Coach Darryl Reina as a shooting or off guard.

She started playing basketball in the third grade and has participated in AAU (Amateur Athletic

Union) basketball for seven years in addition to four years on the NMHS varsity squad. During the off season, Brown plays club volleyball. She plans to continue to participate in both sports.

Ny feels her one of her strengths on the hardwood is coordinating team movement although her quick moves and

Before each game, Brown prays for guidance, protection and the mental stability to focus on the game. Brown thanks her family, her God Parents,

Shanisse and Joe, and her coaches for all their help as she continues to mature as a person and athlete.

Athletic Trainers Practice Act

On February 19, 2014, the California Athletic Trainers' Association (CATA) with Assemblymember Ed Chau (D-Monterey Park), introduced AB 1890 otherwise known as the “Athletic Trainers Practice Act.”

The cost-neutral bill would regulate athletic trainers and prohibit any person without the proper credentials from engaging in the practice of athletic training.

Athletic trainers are uniquely qualified physical medicine and rehabilitation specialists who work at schools, hospitals, military facilities, clinics, corporations and more. They provide acute injury treatment, a continuum of care from injury and illness prevention and return-to-activity clearance for athletes and other physically active individuals.

Despite the vital role athletic trainers play in our safety, the lack of regulation creates a great risk that people who have lost or are unable to obtain licensure in other states will come to California to

practice, putting the public in danger and degrading the standards of the profession as a whole.

Nowhere else is this more crucial than at the secondary school levels. As kids begin to specialize in a particular sport there has been a growing incidence of serious injuries and complications resulting from overuse and intensive over-training.

The bill is designed to be cost-neutral (meaning no cost would be passed onto taxpayers), with all fees associated with applications and renewals covering the costs of maintaining the bill. Essentially, athletic trainers will be paying for their own licensure.

AB 1890 would directly impact the safety of athletes and consumers by mandating specific requirements for licensure:

- Must have completed athletic trainer certification eligibility requirements from an athletic training education program at a four-year college

or university approved by the Athletic Training Licensing Committee

- Must pass a comprehensive nationally accredited certification exam approved by the Athletic Training Licensing Committee
- Must possess an emergency cardiac care certification
- Pay application fees established by the Athletic Training Licensing Committee

The bill would also specify that a license expires in two years and is subject to renewal upon payment of a renewal fee and the completion of continuing education hours in order to keep athletic trainers' knowledge and skills current.

Source: California Athletic Trainers' Association

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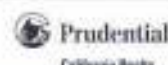


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continued from page 1

Putting spice into life

Basil, oregano, thyme – these are all familiar staples of most household kitchens. But what about chervil, Ajwain seeds, mace, zaatar and fenugreek seeds? Shaking up your spice rack is an opportunity to rock your culinary world; a privately held, self-funded spice company right here in Fremont is making sure everyone has that option.

Founders and operators of Spicely Organics, husband and wife team John Chansari and Clara Bonner



live by the old adage “variety is the spice of life” quite literally; a variety of spices, that is. Chansari comes from a multi-generation family business in the spice trade. Of Iranian decent, where spices are a prominent part of the culture, he grew up in Sweden and moved to Los Angeles in 1998, then to the Bay Area.

Bonner was born in New Orleans and grew up in a family of cooks. Her culinary background and that of her city inspired a deep love for food, especially Creole and Cajun cuisine. Bonner has also lived in California since 1998; she and Chansari met here and started Spicely Organics in Menlo Park in 2002.

Chansari and Bonner were a two-man operation working out of their apartment kitchen until they moved the company to Union City in 2004 where they hired their first employee. They used the smaller food grade production facility until 2009 when the need for more space prompted a move to their current Fremont location in 2010, just down the street from City Beach. Fremont is ideal because of its central location and proximity to the Port of Oakland. The spice factory, where Spicely’s products are packaged for sale, occupies just a bit less than 30,000 square feet. They have also expanded to 50 employees, half working in production and the other half in the office.

India is the world’s largest producer of spices and Spicely’s main provider, but the company works with countries all over the world including Turkey, South America, China, and Egypt. They are a direct importer, a fact that according to Bonner makes all the difference. She says there are many middle men in the spice industry, the product moving through several hands and locations before arriving at its final destination. Not so with Spicely. They work directly with farmers and small producers ensuring a direct line of delivery along with the assurance of



quality products.

Spices must be processed before their arrival in the U.S., undergoing lab testing and sterilization in their country of origin. A process, called steam sterilization, is used assuring an efficient, safe, and natural method; it employs a combination of air pressure and superheated water to eliminate bacteria and germs while preserving high quality. Spices are then shipped to the Port of Oakland where the United States Department of Agriculture (USDA) inspects the cargo to ensure it meets health codes. The product can be held for one to two months before it is released to Spicely. After clearance by authorities, the port ships the goods to Fremont; Spicely ships the product to yet another lab to make sure it is up to their personal company standards. Twenty-two to 55 pound bags are then repackaged into Spicely containers, both by hand and machine.

According to Bonner, their job is to offer diversity and variety. She says that typically about 40 spices are offered at your local grocery store. And, while that might sound like plenty of choices to some, Bonner disagrees. “You should be able to find every spice in the spice index.” Spicely currently offers over 200 spices and blends... and counting. When asked about popular spices, she says, “That’s for you to decide.”

Customer input plays a big role in the continuing evolution of Spicely. The company transitioned to organic in 2006, due not only to a change in Chansari and Bonner’s eating habits, but also to customer feedback. Their spices are now USDA organic, gluten-free, kosher, 100 percent vegan, and Fair Trade certified.

Spicely opened a storefront in San Francisco in 2012 where listening to customers once again broadened their original path and moved them be-



yond the spice jar. “The store was an incubator to encourage tea and chocolate,” says Bonner. She and Chansari collaborated with a local chocolatier who specializes in organic ingredients and developed recipes for chocolate infused with Spicely’s pre-existing spice blends and tea blends. The tea and chocolate line were launched in November 2013, offering 120 organic loose leaf teas and 30 to 40 chocolate varieties. The tea is also packaged at the Fremont factory, but chocolate is processed in another local plant to avoid cross contamination.

Spices are the passion, the foundation of the company, but they hope to branch out and continue to explore, says Online Marketing & Social Media representative Olivia Maki. “We’re constantly trying to expand. We spend a lot of time researching and developing recipes, offering new spices.” And as they love customer input and customers love variety, a world of possibility awaits.

Spicely products are available primarily through retail grocery stores in California including Whole Foods, Raley’s, and Andronicos, as well as online. A full description of spices can be found on their website along with recipes and a blog. Visit <http://spicely.com/> to learn how to put some spice into your life.



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continued from page 3

Washington Hospital's Outpatient Rehabilitation Center Helps People Regain Strength and Flexibility

of a tendon; tendonosis is the degeneration of a tendon's collagen). The therapists also work with patients who may need vestibular rehabilitation to improve their balance, or who have lumbar (lower back) or cervical (neck) injuries.

The Center also provides occupational therapy for people suffering from carpal tunnel syndrome or repetitive stress.

"We provide one-on-one care and individualized attention. Each patient is assigned to a specific therapist who creates a customized program," explains Sharmi Mukherjee, MPT, DPT, Director of the Washington Outpatient Rehabilitation Center. "Our individualized plans focus on the specific muscles which need to be stretched and strengthened."

She adds, "Our therapists provide both guidance and encouragement and make sure that our patients receive the highest level of care."

In most cases, during as few as eight or 10 sessions with the physical and occupational therapists at the center, patients learn how to do exercises specific to their condition. They may use a combination of an exercise bicycle, exercise balls, weights and belts to work through their customized exercise program, all with guidance from a professional therapist.

Positive Results

"We are able to return patients to their functional capabilities," Mukherjee says. "They develop increased muscle strength, better balance, relief from pain and the ability to resume active lives."

At the initial visit to the center, which lasts about an hour, the physical and occupational therapists do a comprehensive evaluation of the patient. They review the patient's medications and check their vital signs, such as blood pressure and heart rate, which could affect how much exercise they can tolerate. The physical and occupational therapists also note any respiratory or

circulatory conditions that might affect the patient's ability to exercise.

"We treat the patient as a whole," Mukherjee adds, and follow up during each visit to make sure the patient is doing the exercises properly, assuring the best outcome.

"We chart each patient's progress," she continues. "We provide printouts of their exercises and help them learn to do each correctly. We focus on educating our patients so they can manage their condition and avoid triggers that might negatively affect their physical progress."

"Each treatment plan is different. Some patients may need heat or ice on a muscle, others may have been overusing a muscle and need to give it a rest," says Mukherjee.

The personalized exercise program, usually prescribed as twice a week for the first few weeks, includes stretching as well as building up the strength of a specific set of muscles. For many patients, after 10 sessions they have become skilled at doing these regular exercises, have returned to their former strength and ability and now are able to continue an exercise routine on their own at home. Most importantly, they can get back to work and life's other activities with full mobility.

To learn more about the Washington Outpatient Rehabilitation Center, visit www.whhs.com/oprehab or call (510) 794-9672.

Legacy Strength Training Program

Located within the Washington Outpatient Rehabilitation Center is the Legacy Strength Training Program. Utilizing an intensive program of slow-motion exercises on weight machines with guidance from a therapist (athletic trainer certified) clients/participants build strength in specific muscles during a 30-minute, supervised workout. To learn more about this program, call the number above.

continued from page 2

Yoga Classes Help Moms-to-be and New Moms Balance Body, Mind and Spirit

Heir has also experienced the physical and emotional healing yoga can help to bring women after giving birth.

"The birthing process can be so intense. Most women need to do a lot of healing, besides having a new baby to take care of," she observed. "In the Postpartum Yoga class, we address many of the specific concerns new moms have."

Among other things, the class helps women tone and strengthen their muscles, especially the abdomen, and also relieve joint pain and re-align the spine. The meditative aspect of the class makes a big difference as well.

"We breathe steadily for a full hour," she explained. "This helps us process our emotions, and we have nowhere else to go but relax."

As with the Prenatal Yoga class, an added benefit is the camaraderie that forms among class participants.

"We are all in about the same place in our lives, and it's a great way to talk about and share our experiences," observed Heir. "I feel so blessed, being able to lead these groups."

Learn more.

Washington Hospital's Maternal Child Education Center offers a range of classes and resources to fit the needs of pregnant and nursing mothers, as well as moms and dads looking for informative, fun ways to learn or sharpen their parenting skills. To get more information about classes, visit www.whhs.com/child-birth-classes or call (510) 818-5040. For more information about Washington Hospital, go to www.whhs.com.

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Quoted by Ralph Nader in his book "No Contest" (1996)
Oral Argument in the California Supreme Court
Instructor at Stanford University Law School in
Advanced Trial Advocacy 1995 to present
Faculty, Santa Clara University School of Law 1987
Editor, University of Illinois Law Review

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Join Fremont PD for the Run To Remember

SUBMITTED BY
GENEVA BOSQUES, FREMONT PD

Attention runners and friends of law enforcement....

On Saturday, May 10, 2014, the California Peace Officers Association (CPOA) is sponsoring a "Run to Remember" in Pleasanton, California. A Run to Remember is a family oriented community event held annually to honor and remember peace officers who have fallen in the line of duty. The event is open to all friends of law enforcement and will be held at Shadow Cliffs Regional Park in Pleasanton. The event features a 5k Run/Walk, a 10k Run as well as a Kid's Fun Run/Walk. The Kids Fun Run is a challenging 1-mile course inside Shadow Cliffs Park for kids up to 12 years old.

Outback Steakhouse will be sponsoring a BBQ following the event, which is free for all registered runners. Non-participants and family members can purchase additional lunch tickets for \$12. Partici-

pants who pre-register by Saturday, May 3rd will also receive a t-shirt. Pre-registration is \$35 for adults and \$20 for kids, but you may also register the day of the event.

All proceeds from the event will go directly to charities, including Nor Cal C.O.P.S. (Concerns of Police Survivors), an organization whose sole mission is to assist with the rebuilding of lives of surviving family members of law enforcement officers killed in the line of duty. Each year, 140-160 officers are killed in the line of duty. Their families and co-workers are left to cope with the tragic loss. C.O.P.S. has over 15,000 members and provides resources and assistance to help these families rebuild shattered lives.

We hope that you can join members of the Fremont Police Department for this fun event!

To learn more and to register online visit
<http://www.cpoa.org/ABOUT/Run-to-Remember>

To learn more about Nor Cal C.O.P.S., visit
www.norcalcops.org.

Fremont Police Log

SUBMITTED BY GENEVA BOSQUES,
FREMONT PD

Friday, March 7

Guests at the LaQuinta Inn were dining in the café when the wife's purse was stolen off her chair. The suspect is described as a Hispanic male adult, 40-50 year old, wearing a long gray coat, last seen running out of the hotel. Investigated by Ofc. Gourley.

A Hispanic male adult, wearing a black T-shirt and blue jeans ran out of Fry's Electronics with a BOSE Bluetooth speaker that he forgot to pay for. Officers flooded the area but were unable to locate him. Investigated by Ofc. Sanders.

Niles Smog had their rear storage shed broken into for the third time in a week. Estimated loss was approximately \$15k in scrap metal. Several vehicles were keyed and tires were flattened. Investigated by CSO Anders.

A homeowner got a call from her alarm company while she was away from residence stating an alarm was tripped and a male answered the phone on callback, however no men live there. Officers conduct a surround and call-out with a K9 to no avail. The house was carefully searched, but there was no apparent loss. Investigated by Ofc. Burkhammer.

About 12:15 a.m., officers were detailed to an address on Lindenwood. The female resident entered her garage and found an unknown male inside. The female retreated into her home and dialed 911. FPD Officers arrived on scene within three minutes, but were unable to locate the subject. No loss detected. Ofc. Dooley is investigating.

Saturday, March 8

Two suspects were seen by loss prevention at Raley's on Paseo Padre Parkway, putting store items into bags. One suspect fled prior to FPD arrival, but a second suspect was detained outside the store by loss prevention. Officer Romley arrested an adult male, Hayward resident, for theft.

Sunday, March 9

Unknown suspect(s) attempted to burglarize a vehicle on the 34400 block of Shenandoah Place. Ofc. Gaziano investigating.

Three Suspicious Fires in Warm Springs:

Warm Springs Elementary- Baseball field snack shack

Warm Springs Elementary Community Park-Men's/Women's bath-

rooms

James Leitch Elementary School – Portable classroom near the play structure

At approximately 2:40 a.m., dispatch received a 911 call of a fire at Warm Springs Elementary. The call was transferred to Fremont Fire. Shortly thereafter, dispatch received a call from a neighbor near James Leitch Elementary who reported he heard a fire alarm at the school. Officers arrived and discovered a portable classroom was on fire. While investigating the first two fires, a third fire was discovered. The third fire had engulfed the bathroom structure at the Warm Springs Community Park. FPD Officers, Detective Macdonald, and FFD Fire Inspectors are working together to investigate the three suspicious fires.

Monday, March 10

Officers responded to investigate a residential burglary that occurred on the 200 block of Mill Creek Road. Unknown suspect(s) entered the residence via an unlocked door and stole jewelry. CSO Cody Investigating.

A residential burglary occurred on the 37100 block of Alexander Street. Unknown suspects entered the home by unknown means and stole jewelry and electronics. CSO Allen investigating.

Officers were dispatched to 4400 block of Dali St on the report of a prowler looking over the backyard fence into the home. The caller could only describe the prowler as a Hispanic male with slicked back hair. Incident was investigated by Officer Gentry.

Tuesday, March 11

At approximately 10:30 a.m. officers responded to the 40300 block of Strawflower Way. The resident reported that sometime over the last week her residence had been burglarized. Pry marks were located on the sliding glass patio door however entry was made into the residence via a dining room window. A pry tool was used to bend the frame of the window. The unknown suspect ransacked the master bedroom in an attempt to locate jewelry. Several pieces of jewelry were taken.

At approximately 1:10 p.m. officers were dispatched to the 3600 block of Main St to investigate a burglary that had occurred approximately five days earlier. The resident told officers that the burglary occurred on March 6th between 6:00 p.m. – 7:00 p.m. Entry to the residence was made by unknown suspect(s) who forced the front door open and broke the door jam. Nothing was missing from the residence, possibly due to an audible alarm.

Officers responded to a residential burglary on the 4200 block of McNamara Street. Unknown suspect(s) pried a window to gain entry into the home and removed a small safe. The incident occurred between approximately 10:00 a.m. – 2:15 p.m. Investigated by Ofc T. Bobbitt

Officers responded to the 4400 block of Cherrywood Ave to investigate a day time burglary. The unknown suspect(s) made entry by kicking in the front door. The loss was cash. Investigated by Ofc Hanrahan.

Officers responded to the 4800 block of Ridgewood Drive to investigate a residential burglary that occurred during the day. The point of entry is unknown. The unknown suspect(s) removed a screen, attempted to pry open windows and a door, but did not defeat it. The bedrooms in the home were completely ransacked, but the homeowners were not able to report loss at the time of the report. Investigated by CSO Allen

Officer Austin was dispatched to a citizen's arrest at Walmart on Osgood Rd. A 35 year old adult male, Fremont resident, had attempted to return stolen merchandise and was detained by Loss Prevention Officers. Officer Austin arrested the male for commercial burglary and for providing false identification to police.

Officers responded to the 4400 block of Norocco Lane to investigate a residential burglary that had occurred during the day. Entry to the residence was made through a broken kitchen window. Loss was cash. Investigated by CSO Allen.

Wednesday, March 12

CSO Aguirre was dispatched to a reported auto theft involving a red Honda motorcycle bearing license plate 20Z3849. The vehicle was taken from the assigned parking stall at 37800 Camden St. between 10 p.m. on 3/10/14 and 6:00 p.m. on 3/11/14. The incident was not reported until 3/12/14.

CSO Aguirre was dispatched to a reported auto theft involving a green 1993 Nissan Pathfinder bearing license plates 3DBZ908. The vehicle was reportedly stolen from the 3600 block Monmouth Pl between 10:00 p.m. on 3/11/14 and 8:00 a.m. on 3/12/14.

From BART Police:

Bicycle Theft – Fremont Station
March 11, 2014

At 7:10 p.m., a victim reported his \$200 dark purple Schwinn 3rd Generation 7 speed bicycle was stolen while it was unlocked at the station between 8 a.m. – 7 p.m.

Hayward Police Log

SUBMITTED BY SGT ERIC MELENDEZ,
HAYWARD PD

Wednesday, March 5

A robbery occurred in the 25000 block of Franklin St. at 3 p.m. A female victim was walking home when she was approached by two males who battered her and took her purse. The suspects were chased from the scene and abandoned the purse. The incident is being investigated by School Resource Officers.

Thursday, March 6

Officers were called to the area of Whitetree Street at 12:58 a.m. regarding suspicious subjects attempting to open doors to parked vehicles.

Responding patrol officers locate three subjects nearby who match the general description of the suspects. All three are arrested for various criminal violations.

A resident arrives home in the 29000 block of Dixon St at 11:31 a.m. and discovers three males leaving his apartment carrying out his property. The resident gets the license plate of the suspect's vehicle which is broadcast to responding patrol units. The vehicle is located and followed northbound on Highway 880. The vehicle is lost in the area of 98th Avenue in Oakland. Investigation Bureau will be following up on the case.

Friday, March 7

An arson occurred on the 22000 block of 7th Street at 4:48 a.m. HFD responded to a fire in the carport area which is deemed suspicious. HPD ar-

rives and determines that the vehicle at the point of origin had been involved in a recent custody dispute. Investigation Bureau will be following up with HFD.

Sunday, March 9

A home invasion robbery occurred at a residence in the 800 block of St Bede Lane at 8:15 p.m. The victim got into a dispute with an acquaintance who called suspects over to the location. The suspects force entry and attack the victim. Then they take property from inside the residence and drive away. Officers respond and locate the suspects as they are driving away. The suspects are identified and arrested.

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

Libraries aid Covered California enrollment

SUBMITTED BY THOMAS LI

Covered California has teamed with Libraries throughout Alameda County and other libraries across the state to assist local consumers who want to obtain quality, affordable health insurance before the March 31 enrollment deadline. The assistance is free and confidential.

“We know this is a major decision for consumers that many are still trying to make. We expect thousands of enrollees during the next few days to finish their shopping and comparisons and then decide,” Covered California Executive Director Peter V. Lee said. “We have also found that libraries throughout the state have been among the best places where consumers feel they will get trusted information and assistance to help them enroll in Covered California health insurance plans.”

Guided and trained by Covered California, more than 27,000 Certified Enrollment Counselors, Certified Insurance Agents and county eligibility workers across the state are available to help consumers enroll. Some of these trusted partners will be at Libraries throughout Alameda County to provide free enrollment assistance to consumers.

Castro Valley Library
3600 Norbridge Ave
Tuesday, Mar 18 & Mar 25
4 p.m. – 7 p.m.

Fremont Main Library
2450 Stevenson Blvd

Saturday, Mar 22, 29
11 a.m. – 2 p.m.

Newark Library
6300 Civic Terrace Ave
Saturday, Mar 22, 29
12:30 p.m. – 3:30 p.m.

San Lorenzo Library
16032 Hesperian Blvd
Wednesday, Mar 19, 26
1 p.m. – 4 p.m.

Union City Library
34007 Alvarado-Niles Rd
Tuesday, Mar 18, 25
4 p.m. – 7 p.m.

Most events will have Certified Enrollment Counselors and Certified Insurance Agents who speak English and Spanish; many speak multiple languages.

Additional library enrollment event locations and event dates and times throughout California can be found at: www.CoveredCA.com/events.

In addition to the library events, enrollment can be done online at www.CoveredCA.com, over the phone with a Covered California Service Center representative at (800) 300-1506, by mail using the paper applications available online at www.CoveredCA.com/individuals-and-families, in person at county human and social services departments, or in person with a Covered California Certified Insurance Agent or Certified Enrollment Counselor (www.CoveredCA.com/enrollment-assistance).

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What? Sharks in my backyard?

SUBMITTED BY LAURA CORREA-HERNANDEZ

The Hayward Shoreline Interpretive Center (HSIC) is pleased to present a series of community workshops about the local impacts of sea level rise during the month of March and April. Sea level rise for the Hayward shoreline is projected to be as much as 55" by the year 2100. At this level 80,000 East Bay residents are expected to be directly affected by floods and inundation.

The SF Bay Estuary – our region’s most defining geographic feature – may be even closer to your

backyard in the not-so-distant future. How will the impacts of sea level rise affect us? What will be our response? Join naturalists from the Hayward Shoreline Interpretive Center in this lively and interactive community discussion series. Representatives from the Adapting to Rising Tides Project and other partnering organizations present the most current information regarding local impacts of sea level rise.

In conjunction with the community workshops is 55" – Images of Sea Level Rise – Abstraction Meet Reality, an exhibition of images of the beauty of ice from two distinct perspectives: photographs from Oliver Klink and resist-and-pour abstract paintings by Jennifer Koney – Abstraction Meets Reality. The exhibit runs through April 12 at the Hayward Shoreline Interpretive Center. Hours are Saturday & Sunday, 10am-5pm and by appointment (510-670-7270).

Sharks in my backyard workshops
Saturday, March 22
2 p.m.

San Lorenzo Community Center
1970 Via Buena Vista, San Lorenzo

Saturday, April 12
1 p.m.
Hayward Shoreline Interpretive Center
4901 Breakwater Avenue, Hayward
(510) 881-6700

New Haven Board of Education update

SUBMITTED BY NEW HAVEN UNIFIED SCHOOL DISTRICT

The Board of Education on March 11 received a report from the external evaluation team that reviewed initial implementation of New Haven’s Race to the Top-District (RTT-D) grant. The District, one of only 16 nationwide winners in the U.S. Department of Education’s RTT-D competition, is receiving more than \$29 million over a four and one-half-year period, to personalize student learning, improve student achievement and educator effectiveness, close achievement gaps, and prepare all students to succeed in college and careers.

The evaluation team told the Board that the district’s summer professional development (teacher training and onsite coaching) is effective, but more time is needed for Common Core State Standards knowledge-building and deeper implementation. The team also told the Board that parents feel welcome but that there are distinctions between schools being served by the Union City Kids Zone and others.

Also, the Board:

Received a presentation from the New Haven Schools Foundation, which supports District

schools with scholarship and mini-grant programs and which contributed \$100,000 each in 2011-12 and 2012-13 to help save co-curricular and extra-curricular activities. The Foundation asked Board members to consider adding NHSF service to its official list of assignments, a matter that the Board agreed to consider at an April meeting. The Foundation also invited the Board to two upcoming events: its “Night on the Red Carpet” fund-raiser March 22 and its annual scholarship luncheon April 23.

In advance of upcoming labor negotiations, received “sunshine” proposals from the District and its three bargaining units: the New Haven Teachers Association, the California School Employees Association, and the New Haven Administrators Association.

Approved the second-interim budget report for 2013-14 and multi-year projections for 2014-15 and 2015-16.

Approved hiring a consultant to assist the district in assessing and evaluating the viability of bringing a bond measure before voters in November 2014, as a source of additional funding to replace the reductions created by the state budget crisis and economic downturn. The findings will be presented to the Board in May.

Salon Du Monde

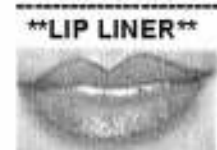


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History

Tri-City Tidings

Gigi Stengail came to Fremont with her husband Bert about 1985. Bert was an engineer, and the Stengards lived where Bert's work took them. Gigi was born in Falun, Sweden. Her father was a Baptist minister and her mother, a teacher. They were her inspiration for scholarship and assisting less fortunate people in the community.

Gigi had unlimited energy and set to work at once to help the people of Fremont, Newark and Union City. Her community work apparently started when Linda Weibel Lannon invited her to a Make-a-Wish Foundation fundraiser. She immediately wanted to help children with special needs, so she started Tri-City Treats, an annual food fair that brought restaurants from the three cities together, to benefit children.

Tri-City treats was incorporated to collect money to help child-related organizations such as Rubicon, Tri-Cities Children's Center and Sunrise Village. When Gigi left Fremont, this task was given to LOV Newark and the Newark Chamber of Commerce.

Gigi started the Tri-City Tidings magazine about the same time. She funded the magazine with support from Alameda County Water District, East Bay Disposal, Fremont Bank, Washington Hospital, Catellus, Cablevision, Commercial Bank of Fremont and other local businesses. It was distributed free



Gigi Stengai

through libraries, hotels, chambers of commerce, senior centers, etc. In seven years the circulation grew to 10,000.

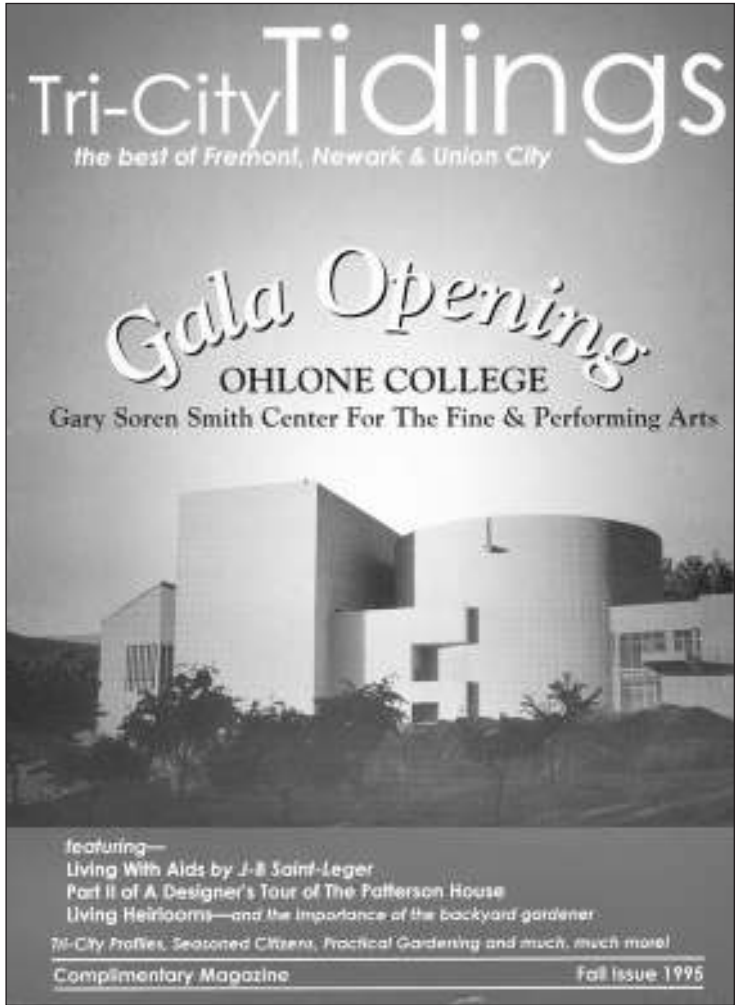
The arts received a large share of Gigi's attention. She knew how important the arts were to a community, not be ignored, even in hard times. Gigi helped Shirley Sisk with the monthly afternoon concert series, school arts program and arranged to bring Swedish professional musicians to Fremont with the help of another of her enterprises, the Scandinavian Club. The club held essay contests with cash prizes toward educational tours abroad.

Gigi encouraged other local volunteers to write articles for the Tri City Tidings magazine. Dan Archer wrote his Column "Dan Archer's



"The little Centerville Presbyterian Church

Profiles" for almost every edition. His Profiles were the first and fea-



tured article in each publication.

The 1994 Summer Edition still lists Gigi as the editor, but the Dan Archer Profile column opens with the story of Gigi Stengard. The last paragraph reads "Gigi and Bert will move to Florida in mid-May. We'll miss them both and Gigi, it won't be the same in the Tri Cities without you."

Gigi replied that she would miss her home and had strong emotions about leaving the wonderful friends she would leave behind. She stated that "they'd always be in my thoughts and prayers. I love them all and hope they love me."

An ad by the Thunderbird Inn read, "Thank you Gigi for making us your place for any occa-

porary quarters in Dirk's backyard." Gigi recognized Dirk's generous, help but wondered, "What will happen to the steeple next?"

The back cover of the magazine is an ad about "The Seventh Annual Tri City Treats Food Fair at the Newark Fremont Hilton Hotel May 15, 1994. The event featured outstanding restaurants from Fremont, Newark and Union City and wineries from the Livermore Valley. All proceeds were to benefit children with special needs. The ad closes with these words: "This is going to be Gigi's Farewell Party so be there for the kids and Gigi!"



Dan and Marie Archer

sion. We will all miss you, Gigi."

An ad by Caldwell Banker read, "Gigi ... Our Sincerest but wishes to you and Bert. Your spirit and warm friendship will be missed."

An ad by Ohlone College read, "Best Wishes, Gigi. Thanks for your contribution to Ohlone College and for your part in making Fremont and Newark a caring community."

One of the last articles in this 1994 edition is entitled, "Save Our Steeple" written by Gigi herself:

"The little Centerville Presbyterian Church has recently been destroyed by fire. However, the steeple has been saved by volunteers and a crew from the Pacific Gas and Electric Company. It lies stored in a wooden cradle behind Dirk Lorenz's store. The steeple is safely stored in its tem-



PHILIP HOLMES

PEEK INTO THE PAST

www.museumoflocalhistory.org

Photos courtesy of The Museum of Local History

Tell our legislators what you think

BY SANTA CLARA COUNTY SUPERVISOR DAVE CORTESE

Last summer, the California Legislature approved the biggest changes to education funding in 40 years. The new Local Control Funding Formula gives counties and school districts more control over how they spend state funds. They no longer have to spend money in categories created by the state.

Governor Jerry Brown's reforms also: Evened out the base amount of funding per student by increasing it by an average of \$537, or \$7,640 per student.

Provided more money for high-needs districts. Districts with low-income students, English learners and foster children will get \$1,470 more. Districts with 55 percent of high-needs students will get an extra \$1,360 for each of those students.

Required school districts to develop a Local Control Accountability Plan to show the state how the money is being spent and how students are doing in eight areas, including the Common Core Standards for English and Math. These standards, adopted by 48 states, spell out what high school graduates need to know to succeed in college and careers.

The reform plan, which will take eight years to fully implement, restores some of the money lost to education over the years through huge budget cuts. As different parts of the plan are rolled out, there are likely to be changes, as educators, parents and students figure out what works best.

That's why I'm inviting you, once again, to travel with me to Sacramento to tell our state elected officials what you think about the changes and how they are working in Santa Clara County or any other topic you feel passionate about.

On Wednesday, April 30, the 12th annual Free Bus Trip to Sacramento, co-sponsored by the Silicon Valley Education Foundation, will leave at 6 a.m. from the VTA transit center at Eastridge Mall in San Jose and return to the same location at about 6 p.m.

As in other years, state senators and assembly members will visit our group, which will gather in a meeting room at the state capitol, to answer questions and hear opinions, ideas and concerns about California education. We usually fill two buses, bringing 120 to Sacramento for the day-long event that also includes a tour of the capitol and lunch.



Last year, Bus Trip participants heard explanations about the governor's education reforms and we were able to give our input before the final bill was approved in July 2013. This year, we're going a little earlier – end of April instead of the end of May – because more legislators will be available to meet with us.

Please join me and my staff on April 30 and make your voices heard!

For more information and to register, visit www.sccgov.org/bus-trip or contact Lara McCabe at (508) 299-5030 or email lara.mccabe@bos.sccgov.org. You can also email me at dave.cortese@bos.sccgov.org.

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Alameda County Fair strategic planning community meeting

SUBMITTED BY ANGEL MOORE

During the 100th Anniversary of the Alameda County Fair in 2011, the Fair Board completed a Visioning Plan to initiate the process of ensuring the Fair's continued vitality. The Visioning Plan recognized the Fair's unique contribution to Alameda County residents. It set goals for the future to assure operational, financial, Fair and compatible non-Fair activities to support the continued growth, vitality and relevance of the Fairgrounds.

The community meeting is designed to provide information to attendees on the Vi-

sioning Plan, the purpose and outcomes of the current Strategic Planning-Business Plan development phase and the future Master Plan development phase.

Alameda County Fair Community Meeting
Thursday, Mar 20
7 p.m.
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Greenwood Park chosen as 'Heart Your Park' recipient

SUBMITTED BY LAURA CORREA-HERNANDEZ

The Hayward Area Recreation and Park District (H.A.R.D.) is excited to announce that Greenwood Park has been chosen as one of 550 parks across the country to participate in the Macy's Heart Your Park program. During the month of March, customers at Macy's Southland Mall can donate \$1 or more at the register, with 100 percent of the donations benefiting Greenwood Park. To further spread the love, Macy's will match the total customer donation across all stores, dollar for dollar, up to \$250,000 in total. Macy's customers do not have to make a purchase to donate and donations are tax deductible.

In partnership with the National Recreation and Park Association (NRPA), this program is part of Macy's "Secret Garden" campaign, which aims to raise awareness and dollars for local parks across the country. Donations will go toward making improvements, such as maintaining trails, playgrounds, and basketball courts, and everything in between.

Located at the corner of Eden and Middle Lane, Greenwood Park is near Southland Mall. The park was built in the mid 1980's and currently has a play area, basketball court, picnic tables, walking path and open lawn area. In anticipation of additional population in the area, H.A.R.D. and the City of Hayward collaborated on the three acre expansion and renovation of the park which is expected to be completed in 2014.

"Heart Your Park" is part of Macy's "Secret Garden" spring campaign that will come to life at Macy's stores and on macys.com with an infusion of garden-inspired merchandise, special promotions and events. For a full list of the parks benefiting from Macy's "Heart Your Park," visit www.macys.com/parks.

Fireworks return to San Jose

SUBMITTED BY JANICE ROMBECK/SUPERVISOR DAVE CORTESE

The Rotary Club of San Jose announced the return of the July 4th Celebration and Fireworks Display in Downtown San Jose as it marks its 100th anniversary. In support of the project, the Santa Clara County Board of Supervisors has asked administrators to look for potential funding sources and report back at the board meeting on March 25, 2014.

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BUSINESS

LA sues Time Warner cable for nearly \$10 million

AP WIRE SERVICE

LOS ANGELES (AP), – Los Angeles is suing Time Warner Cable for about \$9.7 million, claiming the company withheld years of fees.

The suit, filed Friday, contends that Time Warner holds a virtual monopoly on cable TV service in Los Angeles and has made billions of dollars while refusing to pay the city what it owes in fees from 2008 to 2011.

The suit says the money is insignificant to Time Warner but important to the city budget, helping to fund police and fire protection, parks, sanitation and other services.

In a statement, Time Warner Cable says it's disappointed by the lawsuit and believes it's without merit.

Correction: Wealth Gap-Silicon Valley story

AP WIRE SERVICE

SAN JOSE, Calif. (AP), Mar 14 – In a story March 6 about the wealth gap in Silicon Valley, The Associated Press reported erroneously the last name of the CEO of the tech startup AngelHack. His name is Greg Gopman, not Greg Gropman.

Rail board cleared to seize 8 more properties

BY DON THOMPSON
ASSOCIATED PRESS

SACRAMENTO, Calif. (AP), The agency overseeing California's high-speed rail project won permission Friday from a separate state board to begin eminent domain proceedings against eight properties in Fresno that are needed to build the line's initial segment.

Three of the eight properties are businesses, while five are vacant lots or vacant buildings, said California High-Speed Rail Authority spokeswoman Lisa Marie Alley.

The rail authority must acquire 381 Central Valley properties to build the initial 21-mile segment. It now has permission from the state Board of Public Works to seize a total of 10 properties and has contracts to buy another 47.

It has submitted written offers on 166 and is in the process of negotiating terms with the remaining property owners.

An opponent said it is premature for the state to seize the properties because it is uncertain whether the bullet train project can clear several legal hurdles to begin construction.

The 3rd District Court of Appeal is conducting an expedited review of two lower court rulings by

Sacramento County Superior Court Judge Michael Kenny, who determined the project as currently envisioned does not meet the promises made to voters when they approved nearly \$10 billion in bonds for the project in 2008.

The judge ordered the state to write a new plan to pay for the \$68 billion rail project and blocked the sale of \$8.6 billion of the voter-approved bonds.

"It just seems odd that the state government can decide to take someone's property away from them for a project that isn't legal and that they have no money for," Frank Oliveira, co-chairman of the group Citizens for High-Speed Rail Accountability, said in a telephone interview after Friday's decision by the public works board.

Also on Friday, the State Water Resources Control Board announced it has approved a permit required by the federal Clean Water Act that addresses water quality effects from the high-speed rail construction project. The act requires contractors to capture debris and contaminants so they don't wash into waterways.

It is one of myriad environmental permits the project needs from several agencies before construction can begin.

California ranked #1 For Green Jobs last year

SUBMITTED BY ENVIRONMENTAL ENTREPRENEURS (E2)

More than 78,600 clean energy and clean transportation jobs were announced in 2013 at 260 projects tracked by the non-partisan business group, Environmental Entrepreneurs (E2).

Solar power generation was the year's top sector with more than 21,600 jobs announced. Other strong sectors included building efficiency and public transportation. Job announcements were made in 46 states, with California's roughly 15,400 jobs topping the list. Rounding out the Top 10 states for the year were: TX, HI, MD, MA, IL, NV, OR, NY and MO. The Top 10 states for the fourth quarter were: TX, AZ, NY, CA, IA, RI, HI, GA, ND and NM.

This is the second full year that E2 has tracked clean energy and clean transportation job announcements. Over the past two years combined, E2 has tracked more than 500 announcements that could create more than 186,500 jobs. The new report, as well as details on individual announcements,

is available at www.CleanEnergy-WorksForUs.org.

"Our report makes it clear. When we invest in clean energy and clean transportation, we put people to work in every corner of the country. Whether it's a new wind farm in Iowa, an energy efficiency retrofit in Massachusetts, or a utility-scale solar array in Nevada, these projects require American ingenuity and labor. The sector is helping stimulate our economy," said E2 Executive Director Judith Albert.

Last year's job announcements were about 30 percent lower than in 2012. While this is in part due to our methodology, clean energy job growth also faced economic headwinds in 2013. These headwinds came from the continued low cost of natural gas, as well as attempts by renewable energy opponents to block or roll back favorable policies at the federal level and in numerous states.

"As a business owner, I see a strong need for long-term policies that can stimulate private investment in clean energy and energy efficiency. Businesses in this sector create jobs, save consumers money,

and help our environment. "But ongoing regulatory uncertainty takes a serious toll. Elected officials shouldn't be holding back economic growth – they should be encouraging it," said Geoff Chapin, CEO of Next Step Living, a Boston-based energy efficiency company.

In the fourth quarter alone, E2 tracked more than 70 projects nationwide that could create 13,000 jobs. Spikes in wind manufacturing and solar manufacturing added to the national quarterly total. Texas was the top state in the quarter, with as many as 3,200 jobs coming from eight projects, most of them in wind.

Here's a closer look at some clean energy and clean transportation announcements in 2013:

* In California, the California Ethanol and Power Project will produce 66 million gallons of ethanol annually from sugar cane and sweet sorghum. Construction of a biofuels refinery and other facilities are expected to create 800 construction jobs and 400 permanent jobs in Rep. Juan Vargas' district east of San Diego.

continued on page 13



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Woman ousted from judgeship in 2008 dead in Vegas

**BY KEN RITTER
ASSOCIATED PRESS**

LAS VEGAS (AP), A former Nevada state court judge whose courtroom misconduct, disciplinary suspension, domestic turmoil and eventual removal from the bench in November 2008 became a rare public spectacle has died in Las Vegas at age 56.

Elizabeth LaMacchia, who was Elizabeth Halverson when she was elected and sworn in to a newly created judicial post in January 2007, died March 1, according to a Southern Nevada Health District death certificate. District spokeswoman Jennifer Sizemore said she could release no other information.

Attempts to reach LaMacchia's relatives Friday in San Francisco and Oakland, Calif., were unsuccessful.

As a Clark County District Court judge, Halverson served fewer than five turmoil-filled months before she was suspended with her \$130,000-per-year salary. Eighteen more months of accusations and public hearings followed before she was removed from her elected position by the state Commission on Judicial Discipline and banned from ever serving again as a judge. By then, she had filed for re-election.

Halverson, who once served as a law clerk for the chief judge

with whom she later clashed, blamed the allegations against her on vindictive colleagues and disgruntled staff. She told the commission that she didn't feel safe in the courthouse.

She was accused of falling asleep during proceedings, tainting juries resulting in at least two mistrials, treating staff members like personal servants and making false statements.

Halverson was obese and used a motorized scooter and supplemental oxygen. She was accused of making her courtroom bailiff massage her back, fetch a blanket when she napped, put shoes on her feet and tend her oxygen supply.

The commission was told she had her court clerk swear in her husband, Edward Halverson, to testify about whether he completed chores at home.

When the bailiff who complained about her was reassigned, Halverson hired her own guards and let them bypass courthouse security. She called 911 to summon Las Vegas police when court administrators tried to enter her office.

She divorced Edward Halverson and returned to using her family name after he was convicted of hitting her with a frying pan during a domestic argument in 2008. Edward Halverson is serving three to 10 years in state prison.

New health insurance rights for same-sex couples

**BY RICARDO ALONSO-ZALDIVAR
ASSOCIATED PRESS**

WASHINGTON (AP), The Obama administration is spelling out new health insurance rights for same-sex couples.

Starting next year, health plans that offer spousal coverage to heterosexual couples cannot deny it to legally married same-sex couples.

The Health and Human Services Department announced the policy Friday in a blog post.

The department says insurance companies will not be allowed to discriminate against married same-sex couples.

The rule applies to plans offered in the new health insurance exchanges, as well as to many employer and individual plans offered outside that marketplace.

continued from page 12

"This is more evidence that the advanced biofuel industry is scaling up and putting people to work," said Mary Solecki, director of E2's Clean Fuels Program.

* In Texas, Nest Labs, acquired by Google on Feb. 7, announced 140 technical support and customer service jobs. The company has a growing customer base for its energy-saving thermostat. The announcement came from Rep. Lloyd Doggett's district near Austin.

* In Massachusetts, Next Step Living, based in Boston, an-

nounced it expects to add 100 jobs by Q2 2014. The company has experienced rapid growth in its energy efficiency business.

* In New Jersey, Trinity Solar LLC installed solar panels at housing units at Joint Military Base McGuire-Dix-Lakehurst in Burlington County, creating 120 jobs. Clean energy is an increasingly common presence on military bases nationwide.

Looking ahead, clean energy and clean transportation job growth could see an uptick in 2014 if Congress reinstates critical tax

Obama overtime plan already stirring controversy

**BY TOM RAUM
ASSOCIATED PRESS**

WASHINGTON (AP), President Barack Obama's move to make more workers eligible for time-and-a-half overtime pay is being hailed by Democrats who see it as a potent midterm election issue and condemned by Republicans and business leaders as presidential overreach. Supporters say it will help the still fragile economy, critics say it will damage it further.

It is likely to affect millions of American workers.

"From my perspective, they have to be pulling numbers out of the air right now," said Washington labor lawyer Tammy McCutchen, referring to the conflicting claims by partisans that it would either help or hurt the economy. "We don't even know what the policy is going to be."

She's closer to the process than most. As administrator of the Labor Department's Wage and Hour Division during the George W. Bush administration, McCutchen oversaw the last rewrite of the program in 2004.

Currently, salaried workers making more than \$455 a week, or \$23,660 a year, aren't eligible for time-and-a-half overtime if some of their work is considered supervisory, even though many spend most of their day doing manual, clerical or technical work with few management duties.

Obama signed a presidential memorandum on Thursday directing the Labor Department to devise new overtime rules "to ensure that workers are paid fairly for a hard day's work." He's tossing out most of the rules Mc-

Cutchen wrote in the process.

"Well, it's going to be bad for business," she said in an interview. "It's going to be good for my bottom line. Lawyers all over the country are going to be making a lot of money."

She called the rules "my babies. I spent two years of my life working on them. It's personal for me. It's going to be very sad to see them taking out a lot of the stuff I put in," she said.

But she also warned that the Obama administration should expect a rocky road ahead in implementing whatever new policy emerges — just as the Bush administration faced last time around.

Those close to the process suggest it will take 12 months to 18 months for the agency to complete its new assignment.

The move clearly has angered business groups and congressional Republicans, but it fits in with the overall Democratic midterm election game plan of focusing on income inequality and the middle class at the same time the stock market has soared.

"This will help to build an economy that honors work, not one that steals from workers," AFL-CIO President Richard Trumka said. "While workers are denied overtime pay that they have earned, compounding flat and falling wages, the bonus pool for Wall Street grew from \$1.9 billion in 1985 to \$26.7 billion in 2013 — an average annual increase of 14 percent in nominal terms."

Business and conservative groups argue that Obama's order will have the opposite effect of what is intended and could lead businesses to reduce the number of employees or cut pay, resulting in a drag on national economic growth.

"The federal government, in particular, shouldn't be involved in labor markets in any way, shape or form," said Jeffrey Miron, director of economic studies at the Cato Institute, a libertarian think tank, and a Harvard University economics professor. "It shouldn't be setting hours legislation and it shouldn't be providing union protection."

The order was the latest in a series of executive actions Obama has taken in an end run around congressional Republicans, who have blocked many of his proposals. With Congress blocking his attempt to raise the federal minimum wage from \$7.25 to \$10.10 an hour, he used his executive powers to raise it to that level for government contractors.

Thursday's presidential memorandum is aimed at workers who make more than the federal minimum but are ineligible for overtime pay under present law because they are designated as management, even when they have little or no supervisory responsibilities.

"If you're making \$23,000, typically you're not high in management," Obama said in unveiling the initiative.

The White House contends the 2004 revisions to the 1938 Fair Labor Standards Act are outdated and allow employers to exempt too many workers from overtime pay.

Despite the contrary claims of Democrats and Republicans as to the economic impact of Obama's move, economists suggest any such impact will be minimal.

"Be a boom to employment among lawyers, but otherwise not a big deal," said David Wyss, chief economist at Standard & Poor's.

Beta testing of chewable cannabis extract completed

SUBMITTED BY SK3 GROUP, INC.

SK3 Group, Inc., dba Medical Greens, through its subsidiary Berkely Bio-Organic Research Laboratories, has completed beta-testing of the initial offering in its recently announced phyto-cannabinoid product line, T-Hydrocan™. T-Hydrocan™ RMC 40 contains 40 mg. of refined mixed cannabinoids which have been extracted from cannabis flowers utilizing solvents approved for food contact, refined via numerous filtration and separation processes to remove as many of the non-cannabinoid elements as possible, and pressed into a chewable tablet.

Unlike Medical Greens' non-psychoactive Dharmanol™ product

line, T-Hydrocan™ RMC 40 contains fully-activated (decarboxylated) THC, producing the classic effects of medical marijuana via an orally-consumed tablet.

"While we are most excited about the possibilities of the non-psychoactive cannabinoids, the great bulk of the research, as well as the majority of the scientific knowledge of the medicinal healing effects ascribed to cannabis medicine, come from research performed on psychoactive THC. Orally-consumed doses of various types and strengths of traditional cannabis extracts have shown substantial efficacy in treating pain, anxiety, insomnia, anorexia, as well as numerous other conditions. T-Hy-

drocan RMC 40 tablets have been designed to benefit those seeking relief from these, and many other conditions that have been successfully treated with medicinal cannabis," said David Hoyer of Berkeley Bio-Organic Research Laboratory.

T-Hydrocan™ RMC 40 tablets will now be packaged and made available to qualified California medical patients through the network of medicinal collectives serviced and managed by Medical Greens, as well as through the Pharmajanes.com ordering platform.

Full text of press release at: SKTO_3-12-2014_PAP_ETL.docx

policies such as the wind industry production tax credit (PTC) and several energy efficiency tax incentives. Congress let these tax incentives expire at the end of 2013.

Clean energy jobs also could benefit from the rollout of the first-

ever limits on carbon pollution from power plants, as well as from other elements of President Obama's climate change initiative.

Environmental Entrepreneurs (E2) is the independent business voice for the environment. E2 is a

national community of individual business leaders who advocate for good environmental policy while building economic prosperity. For more information, visit: www.CleanEnergyWorksForUs.org.

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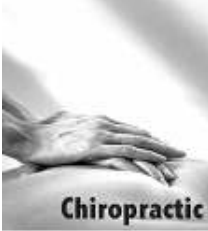
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What to do about Stress

By ANNE CHAN, PhD, MFT

STRESS – it probably comes as no surprise to you that most Americans are stressed out. What might surprise you is that our teenagers are experiencing similar high levels of stress. A 2013 Stress in America Study (<http://www.apa.org/news/press/releases/stress/2013/teen-stress.aspx>) shows that teens in America are reporting levels of stress far higher than what they believe is healthy. Not surprisingly, school is a big factor in our teens’ stress, but the study also unexpectedly found that teens reported summer as a stressful time as well. The impact of stress on our teens is similar to that on adults – the teens reported that stress negatively impacted their school performance, and they experienced symptoms like irritation, anger, nervousness, anxiety, eating too much or too little, insomnia, headaches, and fatigue.

These are troubling findings. Yet, there is much we can do to cope effectively with stress and the good news is that we can be role-models for our teenagers in showing how to manage stress.

But first, we have to be honest with ourselves – how well do we deal with stress? What examples are we showcasing when we are stressed? Most adults tend to take a passive, less healthy approach to stress, such as:

- spending time online or watching TV
- watching movies
- eating too much or too little
- going on Facebook to vent

There are much more effective strategies for managing and lowering stress. Some of these might seem obvious, but I encourage you to take a good look at yourself and your ingrained habits. For example, think about the last time you got a good night’s sleep – how often do you get true rest?

Do you tend to stay up much later than you know you should?

Perhaps you could resolve to try one of these strategies on a regular basis.

1. **Exercise** – you’ve probably heard this ad nauseum, but it’s worth repeating. Regular exercise is key to physical and mental health and can lower your stress levels and stress hormones. You don’t have to exercise every day to reap the benefits — even just once a week can help. If you find a buddy to exercise with, so much the better. Spending time with a good friend while exercising increases all the benefits associated with exercise.

2. **Sleep** – many of us burn our candles at both ends, waking up too early and going to bed too late. While the amount of sleep each person requires varies, it seems pretty common for many of us to sell ourselves short when it comes to sleep. How often have you said to yourself, “Just one more email,” or “I’ll finish this book first,” or “Let’s finish the movie even if it’s late.” This is an area where you probably have to set some firm limits on yourself if you are going to get good quality, sufficient sleep that can help you and your body cope better with stress.

3. **Seeing a mental health professional** can be extremely helpful. Whether you approach going to see a therapist as a time to vent or to learn better stress habits, counseling can be life-changing.

4. **Pinpoint your unhealthy stress strategies** – simply noting what you doing in response to stress can be helpful in making a shift toward healthier habits.

5. **Meditation** can help lower stress levels. Plus there are a whole host of documented physical as well as psychological benefits associated with meditating.

6. **Take a moment to smell the roses** – I don’t mean this metaphorically but literally as well.

Take the time to focus on the good things in your life and to appreciate them, be it your loved ones, a job, your health, the rain we are experiencing now, the beauty all around us, and yes, the roses that should be coming up soon.

7. **Write a journal or diary of your thoughts** and as far as possible, focus on what is positive in your life and what you are grateful for. Research has shown that a gratitude practice can alleviate depressive thoughts.

8. **Be aware of your own thoughts** around your stress – are you making a mountain out of a molehill? Do you stress yourself out by putting undue pressure on yourself? Try talking to yourself in a calm, wise, and loving manner when you are facing any kind of stressful situation and see if you can talk down your stress levels.

9. **Look at ways to calm down your routine** and schedule. Are you on the go from 7 am to 7 pm? Do you have a billion things scheduled in any given one day? What are ways in which you can schedule rest, relaxation, and calm into your life?

Remember, stress affects everyone and it’s important that you are proactive in taking care of yourself and managing your stress levels. If you are a parent, the need to manage stress levels is probably more pressing, given that parenting itself can be a stressor. Remember that you are a role model for your kids — the way you manage stress will teach your kids how to manage their stress. Be conscious of how you deal with the stress in your life, not just for you, but for your kids as well.

Anne Chan is a career counselor and licensed psychotherapist in Union City. She specializes in helping people find happiness in their careers, lives, and relationships. Her website is www.annechanconsulting.com
© Anne Chan, 2014

Theatre Festival

SUBMITTED BY OHLONE COLLEGE

Top theatre talent from as far north as Grass Valley and as far south as Fresno will come together in a bid to wow the judges this weekend, March 21 and 22, at the Ohlone College Smith Center. The largest competition of its kind in Northern California, the 20th Annual Ohlone College High School Theatre Festival found its humble beginnings with only 200 students but now boasts almost 850 contestants from 27 schools.

The festival has grown so much over the years that teachers have started calling the festival, “The Tony Awards and the Oscars rolled up in one.” It’s no wonder many professionals in theatre, dance and entertainment fields trace their roots to this festival.

Attendees enjoy a variety of performances covering the world of theatre, with events ranging from classical and contemporary drama, humorous mono-

logues, dance, and improv – it even features a “Tech Olympics,” where the behind-the-scenes players can test their mettle in lighting and stage design.

Ultimately, the Festival is designed to encourage young theatre artists in their craft, showcase their talents, and introduce them to new and exciting material through energetic competition, interaction with other students, and observing their peers.

“It’s really not about the trophies and medals - students are looking for critique. What did I do that’s really great? What do I need work on? And then they can go back to their instructor and perfect their technique,” said Ohlone Theatre professor Michele Hartmangruber

Final judging takes place Saturday, where the best of the best in each category are chosen. Over 90 judges, many from professional theatre backgrounds, come to offer their expert opinion and provide constructive feedback to these young artists.

How to Sell High: Avoid these Three Mistakes When Selling Your Home

Tri-Cities, CA - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they’re even given a chance of showing.

Your asking price is often your home’s “first impression”, and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of this process, and on it’s own is not nearly enough to

help you make the best decision. A recent study, which complies 10 years of industry research, has resulted in a new special report entitled “Homesellers: How to Get the Price You Want (and Need)”. This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

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Ohlone College announces vacancy on Board of Trustees

SUBMITTED BY OHLONE COLLEGE

Due to the retirement of one of its Trustees, Ohlone Community College District now has a vacancy on its Board of Trustees for a seat in Area 2, which encompasses the City of Fremont and a small part of Union City. Applicants are being sought by the Board for appointment to this position until the next election in November 2014. Candidates are eligible to apply if they are at least 18 years of age, a California citizen, a registered voter, are not disqualified by other laws to hold public office, and reside in the Area 2 boundaries.

Individuals interested in applying for this position may download a copy of the application from the Ohlone College web site at www.ohlone.edu/board. The Board's web page has information about Board proceedings including archives of previous Board meetings, agendas, supporting documentation and minutes. Board meetings are recorded on video, so past board meetings may be viewed on the web site as well. Applicants for the Trustee position are encouraged to review agendas and supporting materials and to watch previous meetings to familiarize themselves with the processes and actions of the Board.

Interested applicants should submit a completed Trustee Vacancy Application as well as a resume and cover letter explaining their specific reasons for seeking appointment to the Board. For assistance or to request additional information, please contact Shelby Foster in the President's Office at 510-659-6200.

Applications must be received no later than 4:00 p.m. on April 16, 2014 at the Office of the College President, Building 27 on the Ohlone College Fremont campus, 43600 Mission Blvd., Fremont, CA 94539-5847 or e-mailed to Shelby Foster at sfoster@ohlone.edu.

The Board will review the applications and contact qualified candidates for interview prior to making the appointment.

Newark named 'Tree City USA' 27th Time!

SUBMITTED BY LAURIE GEBHARD

At the City Council meeting on March 13, the City of Newark was certified as Tree City USA for the 27th consecutive year. Tree City USA recognition, from the National Arbor Day Foundation non-profit educational organization, is a symbol of the importance of our urban forest. The Foundation, which began in 1976 as a Bicentennial project, assists communities in planting and caring for trees. The Arbor Day Foundation is co-sponsored by the National Association of State Foresters, the USDA Forest service, the National League of Cities, and the US Conference of Mayors.

Tree City USA communities receive a banner with the program's logo and a plaque. As part of

the formal Arbor Day ceremonies, prior to the Council meeting, the City Council participated in the traditional planting of a young tree on the west side of the parking lot at the City Administration Building.

Communities receive Tree City USA designation upon the recommendation by the State Foresters. To become a Tree City USA, a community must have a city tree ordinance, a legal tree governing body, a comprehensive urban forestry program, and an Arbor Day observance. The City of Newark has over 18,000 city trees and has fulfilled all the Tree City USA requirements for the past 27 years.



Dawn of a new [LEO] chapter

SUBMITTED BY TONY HONG
PHOTOS BY KAREN KU

February 22, 2014 turned out to be an unseasonably warm winter day in Fremont. Inside World Gourmet Buffet, however, a gathering of high school students generated even higher energy readings. The occasion marked an official charter ceremony for the American High School Leo Club - 212 members strong. The crowd's celebratory mood turned even higher when the Honorable Bill Harrison, Mayor of Fremont, stopped by to check out the action.

Installing Officer was Past District Governor (PDG) Linda Griffin, a decorated member of the Ygnacio Valley Commuters Lions Club. Ceremonies began with the induction of the general membership, en masse, then the Board of Directors and Club Officers. The four chief officers are Arjun Gupta, Charter Leo President; Ruvan Jayaweera, Vice President; Rahul Makhijani, Secretary; and Jake Ren, Treasurer.

VP Ruvan Jayaweera conducted a memorial tribute to the late, Lion Lou Rodriguez, Mission San Jose, John F. Kennedy and Irvington High School LEO Clubs Advisor.

President Arjun Gupta thanked Lion Tony Hong Mission San Jose, John F. Kennedy and Irvington High School LEO Clubs Advisor for supporting the new - and fourth - LEO club in Fremont by Dawn Breakers Lions Club. PDG Linda presented the Leo Charter to the club.

The event culminated with an entertainment program including songs, violin and guitar compositions, a unicycle demonstration, magic tricks by extremely talented Leo members including: Joyce

Chen, Jonathan & Jacquelin Bolivar, Matt Ho & Lance Fernando, Matthew Downing, Owen Farmer, Ryan Cho, Shelby Casey, and Tom Li.

The American High School Leo Club has been quite active in their community, having volunteered in the following events: Fremont Festival of the Arts, Comfort Kit Drive, California School for the Blind Annual Braille Bee, and Union City Relay for Life.

Some sixty percent of their membership is female. There is good representation of students from the freshman through the senior levels.

Leo clubs, are a key youth program of Lions Clubs International, providing an opportunity for development and contribution, for young men and women of the world, individually and collectively, in their local and national community.

The Dawn Breakers Lions Club is proud to sponsor this dedicated group of young people from American High School. Lion President Jeff Green extends a warm welcome to them and congratulates them as being a part of the larger 150,000 Leo family worldwide. He wholeheartedly thanks the school, parents, some generous community members, Lions and Leos from the District for their support and contributions - for making all of this possible. He looks forward to holding joint community projects, through which both Lions and Leos can realize the true meaning of leadership and service.

President Jeff is especially jubilant because this is the fourth Leo club the Dawn Breakers have sponsored and all of them are actively serving the community. Topping it all, the Dawn Breakers Lions Club will be celebrating its 40th Anniversary on April 16th, 2014!



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Tuesday, March 18 9:45– 10:15 Daycare Center Visit – FREMONT 10:45 – 11:15 Daycare Canter Visit – FREMONT 2:15 – 2:45 Headstart – 37365 Ash St., NEWARK 4:30 – 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT 5:50 – 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT	Tuesday, March 25 9:15–11:00 Daycare Center Visit – FREMONT 2:00–2:30 Daycare Center Visit – FREMONT 2:30 – 3:25 Cabrillo School, 36700 San Pedro Dr., FREMONT 4:45 – 5:30 Baywood Apts., 4275 Bay St, FREMONT 5:50 – 6:30 Jerome Ave. and Ohlones St., FREMONT
Wednesday, March 19 12:45 – 2:15 Glenmoor School, 4620 Mattos Drive, FREMONT 3:50 – 4:20 California School for the Deaf, 39350 Gallaudet Dr., FREMONT 6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT	Wednesday, March 26 1:00 – 1:45 Hillside School, 15980 Marcella St., San Leandro 2:00 – 2:45 Eden House Apts., 1601 165th Ave., San Leandro 3:15 – 3:45 Baywood Ct., 21966 Dolores St., Castro Valley 6:00 – 6:30 Camellia Dr., & Camellia Ct., Fremont
Thursday, March 20 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	Milpitas Bookmobile stops Renew books by phone (800) 471-0991 For more information (408) 293-2326 x3060
Monday, March 24 9:30–10:05 Daycare Center Visit - UNION CITY 10:25–10:55 Daycare Center Visit - City UNION CITY	Wednesday, March 19 1:45-3:00 1991 Landess Ave., Milpitas 3:15-3:45 120 Dixon Landing Rd., Milpitas

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Message from the Director

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Brenda Sgroi
Onus Dental Health Plan

Save Our Hills tour

SUBMITTED BY ELIZABETH AMES

Save Our Hills is organizing a gathering at Dry Creek Cottage and Gardens in Union City on Saturday, March 22, from 1 - 3 pm. Dry Creek Cottage and Gardens, part of the East Bay Regional Park system, is a hidden gem at the end of Whipple/May Road. The park consists of a historic cottage built in 1900, a garden with multiple trails, and lots to explore and see.

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

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

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

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

Save Our Hills Gathering
Saturday, Mar 22
1 p.m. – 3 p.m.
Dry Creek Cottage and Gardens
Whipple/May Roads, Union City
<http://www.saveunioncityhills.com>
Free



SUBMITTED BY LEE FOSTER

Fremont Symphony Orchestra, under the direction of Gregory Van Sudmeier, presents the 40th Annual Free Children's Concerts on Tuesday, March 25 at 10:15 am and 11:45 am in Epler Gymnasium, Ohlone College in Fremont. Seats are available to the public by reservation only. The concerts are geared to fourth-, fifth- and sixth-graders; bringing preschool children is not recommended. For reservations or more information, visit www.fremontsymphony.org or call the Symphony office at (510) 371-4860.

A regular feature of the Children's Concerts is original compositions by Fremont schoolchildren, professionally arranged and performed by the orchestra. Winners of this year's Young Composer Competition are Annabelle Ancheta, Ardenwood, Grade 5; Daniel Xie, Chadbourne, Grade 6; Shovanne

Juang, Harvey Green, Grade 5; Shreya Krishna, Mission San Jose, Grade 6; Edison Forster, Warm Springs, Grade 6; and Lara Panda, Niles, Grade 5. Their compositions have been arranged by Kim Scharnberg, whose vast experience ranges from conducting major international orchestras to producing highly-commercial recording artists.

A special highlight of the March 2014 Children Concerts is Musical Visions, a project of the Creative Work Fund. This symphonic work, including both music and videos, celebrates FSO's legacy of involving children in the making of art. Original musical compositions submitted last year by Fremont students Garin Jankowski from St. Joseph, Rahul Swaminathan from Ardenwood, Sasha Tang from Gomes, Tony Ma from Patterson, Irene Geng from Hirsch, and Aileen Chen from Mission Valley were arranged for orchestra by Emmy-Award-winning com-

poser Jeff Beal (Monk, House of Cards). Over thirty sixth-graders in the Fremont Unified School District created video clips based on this music, and the videos were then edited by well-known videographer Jeremy Knight. While the full 16-minute presentation will be featured at the 50th Season symphony concert on March 30, a condensed 8-minute version will be included in the Children's Concerts.

The concerts will also feature ten-year-old pianist Khoi Le performing the last movement of Haydn's Concerto in D with the orchestra. Khoi, a fifth-grader at Sycamore Valley Elementary School in Danville, won the Taghioff Award at FSO's Young Artist Competition in January of this year.

The Symphony's next regular concert—A Celebration of Fremont—will be at 7 pm on Sunday, March 30, at Smith Center, Ohlone College. For more information, call (510) 371-4860 or visit www.fremontsymphony.org.

Regional Parks announce job openings; limit camping reservations

SUBMITTED BY MONA KOH

Due to the current statewide drought situation, recreational access to some of our lakes, including Del Valle, Shadow Cliffs and Quarry Lakes may become limited.

Currently, we are not accepting reservations at Del Valle beyond Sunday, June 8 for camping, picnicking, swimming or special events.

http://www.ebparks.org/news/drought_s1_p1512

We have summer job openings for students as well as openings for park police officers. <http://agency.governmentjobs.com/ebparks/default.cfm>

How can a small school you have never heard of be a better choice than a large one that you hear about all of the time?



Alsion is a small school, with a full-time faculty of five highly qualified teachers serving a junior high community of only 48 students. As you might expect from a school with student/teacher ratio 10 to 1, students receive more personal attention than at a larger institution. However, among small schools, Alsion stands out in two important respects.

First, Alsion is a Montessori program for adolescent age students. We recognize children between the ages of 11 and 15 have developmental challenges (“Raging hormones,” impulsive behavior, boundless energy, peer group loyalty, etc.) that must be channeled in constructive ways. Each of our teachers completed formal postgraduate study in understanding adolescents and guiding them toward successful maturity. At Alsion each teacher in a five-member team engages with every student in the school every day, all during the three years a student is enrolled here. We have an exceptional insight into each child, who he or she is, and what is likely to unlock his or her potential.

Second, we assume parents want their child to have an edge in college admission. In this respect, Alsion offers a unique advantage. We are located adjacent to Ohlone Community

College Mission San Jose campus. Upon completion of 9th grade, Alsion Early College students are co-enrolled at the college, where they can earn up to 72 units of college credit transferable to the University of California. **Historically, three out of four Alsion Early College graduates have been accepted for admission to UC. This is an outstanding college placement track record for any school regardless of size or reputation.**

Our success in college placement is also due to Alsion’s full-time college guidance counselor/ Advanced Placement English instructor. His services are spread among only twenty students rather than hundreds, as typical of the larger, better known schools. At Ohlone he is the Alsion students’ advocate among the College’s professors and administrators.

To answer my initial question, Alsion is a better choice for your child because he or she will be better supported, both as a middle school adolescent and as a college-bound high school student, than anywhere else.

Michael Leahy

FOUNDER AND CHAIR, EMERITUS

**For further information:
www.alsion.org
 510-445-1127**

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Tues-Sun 5:00-9:00pm





The Identical Astronaut Experiment

ALEX H. KASPRAK
NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

Identical twins Mark and Scott Kelly share more than looks. For 15 years, they shared the same job—astronaut.



Twin astronauts Mark Kelly (Left) and Scott Kelly (Right). Credit: NASA.

Both have a great deal of experience in space. But one of them—Scott—will be spending a whole lot more time there come March 2015. He will be the first American astronaut to spend a year at the International Space

Station. Most astronauts stay at the space station for no more than six months.

The goal of the mission will be to see what living in space for a long period of time does to a human. This kind of information

is very important. If we are ever to send a person to a faraway place like Mars, we would need to know how to keep astronauts safe and healthy in space for long stretches of time.

When Scott was selected to be part of this historic mission, the brothers had a thought. They realized that even though only one of them was going back into space, they were uniquely qualified to act as a human experiment together.

In most experiments, scientists like to compare the thing they are experimenting on with something that is not being changed at all. But it's hard to compare one human to another. Any differences in results could simply be due to the fact that they are two different people.

But the Kelly brothers are identical twins. They are, biologi-

cally speaking, copies of each other. Any differences in their health during the experiment are likely because of the fact that one is in space. Comparing the two of them throughout the year will allow scientists a clear picture of what living in space for a long time can do to you.

Mark and Scott are so excited for this opportunity that they are asking scientists from all over the world for ideas for experiments to perform on them.

What kind of experiment would you perform if you had a twin in space?

What would you bring with you on a long trip to Mars? Find out how hard it is to make these tough decisions at NASA's Space Place:

<http://spaceplace.nasa.gov/mars-adventure/>.

Blazing a trail to success

continued from page 1

pointed by Governor Jerry Brown to the California Commission on Asian and Pacific Islander American Affairs in 2013, and Volunteer of the Year Lily Mei, a Fremont Unified School District School Board Trustee.

This year's theme is aptly named "Year of the Horse - Blazing the Trail to Success." "It is CBC's wish for all of our members, friends, families and supporters to attain success in life by learning from some of the traits of the horse [loyal, patient, energetic, active]," said CBC President Ivy Wu. "[We] hope many people in our community, especially organizations, families and individuals who are new to our community, will join CBC by participating in this upcoming gala. We also welcome everyone to our monthly meeting held on the first Wednesday of every month, 7:30 p.m. - 9:00 p.m. at Carlton Plaza in Fremont," added Wu.

Dress code for the evening is black tie or dress suit for men, and long dresses or cheong sams for women. Dinner options are beef, fish, or vegetarian. RSVPs are needed by March 21 - reserve your spot soon, as tables fill up fast for this memorable celebration!

Contact Kathy Jang for tickets and information at (510) 790-0740 or kjang@cbcsfbay.org.



Spring Celebration
Saturday, Apr 5
Reception: 5:30 p.m.
Dinner, Programs and Entertainment: 6:30 p.m.
Hilton Newark/Fremont
39900 Balentine Dr., Newark
(510) 790-0740
<http://www.cbcsfbay.org/>
Tickets: \$88/seat, \$800/sponsor tables of 10 seats
RSVPs needed by Mar 21



100% Satisfaction Guarantee

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

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

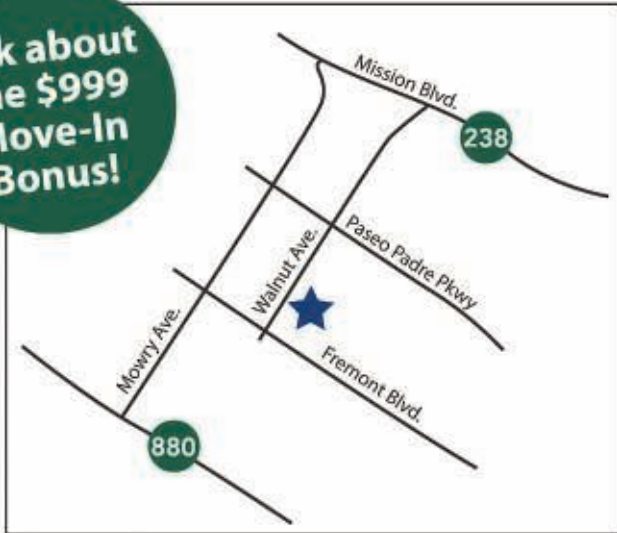
Tom MacDonald
Founder

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CarltonSeniorLiving.com

Join Us For Ching Ming 2014

Saturday, March 29 and Sunday, March 30

What is Ching Ming?

Ching Ming is a major public festival. Traditionally it's a time for happy communion with ancestors.

On Ching Ming (or Qing Ming), families traditionally visit ancestral graves where special rites are held and offerings are made. The practice is rooted in the Chinese tradition of receiving blessings from previous generations when undertaking a new venture.

Ching Ming at Chapel of the Chimes, Hayward is a family event with food and lion dancers, as well as blessing ceremonies.

All Are Welcome

Event Schedule

Saturday, March 29, 2014

10:00 a.m. - Chanting & Blessing by Purple Lotus Temple

10:30 a.m. - 12:30 p.m. - Free Lunch

12:00 p.m. - Lion Dancers

Sunday, March 30, 2014

10:00 am - Chanting & Blessing by Chi Sin Buddhist & Taoist Assoc.

10:30 a.m. - 12:30 p.m. - Free Lunch

12:00 p.m. - Lion Dancers

Free bus pickup available from Oakland.



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www.Hayward.ChapeloftheChimes.com

*Some restrictions apply. Call for details.



Rosencrantz & Guildenstern Are Dead

SUBMITTED BY MARY GALDE
PHOTOS BY CHRISTIAN PIZZIRANI

Broadway West Theatre Company presents the Tony Award-Winning Comedy, by Tom Stoppard, "Rosencrantz & Guildenstern Are Dead," directed by Ross Arden Harkness.

Performances run March 21 - April 19.

A fabulously inventive tale of Hamlet as told from the worm's-eye view of the bewildered Rosencrantz and Guildenstern, college chums of Hamlet and minor characters in Shakespeare's play. Here, this Shakespearean Laurel and Hardy get a chance to take the lead role, but do so in a world where reality and illusion intermix and where fate leads our two heroes on an unexpected path.

Performance times are 8 p.m. on Thursdays, Fridays and Saturdays. There are three Sunday matinees: March 30 and April 6 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 p.m. The April 13 performance starts at 1 p.m. with refreshments during intermission (included in price of ticket).

Regular ticket prices are \$25 general and \$20 for Students, Seniors and TBA members. Thursday, March 27, April 10 and April 17 performances are \$17 for everyone, with a bargain Thursday (no reservations - first come, first seat!) held on April 3 with all tickets \$10. Brunch Sunday performances and Opening night are \$25 for everyone. All ticket prices include refreshments.

Rosencrantz & Guildenstern Are Dead
Friday, Mar 21 - Saturday, Apr 19
1 p.m. Matinees / 8 p.m. Evening Performances
Broadway West Theatre Company
4000-B Bay Street, Fremont
(510) 683-9218
www.broadwaywest.org
Tickets \$10 - \$25

continued from page 1

Courage

South Indian classical dance. Through rhythmic movements and stylized gestures, stories from Hindu mythology are re-told in classical dance drama format. Abhinaya is a leading multi-cultural organization in the South Bay, known both for its adherence to tradition as well as its innovative multi-cultural collaborations.

"We are extremely proud and excited to perform in Milpitas, a community with more than 60 percent Asian heritage," said Kumar. "The performance is in partnership with India Community Center in Milpitas to provide Indian Americans residing in the Fremont-Milpitas region access to a professional classical dance concert which draws not only from Hindu mythology, but also American history, and current world events."

The concert will be enhanced by live music ensemble of young musicians including Malavika Kumar (nattuvangam), Sindhu Natarajan (vocals), Ganesh Ramnarayanan (mridangam), Sruti Sarathy (violin), and Prasant Radhakrishnan (saxophone).

Rasika Kumar will portray a devadasi (temple dancer) who refuses to abandon her art; a young woman, Savitri, who challenges Yama (the Hindu god of Death); Rosa Parks, who ignites a national movement with a simple act of defiance; Japanese citizens rebuilding their lives after a devastating tsunami; and finally, the Hindu monkey-god Hanuman who epitomizes bravery and strength.

Hailed as "Among the best of this second generation of Indian dancers," Rasika Kumar is a Bharatanatyam performer and choreographer, traditional but with contemporary sensibilities. Rasika learned Bharatanatyam from her mother Mythili Kumar, Artistic Director of Abhinaya Dance Com-

pany (ADC), and continued her training under several renowned teachers from Chennai, India. Since 2005, Rasika has been a featured soloist, principal dancer, and choreographer for many ADC's performance seasons. Her choreog-



raphy has been featured in several prestigious venues including the San Francisco Ethnic Dance Festival, SF WestWave Festival, and sJDANCEco's ChoreoProject Awards series and has earned her an Arts Council of Silicon Valley Performing Arts Fellowship (2008).

Tickets are \$15 general and \$10 student/senior; ICC members receive a \$2 discount per ticket. Tickets can be purchased online at <http://abhinaya.org/> or at the door.

Courage
Sunday, Mar 30
4 p.m.
India Community Center
525 Los Coches St., Milpitas
(408) 871-5959
www.abhinaya.org
Tickets: \$15 general, \$10 student/senior

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

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*Offers subject to change without notices. 37482 Fremont Blvd., Fremont, CA. 94536; 510-795-6100. www.hopeservices.org Rev. 022614

Tony Award-Winning Comedy
“Rosencrantz & Guildenstern Are Dead”
by Tom Stoppard, directed by Ross Arden Harkness
March 21 – April 19



A fabulously inventive tale of Hamlet as told from the worm’s-eye view of the bewildered Rosencrantz and Guildenstern, college chums of Hamlet and minor characters in Shakespeare’s play. Here, this Shakespearean Laurel and Hardy get a chance to take the lead role, but doing so in a world where reality and illusion intermix and where fate leads our two heroes on an unexpected path.

Broadway West Theatre Company
4000-B Bay Street in Fremont
For reservations & information, call 510-683-9218, or purchase tickets at www.broadwaywest.org
Performance times are 8 pm on Thursdays, Fridays and Saturdays. There are three Sunday matinees: March 30 and April 6 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 pm. The April 13 performance starts at 1 pm with refreshments during intermission (included in price of ticket). Regular ticket prices are \$25 general and \$20 for Students, Seniors and TBA members. Thursday, March 27, April 10 and 17 performances are \$17 for everyone, with a bargain Thursday (no reservations – first come, first seat!) held on April 3 - all tickets \$10. Brunch Sunday performances and Opening night are \$25 for everyone. All ticket prices include refreshments.

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www.unityoffremont.org
510-797-5234

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

It's A Date

Continuing Events

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

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

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

Church of Christ of Fremont

4300 Hansen Ave. Fremont

510-797-3695
www.fremontchurchofchrist.org

Whoever Drinks Of The Water
That I Will Give Him
Shall Never Thirst; But The Water
That I Will Give Him
Will Become In Him
A Well Of Water Springing Up
To Eternal Life
John 4:14

**AA Meetings Every Tues
and Thurs Evenings
7:30-9:30pm
In Spanish
In the Fellowship Hall**

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

Arts & Entertainment

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

(510) 581-4050
www.sungallery.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
kathryn.lum@comcast.net

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
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Mission San Jose High School
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have fun

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March 18: "Pass or Fail? The State of Education"
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March 25: "Why Do Bad Things Keep Happening?"
Finding hope...against all odds

April 1: "Friends For Life"
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www.fremontfarmersmarket.com

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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
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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.digdeepsa.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

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

Saturdays, Mar 1 - Mar 29

Bridges to Jobs

9:30 a.m. - 11:30 a.m.

Job interview training class

Centerville Presbyterian Church
4360 Central Ave., Fremont
(510) 299-2223
http://bridgestojobs.org

Tuesdays, Mar 4 thru Apr 29

Community Police Academy - R

6:45 p.m. - 8:45 p.m.

Crime prevention workshop

Hayward Police Department
22701 Main St, Hayward
(510) 293-7151
gale.bleth@hayward.ca.gov

Friday, Mar 8-Sunday, Mar 23

Monte Python's Spamlot \$

Fri & Sat: 8:00 p.m.

Sun: 2:30 p.m.

Irreverent comedy about King Arthur
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
www.stage1theatre.org

Friday, Mar 8-Saturday, Mar 29

Hotel Escargot \$

8 p.m.

Off-beat, comedic play

Sunol Glen School
11601 Main St., Sunol
(925) 895-3767
www.sunol.net

Thursday, Mar 20 - Sunday, Mar 30

Much Ado About Nothing \$

Thurs - Sat: 8 p.m.

Sun: 2 p.m.

Shakespeare comedy bare-bones style

Made Up Theatre
3392 Seldon Ct., Fremont
www.madeuptheatre.com

Thursday, Mar 20 - Saturday, Apr 5

Anything Goes \$

Thurs & Fri: 7:00 p.m.

Sat: 2:30 p.m. & 7:00 p.m.

Comedic love triangle

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

Thursday, Mar 20 - Sunday, Apr 19

Rosencrantz & Guildenstern Are Dead \$

Thurs - Sat: 8:00 p.m.

Sun: 12:15 p.m.

Comedic musing of Hamlet's friends

Broadway West Theatre Company
400 B Bay St., Fremont
(510) 683-9218
www.broadwaywest.org

Saturdays, Mar 22 -May 10

Chinese Folk Songs \$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

Monday, Mar 24 - Saturday, May 31

Spring Exhibition

2 p.m. - 5 p.m.

Over 200 pictures from patrons & students

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

Monday, Jun 23 - Friday, Jul 31

Ohlone for Kids \$R

8 a.m.

Summer enrichment program

Registration begins April 1
Ohlone College
43600 Mission Blvd, Fremont
(510) 742-2304
www.ohloneforkids.com

Tuesday, Mar 18

"Pass or Fail? The State of Education"

7 p.m.

Film, discussion and refreshments

Lifetree Café
4020 Technology Pl., Fremont
(510) 797-7910
www.Lifetreecafe.com

Tuesday, Mar 18

Youth Roundtable Meeting

6 p.m.

Police discuss public safety with teens

San Leandro Public Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.aclibrary.org

Tuesday, Mar 18

"A Fish in Stone"

7 p.m.

Discussion about the Ice Age

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

Wednesday, Mar 19

Dementia and Alzheimer's Education Series - R

11:00 a.m. - 12:30 p.m.

Learn the signs & how to cope

Includes lunch
Aegis of Fremont
3850 Walnut Ave., Fremont
(510) 739-1515
candy.woodby@aegisliving.com

Wednesday, Mar 19

Family Literacy Night - R

6:30 p.m. - 8:00 p.m.

Story-telling and book related crafts

Parents and kids Pre-K thru 3rd grade
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 793-2240
roral@fremont.k12.ca.us

Wednesday, Mar 19

Food Scrap Recycling Workshop

11 a.m.

Program includes free lunch

Union City Ruggieri Senior Center
33997 Alvarado-Niles Road,
Union City
(510) 675-5328
www.unioncity.org

Wednesday, Mar 19

MFMI Dance Workshop - R

7 p.m. - 9 p.m.

Adult instruction to share movement with kids

Warwick Elementary School
3375 Warwick Rd., Fremont
(510) 733-1189
sharon.filippi@sbcglobal.net

Wednesday, Mar 19

Maintain Your Brain

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

Tips to stay healthy and alert

Union City Ruggieri Senior Center
33997 Alvarado-Niles Road,
Union City
(510) 675-5328
www.alz.org

Wednesday, Mar 19

How the Lending Industry Impacts You \$R

11:30 a.m. - 1:30 p.m.

Lunch and guest speaker

Hilton Hotel
39900 Balentine Dr., Newark
(510) 299-2931

Wednesday, Mar 19

Ohlone Community Band \$

7:30 p.m.

Family oriented music

Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.ohlonecommunityband.org

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



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SILVER RESTORATION EVENT

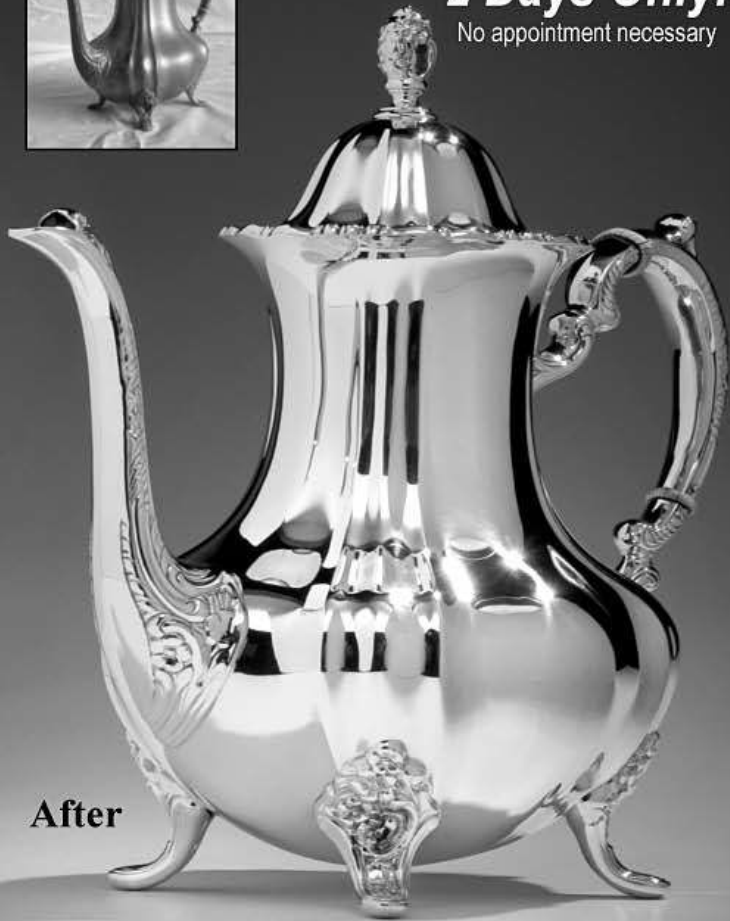
Are you proud to use and display your family silver... or do you hide it away because it's old or broken?



For two days only, Silver Restoration Expert Joni McMahan will be at our store to provide free recommendations and estimates on bringing new life back to your old sterling & silverplated heirlooms. Missing parts replaced. Broken pieces repaired. Sterling silver polished. Replating too! You'll love entertaining again with your family silver or just having it restored to pass along to the next generation. **So gather up your old silver today and come save 20% off!**



After



SAVE 20%
2 Days Only!
No appointment necessary

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Fri & Sat, March 21 & 22
10:00 - 5:00
2720 Mowry Ave • Fremont
510-793-2772

Thursday, Mar 20

East Bay Stompers Band

7 p.m. - 9 p.m.
Dixie, swing & standards music
Bronco Billy's Pizza
41200 Blacow Road, Fremont
(510) 438-0121

Thursday, Mar 20

“Make It in America: Sell It to the World” – R

9 a.m. - 1 p.m.
Exports, finances and global market updates
Hayward City Hall
777 B St., Hayward
(510) 208-0410
<https://emenuapps.ita.doc.gov/ePublic/event/editWebReg.do?SmartCode=4Q4M>

Thursday, Mar 20

Business Expo and Trade Show

4 p.m. - 7 p.m.
Food, music, drinks and prizes
Transfiguration Catholic Church
4000 East Castro Valley Blvd, Castro Valley
(510) 538- 7941
<http://www.edenareachamber.com/>

Thursday, Mar 20

Jackson Casino Trip \$R

8 a.m. - 6 p.m.
Bus transportation and food coupon
Union City Ruggieri Senior Center
33997 Alvarado-Niles Road, Union City
(510) 675-5328
www.unioncity.org

Friday, Mar 21

Unity Dinner \$

6 p.m.
Dinner and entertainment
India Community Center
525 Los Coches Street, Milpitas
408-934-1130
www.IndiaCC.org

Friday, Mar 21

Science Lecture for Children

4:30 p.m.
For elementary school age kids
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400

Friday, Mar 21 - Saturday, Mar 22

Silver Restoration Event \$

10 a.m. - 5 p.m.
Repair, re-plate and polish silver pieces
Gift Gallery
2720 Mowry Ave., Fremont
(510) 793-2772

Friday, Mar 21

Stand Up for Champions \$

7 p.m.
Live comedy
Moreau Catholic High School
27170 Mission Blvd., Hayward
(510) 582-1910
www.moreaucatholic.org

Friday, Mar 21

Open Mic

7 p.m. - 9 p.m.
Music, storytelling and comedy
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Friday, Mar 21 - Saturday, Mar 22

High School Theatre Festival \$

8 a.m.
Drama, comedy, dance and improv
Smith Center
43600 Mission Blvd., Fremont
(510) 659-6031
www.smithcenter.com

Saturday, Mar 22 - Sunday, Mar 23

Fremont Friends of the Library Book Sale \$

Sat: 10 a.m. - 3 p.m.
Sun: 12 noon - 3 p.m.
\$1 per inch stacked; clearance Sunday \$5 per bag
Bring your own bags
Fremont Teen Center
39770 Paseo Padre Pkwy., Fremont
(510) 494-1103

Saturday, Mar 22

Movie Night \$

7:30 p.m.
“Broncho Billy’s Christmas Dinner” and “The Son of a Gun”
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411

Saturday, Mar 22

Save Our Hills Gathering

1 p.m. – 3 p.m.
Dry Creek Cottage and Gardens
Whipple/May Roads, Union City
<http://www.saveunioncityhills.com>

Saturday, Mar 22

ACT Practice Test

10 a.m. - 2 p.m.
Test prep workshop for teens
Castro Valley Library
3600 Norbridge Ave., Castro Valley
(510) 667-7900
www.aclibrary.org

Saturday, Mar 22

Houston Jones Concert \$

7 p.m. - 9 p.m.
Live music
Mission Coffee Roasting House
151 Washington Blvd., Fremont
(510) 474-1004

Saturday, Mar 22

Red Carpet Casino Night \$

6 p.m. - 11 p.m.
Dinner, auction and games
Fundraiser for New Haven Schools
Union City Sports Center
31224 Union City Blvd., Union City
(510) 918-7555
info@nhsfoundation.org

Saturday, Mar 22

Clay Magnets Workshop

Ages 5 – 9: 2 p.m.
Ages 9 - 13: 3 p.m.
Supplies provided
Fremont Main Library
2400 Stevenson Blvd., Fremont
(510) 745-1400
www.aclibrary.org

Saturday, Mar 22

“What?!! Sharks in my Backyard?”

2 p.m.
Discuss sea level rise
San Lorenzo Community Center
1970 Via Buena Vista, San Lorenzo
(510) 881-6700

Saturday, Mar 22

Bird Hike

9:30 a.m. - 12:30 p.m.
Naturalist led walk
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Saturday, Mar 22

Prom Dress Swap

12 noon - 4 p.m.
Donate dresses and accessories
Hayward Weekes Branch Library
27300 Patrick Ave., Hayward
(510) 293-5065
rob.spitzel@hayward-ca.gov

Saturday, Mar 22

Dhuleti

11:30 a.m.
Playing of the colors, drums and food
Bay Area Youth Vaishnav Parivar
25 Corning Ave., Milpitas
(408) 586-0006
<http://bayvp.org>

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\$100/person, \$175/couple
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MARCH 22, 2014
6:00 PM - 11:00 PM
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Make Checks Payable to
Viola Blythe Center—P.O. Box
362, Newark, Ca. 94560
Refreshments on Bus Included
Bingo & Raffles on Bus

Saturday, Mar 22

Holi Fest \$

11 a.m. - 3 p.m.
Music, lunch and spreading of colors
Baylands Park
999 E. Caribbean Dr., Sunnyvale
(408) 359-7262
<http://rana.org>

Saturday, Mar 22

Budding Birders

10:00 a.m. - 11:30 a.m.
Basic instruction for bird watching
Ages 7+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturday, Mar 22

Marsh Meander

1 p.m. - 3 p.m.
Search for birds and animals
Ages 5+
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Saturday, Mar 22

Crab Feed \$

5 p.m.
Food, music, dancing and auction
Newark Memorial High School
39375 Cedar Blvd., Newark
(510) 791-0287
newark.highschoolcrabfeed@yahoo.com

Saturday, Mar 22

Pet First Aid and CPR \$R

9 a.m. - 1 p.m.
Focus on basic first aid
Ages 12+

Lake Chabot
17600 Lake Chabot Rd,
Castro Valley
(888) 327-2757
www.ebparks.org

Saturday, Mar 22

Hot Apple Cider \$

11 a.m. - 12 noon
Make cider on a wood burning stove
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 22

Afternoon of Fun and Games \$

1:30 p.m. - 2:30 p.m.
Stilts, tug-of-war and spoon races
Ardenwood Historic Farm
34600 Ardenwood Blvd., Fremont
(510) 544-2797
www.ebparks.org

Saturday, Mar 22

CSI - Clobber Sunol Invasives – R

10 a.m. - 12 noon
Fight the spread of invasive plants
Tough gloves required
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Mar 22

Measure E Campaign Kick Off

10 a.m.
Volunteer to promote Measure E
Support Fremont schools
Fremont Community Center
40204 Paseo Padre Pkway., Fremont
(650) 687-7756
supportfremontschools@gmail.com

Saturday, Mar 22
Community Health Fair
10 a.m. - 2 p.m.
Information booths, kid's activities and prizes
Union City Apostolic Church
33700 Alvarado-Niles Road,
Union City
(510) 468-3402

Sunday, Mar 23
Smith Family Benefit and Police Unity Tour \$
9 a.m.
Workout, auction, raffle and food trucks

Cross Fit Gym
33415 Western Ave., Union City
(510) 324-8153
<http://tommymsmithfundraiser.com/home.html>

Sunday, Mar 23
"Images of India" Kids Art Contest – R
3 p.m.
Kids ages 3 -12 create pictures
India Community Center
525 Los Coches Street, Milpitas
(408) 934-1130
www.IndiaCC.org

Sunday, Mar 23
Introduction to Bird Watching
10 a.m. - 1 p.m.
Use guides to identify birds
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Sunday, Mar 23
Wild Edibles and Plant Uses – R
9 a.m. - 1 p.m.
Identify and taste edible plants
Ages 18+
Garin Regional Park
1320 Garin Ave., Hayward

(888) 327-2757
www.ebparks.org

Sunday, Mar 23
Sunol to Mission Peak Hike \$R
9:30 a.m. - 3:30 p.m.
10.5 mile hike with 2,200 foot elevation
Ages 12+
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-2233
www.ebparks.org

Monday, Mar 24
"San Francisco: A Food Biography"
6 p.m. - 8 p.m.
Author Erica Peters book talk

Hayward Main Library
835 C St., Hayward
(510) 881-7974
trudy.toll@hayward-ca.gov

Tuesday, Mar 25
Fremont Symphony's Children's Concert – R
10:15 a.m. - 11:45 a.m.
Live music for grades 4 - 6 only
Ohlone College
43600 Mission Blvd., Fremont
(510) 371-4860
www.fremontsymphony.org

Talent show fundraisear helps people be Bold

SUBMITTED BY BOLDLY ME

The community at large is invited to help support the next generation of leaders and children by attending “Boldly Me’s Got Talent II.” The second annual fundraiser will be held Saturday, April 5th at the Marriott Silicon Valley in Fremont and include dinner, entertainment, and dancing.

Boldly Me is a 501(c) 3 non-profit organization that helps people build self-esteem

through classes and counseling services. Classes focus on self-compassion, physical wellness, and financial stability. The funds raised from the “Got Talent” event are used to pay for facility rental fees, teachers, supplies, and equipment to run the classes.

“This fundraiser is fundamental to how we help families and people from two perspectives – allowing them to have an opportunity to be bold and bravely conquer their fears in a safe, loving public forum, and rais-

ing necessary funds so we can run important life skills classes throughout the year,” says President and Founder Alanna Powell.

Tickets are \$75 per adult and \$25 for the children’s buffet (3-12 years) if purchased before March 22 and \$100 per adult and \$35 for the children’s buffet when purchased after March 22. Register at www.boldlyme.org, or via e-mail or mail. For more information, call (408) 768-9257.

Boldly Me’s Got Talent II
Saturday, Apr 5
6 p.m. -10 p.m.
Marriott Silicon Valley
46100 Landing Pkwy, Fremont
(408) 768-9257
<http://www.boldlyme.org/>
Tickets: \$75 before Mar 22;
\$100 after Mar 22

Prom Dress Swap

SUBMITTED BY FRANK HOLLAND

With an average cost of \$1,139 in 2013, attending a prom can be financially challenging for many teens and their families. To help lessen the burden, Hayward Library, Weekes Branch, will hold its first ever Prom Dress Swap on Saturday, March 22.

“Prom is a time where we are expected to go all out. We have to look our best, and getting ready takes months. But, the biggest worry is money - having to pay for the prom ticket, transportation and clothes,” said Tennyson High School Senior Navpreet Khabra. “When I heard about the Prom Dress Swap, I was relieved. It allows me the option to give a dress, for a dress. It’s a great opportunity.”

To be part of the swap, just bring a gently used prom, formal, party, or vintage dress – shoes and accessories, too – to the Weekes Branch Library beginning Saturday, February 22 through the morning of Saturday, March 22. Teens donating a dress will get a ticket to shop for one dress from 12 noon – 2 p.m. on March 22. Those without a dress to swap are welcome to attend between 2 p.m. - 4 p.m.

Dresses should be current, recently cleaned and in excellent condition. All sizes and styles are welcome. The Prom Dress Swap is also a great opportunity for community members to help a local teen attend the prom, and make a little more space in their closets by donating no longer needed dresses and accessories. Donations are being accepted at both the Weekes Branch (27300 Patrick Ave) and Main Library (835 C Street).

Sponsored by the Weekes Branch Library Teen Advisory Group, this event is free and open to all local teens.

Prom Dress Swap
Saturday, Mar 22
12 noon – 4 p.m.
Weekes Branch Library
27300 Patrick Ave, Hayward
(510) 293-5065
rob.spitzel@hayward-ca.gov
Free

Finding hope during difficult times

SUBMITTED BY CRAIG CABLE

Remaining hopeful, while facing difficulties, will be the topic of discussion at Lifetree Café on Tuesday, March 25. The free program, titled, “Why do bad things keep happening? Finding hope against all odds,” features a screening of the short film, “My Last Days.”

The film chronicles the experiences of Ryan and Amy Green and their young son Joel as he faces repeated health challenges. “It’s hard each time, but there’s still hope each time,” says Amy Green of her son’s life-threatening issues.

Participants in the Lifetree program will experience an hour of encouragement and hope. Lifetree Café is a place where people gather for conversation on life and faith in a casual coffeehouse-type setting.

“Why do bad things keep happening?”
Tuesday, Mar 25
7 p.m. – 8 p.m.
Lifetree Café
4020 Technology Pl, Fremont
(510) 797-7910
info@lifetreecafe.com **Lifetreecafe.com**
Free

Rotary World Leader Comes to Fremont

SUBMITTED BY ROTARIAN
LILA BRINGHURST
PHOTO BY ROTARIAN CAROL SMITH

Gary C. K. Huang, President-elect of Rotary International for 2014-2015, recently visited Fremont to address local Rotarians and their guests. The Rotary year begins July 1, so he is traveling around the world to help train 34,000 club presidents who will lead their clubs next year. It is a daunting, but exciting task. The Rotary world is divided into zones, districts and areas, with experienced volunteers at each local level. Rotary International, founded in Chicago in 1905 began as a fellowship and soon expanded to include service projects. In keeping with the Rotary motto “Service above Self,” every club takes on community projects and teams up with clubs from other countries on international projects. Rotary now has about 1,200,000 members worldwide.

Huang served as Vice President for Richard King, a member of the Niles Rotary Club, who was Rotary International President in 2001-2002; they formed a lasting friendship. King and the six Rotary clubs in the Tri-City area hosted Presi-

Chuck Canada, president of Niles Rotary. “Amazingly we are hosting two this month, as current Rotary International president, Ron Burton, will be our guest for lunch on March 27.” Tickets are available at Nilesrotary-burton.eventbrite.com.

Prior to his visit to Fremont, Huang spoke to sev-



Gary Huang, who will be the worldwide leader of Rotary International from July 1, 2014 until June 30, 2015, visited Fremont recently with his wife, Corinna.

eral hundred incoming club presidents at the Far West President-Elect Training Seminar (PETS) in San Jose, outlining his plans for the coming year and explaining the meaning of his theme, “Light Up Rotary.”

President-elect Gary C. K. Huang was born in southern China and grew up in Taiwan. He is a graduate of Eastern Michigan University and holds an MBA from the College of Insurance in New York. Huang is Honorary Chairman of Taiwan Sok Shinkong Security Company, Ltd. and a past president of the Malayan Overseas Insurance Company.

Huang and his wife, Corinna, have three children. In 2004 he authored a book about his business and Rotary experiences called “Finding Solutions, Not Excuses.”

Huang will be the first Chinese president of Rotary International. There are many Rotary clubs in Taiwan, Hong Kong, Macao and Singapore, but only two in China: Beijing and Shanghai. Both are provisional clubs, with most members ex-patriot citizens of other countries.



Rotary International President-elect Gary C.K. Huang receives a rooster sculpture from Past Rotary International President Richard King.

dent-elect Huang at a luncheon on March 10, attended by Rotarians and guests from around the Bay Area.

In his remarks on important global initiatives, Huang said, “Eradicating polio has been a goal of Rotary for many years. We have partnered with the Bill and Melinda Gates Foundation and other organizations, and hope the world will be polio-free and sustained for three years by 2018.” Although most countries do not have any cases of polio, it still exists in three or four areas. Unstable governments and parental fear of the polio vaccine create ongoing challenges, but the end is in sight.

“It is rare that a club has the opportunity to host a Rotary International president,” commented

On the Sunday, March 9, District Rotarians and Asian community organizations honored Huang and his wife with a reception at the Taiwanese Culture Center in Sunnyvale. Delighted by seeing friends he knew as long ago as high school, the soon-to-be-president of Rotary International spoke to them in the Taiwanese dialect, encouraging them to become Rotarians. He then taught the 300-member audience his trademark “Happy Clap” and a few lines of his specially created song for Rotary next year, in his native language.

Huang chose the theme Light Up Rotary for his 2014-15 presidential year, inspired by the teachings of Chinese philosopher, Confucius, who said: “It is better to light a single candle than to sit and curse the darkness.”

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

Antonio C. Lucas
RESIDENT OF FREMONT

July 17, 1951 – March 7, 2014

Elliot "Irish" Leydon
RESIDENT FREMONT

December 12, 1991 – February 28, 2014

Mary Frances Haro
RESIDENT OF NEWARK

May 11, 1935 – March 8, 2014

Joan M. Garcia
RESIDENT OF FREMONT

August 22, 1937 – March 7, 2014

Agnes "Nancy" Bobo
RESIDENT OF UNION CITY

July 22, 1928 – March 10, 2014

Doreen F. Gonzalez
RESIDENT OF FREMONT

December 17, 1957 – March 10, 2014

John K. Keltz
RESIDENT OF FREMONT

August 13, 1924 – March 10, 2014

Nina Kim Aydin
RESIDENT OF BERKELEY

November 9, 1955 – March 11, 2014

Pedro "Lupe" Granados
RESIDENT OF NEWARK

December 12, 1927 – March 13, 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.

Obituary

Cheryl Ann Follet

of San Mateo and Fremont/Newark,
born February 11, 1933, died March 7, 2014
after a long battle with Alzheimer's.



She was preceded in death by her husband Roger, her parents Esther & John and her sister-in-law Rae.

She was hardworking and owned her own business in San Mateo. She was an active member of ABWA (American Business Women's Association) and received the Business Woman of the Year Award for San Mateo County. She retired in 1988.

After retirement she spent much of her time volunteering. She was an active member of the Crystal Springs Auxiliary of CHS (Children's Home Society of CA). She also volunteered at LOV Newark (League of Volunteers) driving patients to doctor's appointments and chemo treatments, office work and helping with the Summer Rec Program for Kids.

She was a loving, thoughtful and generous person who loved her family. She is survived by her sons John & Jim, daughter-in-law Carrie, brothers Allen, John & Ron, sister-in-laws Peggy & Gena, granddaughters Nicole & Samantha and their spouses Paul & Chasen and numerous, nieces, nephews and cousins.

A private service will be held at the Fremont Chapel of the Roses.

Debate continues over Niles Canyon Bridge

By JOE GOLD

Caltrans trotted out its latest plans to replace the 86-year-old Niles Canyon Bridge on State Route 84 at a meeting at Niles Elementary School on March 4. Planned improvements were displayed via aerial photos and planners explained their rationale for the project. The public reaction to the \$30 million project, especially from the group, "Save Niles Canyon" seemed to be "Don't bother."

Public meetings are part of the "scoping" process of an exhaustive Environmental Impact Report, soliciting public concerns for what Caltrans environmental planner Oliver Iberien called "a phone-book sided document." He added, "Part of the process is asking the public what alternatives are appropriate, what alternatives should be considered."

Iberien said the existing bridge is state of the art—for 1928. But, by 2014 standards the current bridge is too narrow, needs consistently paved shoulders, and lacks crashworthy and snag-resistant guardrails to keep cars from leaving the roadway. He said the plan included slightly widening and smoothing out the "brokeback" curve that is too sharp for the design speed of 45 mph. The new bridge would meet updated seismic standards, with a 12-foot wide roadway and an 8-foot shoulder, which leaves room for disabled vehicles to get out of the traffic lane and accommodates bicycle and pedestrian traffic. Double-twisted wire mesh would restrain the canyon walls where sliding might occur and become a road hazard.

The new bridge plan is intended to reduce accidents and future maintenance costs. A support pylon for the existing bridge stands in Alameda

Creek; new supports would be in the flood plain, but not in the stream itself, cleaning the habitat for steelhead trout and salmon that California Fish and Wildlife is trying to reestablish. Iberien said the plan could include pedestrian and bike paths set apart from the roadway if local governments want them.

As the plan stands, the Environmental Impact Report will be available for public comment in late 2014, finalized in fall 2015 with a final roadway design completed in 2016, construction started in 2017 and completed in 2018. The new bridge is intended to serve for 100 years. The \$30 million construction cost is being borne by the California State Highway Operations and Protection Program.

Several attendees identified themselves as members of Save Niles Canyon which has actively opposed the project since the first public announcements in 2011; not only the bridge, but a series of issues along State Route 84 from Mission Street in Fremont to I-680. The group's web site complained that the project would destroy the creek habitat and remove hundreds of trees.

Steve Wilson of Save Niles Canyon said he was concerned that a wider bridge would enable speeding, and urged rumble strips and signage to slow drivers in the canyon. He urged Caltrans to adopt a fish-friendly design.

Yvonne West said she found the project unnecessary, and asked the eight Caltrans officials present how one might go about stopping the project.

Iberien said contacting mayors, city council members and other elected officials might be the best way to bring the project to a halt, if that's what the public wants. "If we knew all the answers," he said, "we wouldn't have these meetings."

Alameda County Assessor's office launches new website

SUBMITTED BY GUY ASHLEY

The Alameda County Assessor's Office is inviting the public to use its new website, which includes a number of new features designed to provide a better user experience for people seeking information about local properties, property assessments and other important matters.

The new website is available at
www.acgov.org/assessor.

Most users will find all the information they need on the home page of the new website, where there are quick links to the Most Popular Topics, Most Popular Forms and a Parcel Viewer. Also featured prominently on the home page is a link to the Alameda County Property App, an innovative tool introduced last year that allows access via cell phone or other mobile device to information including a property's assessed value, property taxes, and parcel map. Users can even pay

their property taxes right from the app. More than 2,500 people have downloaded the app from Google Play and the Apple Store since it was released in March 2013.

The remainder of the website is organized under six blue tabs across the top of the page. Each tab covers a topic of common interest to customers of the Assessor's Office, and provides an entry way for users to explore each topic in depth. The tabs also allow users to download important forms and include links

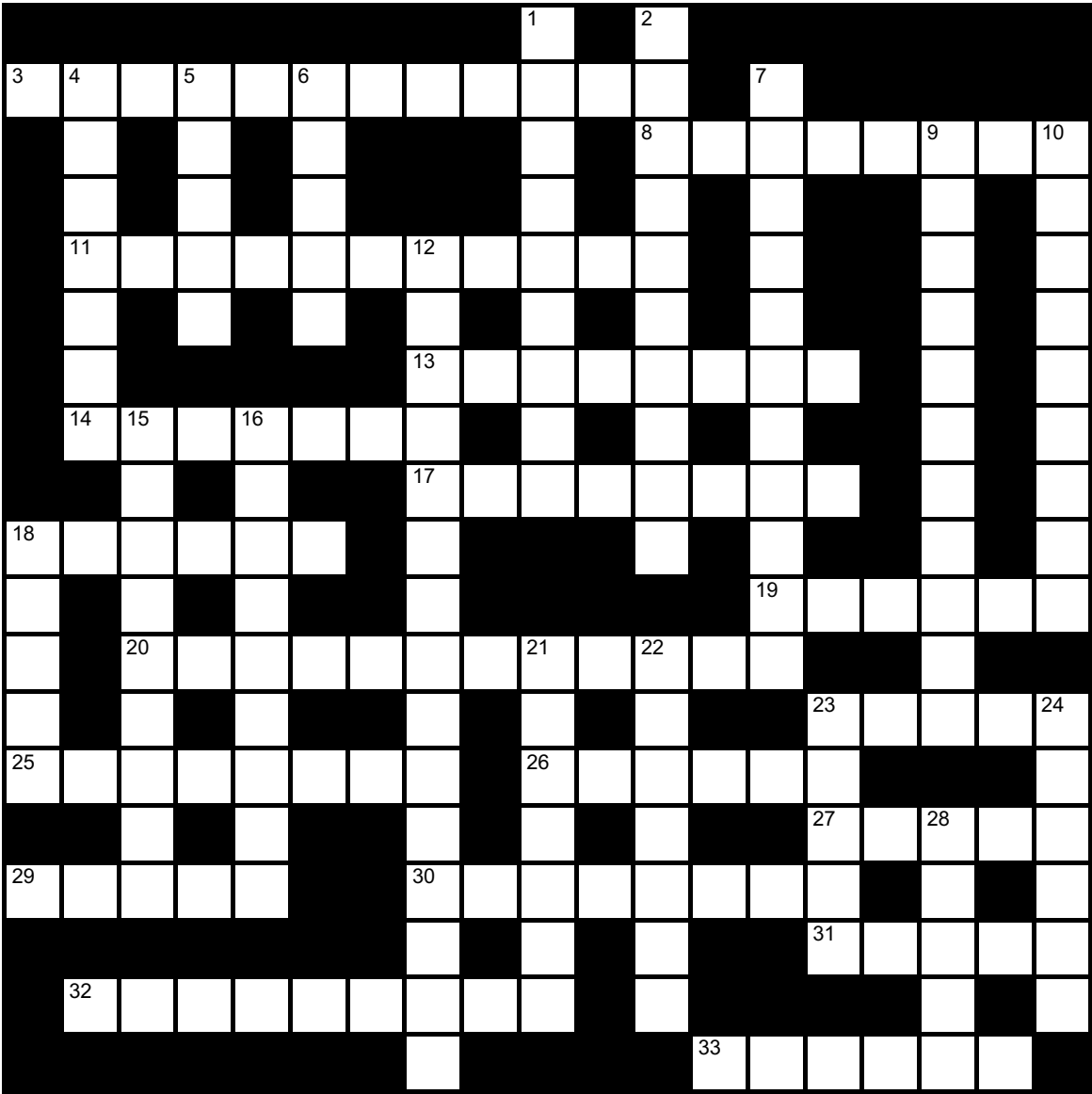
to the State Board of Equalization.

"We are excited about our new website and the potential for improved customer service it provides," said Ron Thomsen, Alameda County Assessor. "Our office is one of the places where Alameda County residents most commonly interact directly with County government. The improvements we have made to our website are part of our ongoing effort to ensure that those interactions are always pleasant and positive."

Mind Twisters

Crossword Puzzle

B 257



- Across
- 3 Design of buildings (12)

8 Quickest way (8)

11 Principial on main teacher (4,7)

13 Soft things for head rest (8)

14 Leaves with nicotine (7)

17 Middle ages (8)

18 Counsel (6)

19 Not lime but the other citrus (6)

20 Once in a while (12)

23 Duties (5)

25 Detailed study of a particular topic (8)

26 Soap particles (6)

27 sketches and composes (5)

29 Noncommittal answer (5)
- 30 Blew up (8)

31 Contraction of you are (5)

32 Very satisfied with things (9)

33 Assists somone in reaching destination (6)
- Down
- 1 Bought (9)

2 Held back from action or growth (10)

4 Having the most income or resources (7)

5 Pertaining to man (5)

6 Exams (5)

7 Without cessation (11)

9 Journey or voyage for a specific purpose (11)

10 Four digit numbers (9)

12 Achievements (15)

15 Easily seen, recognized or understood (9)

16 Partner (9)

18 A deadly sin (5)

21 Chewed in small bits (7)

22 Freedom of expression (7)

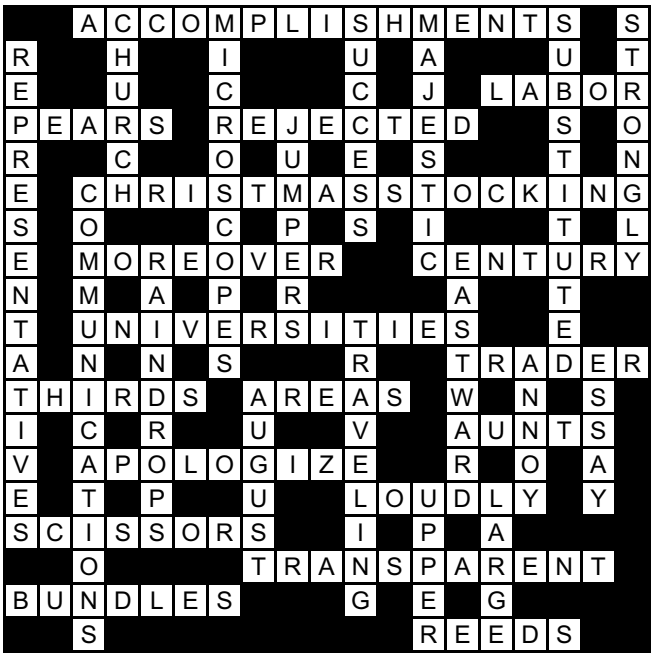
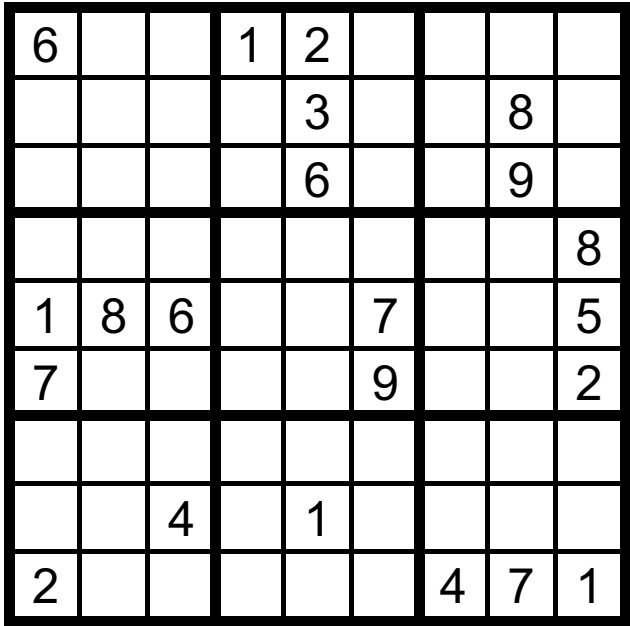
23 Lingerie item (5)

24 Female sibling (6)

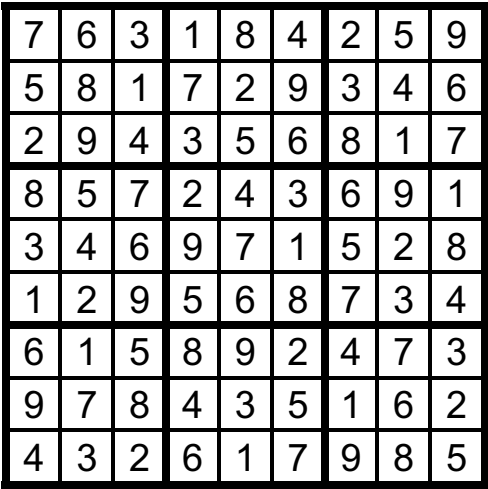
28 Critical (5)

Sudoku:

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



B 256



Tri-City Stargazer MARCH 19 – MARCH 25, 2013 BY VIVIAN CAROL

For All Signs: March 20th brings us the spring equinox, the time of symbolic renewal of all things, spiritual, emotional and mental. Many centuries of the transformation from winter to spring are deeply inscribed in our human genetic memory. The time frame around this particular equinox is likely to be dramatic, as it has been in recent history. The drama usually occurs within six weeks before or after the exact equinox. Examples are: April 16, 2013, a major quake in Iran (7.7), on March 11, 2011, the Japanese earthquake and tsunami occurred. A year before, on April 20, 2010, we saw the BP explosion in the Gulf of Mexico. The likelihood of a major disaster this year would be in April heralded by challenging aspects among the planets.

Meanwhile, given that Mars is retrograding, there are political factors hidden from the public knowledge which will explode by the end of spring. The earth is caught in a

Aries the Ram (March 21-April 20): The sun returns "home" to your sign this week. You likely will find it to be energizing. Now is the time to focus on new plans for this next year of your life. Take a fresh look at where you want to direct your energy. While you are doing this, be sensitive to the needs of those around you as well.

Taurus the Bull (April 21-May 20): There are no new aspects designed for you by the planets this week. You may still be cogitating on the Venus/Mars square that occurred early this month. That time called for a re-commitment of devotion to a person or a project. If it didn't happen, you may have decided to let it go.

Gemini the Twins (May 21-June 20): Make a special effort to keep up with keys, tickets, and other small items. Your feelings are easily injured right now. On the other hand, you may be the offender, hurting someone else. Try to stay on the planet and think carefully before you speak. If you feel "hurt," don't leap to a conclusion before you ask what the meaning is of a behavior or a comment.

Cancer the Crab (June 21-July 21): This is a week in which you probably would like to withdraw into the comfort of your shell. You may be a tad on the solemn side. This is a temporary wave of the normal emotional life for you. You do not have to believe everything you think, especially if it takes you to a darker state of mind.

Leo the Lion (July 22-Aug 22): At this time of year, the Sun shines upon your 9th house of travel and expansion. You are probably already making plans for your next vacation. Aspects favor opening yourself to greater territory in your life. You may be thinking of beginning a new study, a spiritual pursuit, or creating a website.

Virgo the Virgin (August 23-September 22): You may be feeling irritable and a little nervous. You can't be sure whether someone significant in your life is really telling you the truth or treating you honestly. The probability is that there is some sort of deception present but it may not be deliberate. Take good care of yourself. Remain honest to yourself in your relationship.

Libra the Scales (September 23-October 22): You are somewhat edgy and irritable this week. Parts of your mind are scattered into so many corners that it is hard to pull everything together. But you know clearly where boundaries need to be drawn and you are not hesitant to do so. The best of verbal warriors is concise and says what is needed, but no more. Unfortunately, Mars retrograding in your sign creates a tendency to spew.

Scorpio the Scorpion (October 23-November 21): Irritability and a tendency to short temper may be your companions this week. Beware the temptation to obsess over minor issues. Take especially good care of your body at this time. You are in a physically low cycle and subject to accident or minor injuries with tools or vehicles.

Sagittarius the Archer (November 22-December 21): You have the desire to become the best you can be. You want wisdom, respect, and the good for all in your life. However, something drags you backward and hangs upon you like a leaden sack. It is something you would

major tug of war involving Pluto, Uranus, Jupiter and Mars. These are energies that can make tremendous noise. Pluto represents those with political and monetary power. Uranus represents justice for the populace. Jupiter represents hope for expansion and meaning. Mars, the original god of war, carries the matches that will ignite powder kegs. The combination is called a Grand Square by astrologers and represents major energy circling the sun in fast rotation. This New Astrological Year will be fast and furious. Insist on maintaining those practices that help you keep your center (exercise, yoga, massage, meditation and/or prayer). Stretch your perspective to rise above the crises of the moment. Change is in the wind and we must learn to flow with it.

rather not admit that keeps you in an uncomfortable place. For some it could be financial, for others fear of controversy.

Capricorn the Goat (December 22-January 19): Circumstances in your family or home are shifting. The motion is moving toward an unexpected shakeup in your home or property at the end of the month. Perhaps you can see this coming. Take steps now to prevent it rather than waiting and hoping it won't happen.

Aquarius the Water Bearer (January 20-February 18): You are in a situation in which your circumstances are not meeting your needs for comfort, stability, or security. Perhaps you are

disengaging from a bad habit or someone who is not really good for you. The long term benefits of containing yourself now are really good. The short term discomfort is not fun at all.

Pisces the Fish (February 19-March 20): There is an old saying: "Don't believe everything you think." Take this one to heart this week. Your feelings and thoughts may be only projections of what you want to think. You might identify a piece of information as a truth, when, indeed, it is merely your opinion.

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OPINION



WILLIAM MARSHAK

We all like simple answers. When a problem can be solved with minimum physical and mental effort, it appears, is solved and then rapidly disappears. Although attendant issues may remain, many would leave those to another day or hopefully to another, far off generation. That philosophy cannot be sustained indefinitely and we are now faced with the fruits of our growth labors. With all the planning and economic success of our area, basic realities of sustenance remain. Potable water for an expanding population, essential for our lives, is now the result of tenuous connections with sources of that precious resource.

T.S. Eliot warns of human atrophy in his poem, “Hollow Men.” He may be a bit melodramatic in his conclusion that the world will end, “Not with a bang, but a whimper,” but he does sound a warning of too much arrogance and the fragility of human endeavor. Although favoring the sim-

Complexity

ple explanation, many contemporary issues are not simple. These days, the vast majority of citizens in this country do not live on farms or ranches using relatively minor consumption of essential resources; instead, we rely on lengthy supply lines for even our most basic needs. Respect for the power of Mother Nature is subverted to economic imperatives. Military planners know this paradigm all too well. Many battles have been lost due to unsustainable supply lines. Our cities have pledged allegiance to more housing, growth and development that, in turn, leads to a more and more fragile existence.

Now we are faced with a drought of epic proportions that has stressed a supply system of one of the most basic elements for life... water. There is no amount of civic pressure that will bring rain, so drastic measures are in the works. Reserves are being stretched to their limits and reductions of water use – voluntary and mandatory – are now commonplace. The underlying vulnerability of a society so far removed from basic necessities has become evident. Continuation of large developments, large government and bloated infrastructure is not sustainable. With the “Great Recession,” came the realization that social and financial limits are real factors when weighed against development and economic gain. Factors, including population pressure—physical and mental - in highly concentrated, dense living conditions, traffic, pollution and quality of life put citizens at risk.

As plans in Fremont for development of the Central Business District, Warm Springs and housing on frontage property of Ohlone College in Mission San Jose are assessed, will fundamental necessities and their consequences be considered?

Throughout contemporary and past writings by scientists and poets alike, warnings are rampant. Astute observations from the past are filled with cautionary tales, appropriate even now, more than a century later. Samuel Taylor Coleridge wrote The Rime of the Ancient Mariner in the 1800s. He too, speaks of a voyage that begins with promise and hope, ending, through the Mariner’s folly, with disastrous consequences. He could have written his words today, living by the Bay.

Water, water, every where,

And all the boards did shrink;

Water, water, every where,

Nor any drop to drink.

William Marshak
PUBLISHER

SUBMITTED BY PATRICK GANNON

I-M-B-R-O-G-L-I-O. With those nine letters, 6th grader Christina Yu of Gomes Elementary (Fremont Unified School District) ranked supreme at the Alameda County Elementary Spelling Bee. Christina was among eight students honored at the Alameda County Elementary and Junior High Spelling Bees hosted by the Alameda County Office of Education (ACOE) on March 8.

Nearly 50 students competed in the Alameda County Elementary and Junior High Spelling Bee, vying for the top two spots in each division, and the opportunity to move on to the State Spelling Bee.

At the Elementary Spelling Bee level, the top two placements were local students:

1st place: Christina Yu, 6th grade, Gomes Elementary School (Fremont USD)

2nd place: Isabella Siu, 6th grade, Canyon Middle School (Castro Valley USD)

Christina and Isabella will represent Alameda County at the State Elementary Spelling Bee on Saturday, April 26 at the San Joaquin County Office of Education in Stockton.

In the Junior High Spelling Bee, two students tied for first place: Karah Pedregosa, 8th Grade, Fallon Middle School (Dublin USD) and Meenakshi Singhal, 8th Grade, Mendenhall Middle School (Livermore Valley Joint USD). They will represent Alameda County at the State Junior High Spelling Bee on Saturday, May 3 at Miller Creek Middle School in San Rafael.

For more information, contact ACOE Education Services at (510) 670-4254.

Fremont student advances to State Spelling Bee



Christina Yu, First Place Winner



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Lowest \$:	300,000	Average \$:	495,333			
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3343 Jeanine Way	94546	350,000	3	1564	1954	02-06-14
22368 Moyers Street	94546	460,000	3	1232	1949	02-11-14
21227 Orange Avenue	94546	430,000	3	1352	1941	02-10-14
4191 Somerset Avenue	94546	300,000	2	1145	1949	02-07-14
18698 Cull Canyon Road	94552	440,000	-	1136	-	02-07-14
7351 Longmont Loop	94552	600,000	2	1550	2002	02-06-14
20423 Summercrest Drive	94552	603,000	4	1666	1998	02-07-14

FREMONT TOTAL SALES: 25						
Highest \$:	1,291,000	Median \$:	585,000			
Lowest \$:	333,500	Average \$:	696,000			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
35665 Ballantine Place	94536	711,500	3	1579	1970	02-11-14
38535 Burdette Common	94536	333,500	2	976	1979	02-07-14
38018 Dover Common	94536	425,000	3	1168	1971	02-06-14
4560 El Cajon Avenue	94536	530,000	3	1214	1954	02-06-14
37851 Essanay Place	94536	445,000	2	891	1983	02-07-14
37859 Essanay Place	94536	451,000	3	1236	1983	02-10-14
9 Gazania Terrace	94536	515,000	3	1378	1991	02-11-14
38782 Huntington Circle	94536	340,000	2	724	1988	02-10-14
4617 Mayfield Drive	94536	1,125,000	4	2839	1954	02-06-14
4530 Nicolet Avenue	94536	435,000	3	1148	1958	02-11-14
35444 Purcell Place	94536	745,000	3	1576	1967	02-07-14
38595 Royal Ann Common	94536	335,000	2	1008	1971	02-05-14
4140 Fairwood Street	94538	585,000	3	950	1959	02-11-14
40686 Ambar Place	94539	1,165,000	4	1956	1969	02-06-14
49170 Aster Terrace #104	94539	589,000	2	1203	2004	02-07-14
2037 Dorne Place	94539	1,078,000	3	1812	1960	02-06-14
237 East Warren Common	94539	412,000	2	878	1982	02-11-14
249 Imperio Avenue	94539	1,250,000	4	1782	1975	02-10-14
485 Mayten Way	94539	999,000	4	1528	1963	02-07-14
1959 Mento Drive	94539	1,291,000	4	2077	1961	02-06-14
43501 Ocaso Corte	94539	860,000	2	1904	1979	02-07-14
1800 Olive Avenue	94539	990,000	3	1597	1976	02-06-14
46915 Shale Common #1	94539	550,000	3	1214	-	02-07-14
4511 Amiens Avenue	94555	780,000	3	1504	1986	02-11-14
5271 Tacoma Common #120	94555	460,000	2	950	1989	02-07-14

HAYWARD TOTAL SALES: 20						
Highest \$:	900,000	Median \$:	350,000			
Lowest \$:	145,000	Average \$:	368,175			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1852 Cedar Street	94541	379,500	2	840	1943	02-11-14
1131 Martin Luther King Drive	94541	490,000	-	-	-	02-11-14
22135 Sevilla Road #26	94541	145,000	2	1163	1982	02-07-14
22135 Sevilla Road #46	94541	181,000	3	1453	1982	02-07-14
22012 Sevilla Road #90	94541	154,500	2	1241	1986	02-07-14
22012 Sevilla Road #93	94541	159,000	2	1275	1986	02-07-14
22081 Valencia Place #3	94541	184,500	3	1482	1982	02-07-14
1819 Weir Drive	94541	455,000	3	1791	1979	02-11-14
23883 Wright Drive	94541	375,000	3	1070	1951	02-11-14
4025 Amyx Court	94542	755,000	3	1983	1960	02-07-14
223 Carrick Circle	94542	900,000	5	3598	2009	02-07-14
353 Fairway Street	94544	350,000	3	1134	1955	02-11-14
650 Folsom Avenue	94544	450,000	2	1811	1990	02-11-14
31388 Meadowbrook Avenue	94544	430,000	3	1161	1955	02-06-14
27732 Pompano Avenue	94544	300,000	3	1000	1954	02-10-14
27311 Tyrrell Avenue	94544	160,000	2	724	1929	02-11-14
1251 Westwood Street	94544	340,000	3	1059	1953	02-11-14
2641 Darwin Street	94545	435,000	3	1128	1956	02-11-14
1178 Merritt Lane	94545	470,000	3	1600	1957	02-07-14
2255 Sleepy Hollow Avenue	94545	250,000	3	1215	1957	02-11-14

MILPITAS TOTAL SALES: 10						
Highest \$:	787,000	Median \$:	595,000			
Lowest \$:	545,000	Average \$:	628,450			
893 Contemplation Place	95035	625,000	3	1404	2000	02-21-14
1391 David Lane	95035	787,000	4	1868	1991	02-19-14
1821 Findley Drive	95035	618,000	3	1102	1960	02-19-14
276 Geneva Road	95035	595,000	2	1350	1987	02-19-14
1616 Lee Way	95035	545,000	-	-	-	02-20-14
1660 Lee Way	95035	595,000	-	-	-	02-21-14
1672 Lee Way	95035	578,500	-	-	-	02-25-14
966 Mente Linda Loop	95035	566,000	2	1300	2007	02-18-14
309 Norwich Avenue	95035	680,000	3	1431	1956	02-20-14
195 Waterford Meadow Court	95035	695,000	3	1410	1994	02-24-14

NEWARK TOTAL SALES: 04						
Highest \$:	600,000	Median \$:	315,000			
Lowest \$:	284,000	Average \$:	416,750			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
6308 Buena Vista Drive #B	94560	284,000	1	924	1985	02-07-14
6342 Joaquin Murieta Avenue	#G94560	315,000	2	905	1982	02-05-14
36676 Port Fogwood Place	94560	600,000	3	1450	1976	02-11-14
6337 Zulmida Avenue	94560	468,000	3	1039	1954	02-05-14

SAN LEANDRO TOTAL SALES: 09						
Highest \$:	620,000	Median \$:	415,000			
Lowest \$:	228,000	Average \$:	401,944			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
789 Estudillo Avenue	94577	620,000	3	1488	1926	02-11-14
2356 Fairway Drive	94577	265,000	2	1158	1972	02-11-14
279 Lexington Avenue	94577	415,000	2	1119	1940	02-07-14
485 Mitchell Avenue	94577	545,000	3	1819	1936	02-07-14
2077 Washington Avenue #101	94577	245,500	2	1048	1984	02-11-14
2330 West Avenue 135th	94577	415,000	5	1924	1942	02-06-14
1654 151st Avenue	94578	369,000	3	1423	1947	02-06-14
15065 Hesperian Boulevard #269	94578	228,000	2	822	1985	02-06-14
16618 Rolando Avenue	94578	515,000	5	2086	1940	02-05-14

SAN LORENZO TOTAL SALES: 02						
Highest \$:	260,000	Median \$:	260,000			
Lowest \$:	260,000	Average \$:	260,000			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
49 Paseo Grande #A	94580	260,000	2	874	1986	02-10-14
17040 Via Piedras	94580	260,000	3	1068	1947	02-10-14

UNION CITY TOTAL SALES: 05						
Highest \$:	625,000	Median \$:	420,000			
Lowest \$:	265,000	Average \$:	440,000			
ADDRESS	ZIP	SOLD FOR	BDS	SQFT	BUILT	CLOSED
1021 Amber Terrace #66	94587	570,000	3	1675	2007	02-05-14
3537 Barnacle Court	94587	625,000	-	2164	1980	02-11-14
4251 Lunar Way	94587	320,000	3	1137	1971	02-07-14
35560 Monterra Terrace #304	94587	265,000	1	695	2001	02-05-14
122 Wendy Court	94587	420,000	3	1260	1960	02-11-14

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

USS Hornet hosts Harry James Orchestra

SUBMITTED BY
VICTORIA SANCHEZ DE ALBA

Dust off your dance shoes as the USS Hornet presents the Harry James Orchestra on Saturday, March 22 onboard the historic aircraft carrier. Directed by trumpet virtuoso Fed Rake, The Harry James Orchestra is considered one of the most popular Big Bands in the United States and Canada. Attendees will be able to show off their moves on one of three large dance floors on the enclosed hangar deck from 8 p.m. to midnight. While not required, period attire is encouraged and welcomed.

A bit rusty on your Cha Cha and Rumba moves? Not to worry. Free dance lessons will be provided throughout the night by Jim Truesdale, a former Fred Astaire dance instructor.

Ticket prices are:
\$75 per person for Cabaret Reserved seating with tables near the dance floor with great views of the stage.
\$60 per person for reserved seating near the dance floor.
\$40 per person general admission.

A cash bar and food will also be available for purchase.
If the event does not sell out, general admission tickets will be available at the door for \$45 per per-



son. However, due to its popularity, the event does tend to sell out. Order online today!

USS Hornet Jazz Performance
Saturday, Mar 22
8 p.m. – Midnight
USS Hornet Historic Aircraft Carrier
707 W. Hornet Ave.
Pier 3, Alameda
(510) 521-8448, ext. 282
www.hornetevents.com
Tickets: \$40 - \$75/person

Special education students share a night of fun



SUBMITTED BY MIKE HEIGHTCHEW
PHOTOS BY MIKE HEIGHTCHEW

Special education students left their handicaps and any thoughts of discrimination at the door as they enjoyed a night of dinner, dancing and fun at the Ralph and Mary Ruggieri Senior Center in Union City on March 7th. Everyone, including students, friends and volunteers, had a good time.



Baseball

Fremont Christian vs Bay
SUBMITTED BY GLENN PON
& MAXPREPS

March 14, 2014
Fremont Christian 5 vs. Bay
(San Francisco) 0

Summary: RHP Travis Byerly (1-0) struck out 16 batters and pitched a one hit shutout, as well as contributed a 2-run HR. Fremont Christian (4-0-1) wins over Bay 5-0.

Softball

James Logan report
SUBMITTED BY JAMES
LOGAN SPORTS

March 7
Castro Valley 7, James
Logan 6

March 11
James Logan 4, Dougherty
Valley (San Ramon) 0
 Highlights - Batting: RBI
 Mattos, Peters, Bailado; 2B -
 Burpee; Pitching: Patino 7 IP, 10 K

March 14
James Logan 12, Monte
Vista (Danville) 0

Women's Water Polo

Pioneers on a
winning streak

SUBMITTED BY SCOTT
CHISHOLM

March 9, 2014

Cal State East Bay earned a pair of wins at Pioneer Pool, defeating Sonoma State 5-3 and Mercyhurst 16-6. The Pioneers picked up their first Western Water Polo Association (WWPA) victory of the season and extended their winning streak to three games after comfortably taking out the Lakers.

March 15, 2014

Off the heels of a season-high scoring output in its previous game the Cal State East Bay women's water polo team nearly matched that effort in a 15-8 home win over Cal State San Bernardino. Sarah Hudyn and Julia Charlesworth combined for six of the team's first nine goals to build a 9-2 lead shortly after halftime.



Women's Softball

Newark Girls Softball League
opens 2014 season

SUBMITTED BY CINDY LALONDE AND
MIKE HEIGHTCHEW
PHOTOS BY MIKE HEIGHTCHEW

The air was filled with excitement on Saturday, March 15 as opening ceremonies for the Newark Girls Softball League (NGSL) got under way at Lalonde Field (H.A. Snow Elementary School). Each team was anxious to show off its uniform and begin the new season.

Every year about 200 girls participate, learning how to field and bat while enjoying the physical activity and learning from coaches who enjoy teaching the girls. There is no shortage of enthusiasm from players and adults; the league operates primarily using volunteers except for paid umpires. NGSL began when Darryl Reina founded the Newark Bobby Sox in 1972. NGSL is a recreational league; there are no tryouts so the girls can start playing right away with little or no experience.

2014 marks the league's 42nd Season. Until 2002, the league played as the Newark Bobby Sox and now continues to operate for girls ages 4?-16. Every girl plays at least two innings in each game. For more information, visit:

<http://www.ngsl.info/document/documents.html>.



Pioneer Aquatic Report

Women's Swimming

SUBMITTED BY SCOTT CHISHOLM

March 13, 2014

Cal State East Bay moved into 13th place in the women's team standings at the 2014 NCAA National Championships. Caitlin DeNise became an individual All-American after placing seventh in the 100-yard butterfly. DeNise became the first Pioneer at this year's meet to qualify for an individual championship final after posting the fifth fastest time (55.33) in the 100 fly prelims. She would record a time of 55.44 seconds in the finals to take seventh overall. Cal State East Bay got off to a promising day two start in the opening 200-yard freestyle relay. DeNise's 50-yard leadoff leg in 23.35 seconds is the fastest two-length split in program history. It sparked the fastest 200

free relay time in East Bay's history as Alyssa Tenney, Brittany Rojo, and Madison Hauanio closed out the race to take sixth overall. The time of 1:33.86 was near identical to their previous record time of 1:33.88 set during the morning prelims session.

March 14, 2014

Makila Schuck and Brittany Rojo took to the SPIRE Institute pool at the NCAA National Championships on Friday morning. Schuck finished 29th in the 100-yard breaststroke and Rojo 21st in the 200-yard butterfly during morning preliminary session.

March 15, 2014

Cal State East Bay capped off its 2014 NCAA National Championships with a fourth place finish in the 400-yard freestyle relay. Caitlin DeNise, Madison Hauanio, Alyssa Tenney, and Brittany Rojo destroyed the previous program record finishing in a time of 3:23.26.

Mission Valley enjoys first-ever basketball tournament

SUBMITTED BY
ANNA OLESON-WHEELER

With plenty of championship banners adorning the walls and raucous cheers echoing from the gymnasium of Newark Memorial High School (NMHS), you'd think there was a state title on the line. But, even better, were 250 special education student athletes playing in the inaugural Schools Partnership Program basketball competition, put on by Special Olympics Northern California and Mission Valley Special Education Local Plan Area (SELPA) on February 21.

The event was the culmination of eight weeks of training for students receiving special education instruction in Fremont, New Haven, and Newark school districts. While it was the first Special Olympics school basketball competition in the area, it is the second Schools Partnership Program event; American High School hosted a soccer competition in November. The Schools Partnership Program is made possible by a grant from Special Olympics Northern California to the Mission Valley SELPA.

Representing the Fremont School District were Horner Junior High School along with

American, Kennedy, Mission San Jose and Washington high schools. Newark Junior High School, Bridgepoint High and, of course, host Newark Memorial High School competed for the Newark district. Hailing from New Haven were Cesar Chavez and Alvarado middle schools and James Logan High School.

Buses made their way to Newark Memorial and students lined up with their schools for the Parade of Athletes set to the musical stylings of the NMHS band – to kick off Opening Ceremonies. Each school made their way into the gym to cheers from the general education student population of NMHS along with parents and supporters.

The home-field advantage was apparent when the crowd erupted as Newark Junior High and host Newark Memorial High were announced. A student-athlete from James Logan High felt equally welcomed by the audience when he led them in the pledge of allegiance, grinning from ear to ear. Nothing topped the response after a NMHS special education student sang the national anthem – the gym thundered in support.

Games were spread across four courts with another room devoted to skills practice for those not playing at the moment.

Teams enjoyed lunch in the gym followed by an award ceremony.

Students in the NMHS Student Athletic Advisory Council aided Athletic Director Rachel Kahoalii in organizing the logistics of the event and served as volunteers. When asked about working the event, several students said, "It's so much fun!" and "These photos are so going in the yearbook!"

Through the Special Olympics Northern California Schools Partnership Program, over 4,600 special education students receive training and compete in three sports – soccer, basketball, and track & field – during the school day. For many of the students with intellectual disabilities, this is the first time they have played sports, and the confidence they gain transcends the playing field

to better the classroom and their lives. An additional component of the program known as whole-school involvement sees non-disabled students volunteer with the special education students as well as organize activities to promote unity and respect in their schools. For more information on the Schools Partnership Program, please visit www.OurUnified-Schools.com.



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	10-494-1999 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.ffa.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	Docents Needed Museum of Local History 190 Anza Street, Fremont Learn about Fremont’s local history Docent training first Sat. each month Beginning March - 10 am -12noon Call Patricia Schaffarczyk 510-677-8461 pathikes@yahoo.com			
The League of Women Voters invites you to visit our website at www.lwvfnuc.org You'll find valuable information about your community and voter issues. Keep up to date & learn about our Tri-City area monthly programs. Our programs are non-partisan and free to the public.	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	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			
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.haywarddemos.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	
Bring Your Heart to Hospice Hold a hand, lend an ear, be a hospice volunteer. Vitas Innovative Hospice Care Call Alicia Schwemer at 408/964/6800 or Visit Vitas.com/Volunteers	Tri-City Volunteers Food Bank Invigorate your spirit & volunteer. Drop ins welcome Mon - Fri. Work off your Traffic violation by giving back to the community in need. Students 14 years & older welcome. Email Erin: ewright@tri-Cityvolunteer.org	Become the speaker & leader you want to be Citizens for Better Communicators (CBC) Toastmasters Guests and Visitors welcome Saturdays 10:15am Unitek College Room 141 4580 Auto Mall Pkwy., Fremont 510-862-0893	EXPERIENCE OUR NEW SACRED SPACE Come be inspired by our newly remodeled sanctuary & celebrate its rededication. No charge on 1/11/14 at 7pm for havdallah & party. Ages 21 & up, cocktail attire suggested. Family oriented celebration 1/12/14 at 9:30. For more details: 510-656-7141 www.bethtorah-fremont.org	Messiah Lutheran Church Church Service - Sunday 10 a.m. Bible Study - Sunday 9 a.m. Sunday School 2nd & 4th Sunday each month @ 11:15am and community events 25400 Hesperian Blvd., Hayward Phone: (510) 782-6727 www.MessiahHayward.org	
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.	Help with Home Repairs from Alameda County No cost or favorable, low interest loans are available for home remodeling for qualified homeowners in Fremont, Union City, Sunol and Newark. Call (510)670-5399 for an application and more information. http://www.acgov.org/cda/nps/	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	
SAVE (Safe Alternatives to Violent Environments) Domestic Violence Support Group (Drop In & FREE) Tuesday & Thursday at 1900 Mowry (4th floor in the conference room) 6:45-8:45 pm & Friday 9:15-11:00 am. 510574-2262 Hotline 510-794-6055	SAVE (Safe Alternatives to Violent Environments) FREE Restraining Order Clinic (Domestic Violence) Tues. Hayward Police 1-4 pm Wed. Fremont Police 9 am - 1 pm Thurs. San Leandro Police 9 am - noon Office (510) 574-2250 24/7 Hotline (510) 794-6055 www.save-dv.org		50th Year Class Reunion Washington High School Class of 64’ & Friends September 26 & 27, 2014 Spin A Yarn Steakhouse,Fremont Contact Joan Martin Graham billjoan3@pacbell.net	Tri-City Ecology Center Your local environmental leader! Eco-Grants available to Residents & Organizations of the Tri-City area working on Environmental projects. www.tricityecology.org Office open Thursdays, 11am-2pm 3375 Country Dr., Fremont 510-783-6222	
	FREE AIRPLANE RIDES FOR KIDS AGES 8-17 Young Eagles Hayward Airport various Saturdays www.vaa29.org Please call with questions (510) 703-1466 youngeagles29@aol.com	Maitri Immigration Program Free Assistance and Referrals for Domestic Violence Survivors. Provide Services in Hindi, Punjabi, Bangla, Tamil and many other South Asian languages. Crisis line: 888-8-Maitri Please call for screening.	New DimensionChorus Men’s 4 Part Vocal Harmony In the “Barbershop” style Thursdays at 7pm Calvary Luther Church 12500 Via Magdalena SanLorenzo Contact: ncchorus@Yahoo.com 510-332-2489	Little Lamb Preschool Open House Saturday, March 15 1pm-4pm. Drop in and visit the class rooms ad meet the teachers. Registration information will be available. Free ice cream sundaes. Everyone invited!	
FREE QUALITY TAX PREPARATION \$52,000 or less household income Other restrictions may apply Fremont Family Resource Center 39155 Liberty St, Fremont, CA Open: Jan 22 - Apr 14, 2014 Mon & Wed: 4 pm - 8 pm Friday: 10 am - 1 pm Closed 2/17/14 - President's Day Call 510-574-2020 for more info	FREE QUALITY TAX PREPARATION By IRS-Certified Tax Preparers \$52,000 or less household income Other restrictions may apply Saturdays: Feb 1 to Mar 15, 2014 10 am – 2 pm (Closed Mar 8th) At Newark Library 6300 Civic Terrace Avenue Newark, CA 94560 Call 510-574-2020 for more info	FREE QUALITY TAX PREPARATION Certified Volunteer Tax Preparers \$52,000 or less household income Other restrictions may apply Saturdays: Feb 1 to Apr 5, 2014 10 am – 2 pm (Closed Mar 8th) At Union City Library 34007 Alvarado-Niles Road Union City, CA 94587 Call 510-574-2020 for more info	FREE QUALITY TAX PREPARATION By IRS-Certified Tax Preparers \$52,000 or less household income Other restrictions may apply Saturdays: Feb 1 to Apr 5, 2014 10 am – 2 pm (Closed Mar 8th) At Holly Community Center 31600 Alvarado-Niles Road Union City, CA 94587 Call 510-574-2020 for more info	Premier Soccer Development Program Tryout for U11 & U14 Boys PSDP is designed to identify and develop talented, committed youth soccer players Call 510-516-3031 or Email TCPSPDP@gmail.com Signup now by Visiting http://tcpsdp.wix.com/psdp	

COMMUNITY BULLETIN BOARD

510-494-1999 tricityvoice@aol.com

Candidate's Forum Congressional District 17 Senate District 10 February 1st at Berryess Branch of SJ Public Library 6pm-8pm Sponsored by the Berryessa North San Jose Democratic Club. For more info BNSJDemocrats@yahoo.com	Berryessa-North San Jose Democratic Club Meet 3rd Thursday 7pm-9pm Berryessa Denny's For more info BNSJDemocrats@yahoo.com or see our Facebook page	American Cancer Society Relay for Life of Fremont www.relayforlife.org/fremontca Honoring cancer survivors, pro- moting healthy living & raising money to help end cancer. Meetings 6:30pm 3rd Tuesday at Anderson Auditorium Washington West, 2500 Mowry ashley.clemens@cancer.org	Fair Trade Festival South Hayward Parish Sat. May 10 -10am-3pm Proceeds to directly to SHP FOOD PANTRY. Enjoy FT cof- fees, teas, chocolates. Support Fair Trade. Help farmers, workers and artisans. W-Hills Outreach Center 2287 Patrick Ave., Hayward (Across from Weekes Library)	FAA ~ EVENTS Art in the Garden, Artists Call 4/13 - G. Rankin Art Showcase 6/28, 29-Art in the Garden 9/22 Fine Art Show, Receiving Check on-line for ongoing classes, art shows & events www.fremontartassociation.org 37697 Niles Blvd. 510.792.0905
Walk to Cure Arthritis Saturday, May 10th at LifeStyle RX 1119 E. Stanley Blvd., Livermore Registration 8:00 a.m. Walk 10:00 a.m. 1 or 3 mile options, Tailgate Extravaganza, Raffle Prizes, Refreshments, Kids Activities, www.TriValleyArthritisWalk.org or Call (800) 464-6240	Sport's Card Show 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, Giveways 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 msjhsrabfeed@hotmail.com Proceeds: Athletics, & Arts	City of Newark 50+ Senior Softball League Players Needed Open Games Mondays & Wednesday Nights Practice starts 3/10/14 @ 5p.m. Season runs 4/7/14 – 6/3/14 Sign-up @ Newark Silliman Center 6800 Mowry Ave., Newark (510) 578-4668

City of Fremont Briefs

SUBMITTED BY CHERYL GOLDEN

The City of Fremont is pleased to announce that Fremont took first prize in the population category at the 2014 City Cul-

ager's Office at (510) 284-4000 or visit www.Fremont.gov/StateoftheCity.

The City of Fremont is looking for input on how to enhance the experience and safety of walking in the community, with a focus

"Pledge Card" as well as a number of free resources to assist you in achieving your sustainability goals.

Workshop will be held at City of Fremont Development Services Center, 39550 Liberty St., in the Niles Conference

ing as a traveling coach on the WTA Tour, serves as the USTA NorCal 10 and Under Co-Chair, Coaches Commission, Junior Team Tennis and Junior Council. He is also a USTA National Junior Team Tennis committee member and National Faculty



Fremont took first prize in the population category at the 2014 City Cultural Diversity Awards for its Community Ambassador Program for Seniors (CAPS)

tural Diversity Awards for its Community Ambassador Program for Seniors (CAPS), which aims to serve seniors in their own communities, in their own language, within their own cultural norms, and does so where seniors live, worship, and socialize. CAPS was developed by the City's Human Services Department in partnership with the community. The awards program showcases National League of Cities (NLC) member cities, honoring their community leadership in developing creative and effective programs designed to improve and promote cultural diversity through a collaborative process with City officials, community leaders, and residents. For more information on the program, please visit www.CAPseniors.org.

If you want to learn more about the issues and opportunities facing the City of Fremont, stay tuned! Mayor Bill Harrison will be presenting the annual State of the City Address at a luncheon hosted by the Fremont Chamber of Commerce on Friday, March 28, noon to 2 p.m. at the Fremont Marriott Hotel. To buy tickets, you can call the Chamber at (510) 795-2244 or go to www.Fremontbusiness.com. The State of the City Address will be rebroadcasted on Cable TV Channel 27, as well as posted to the City website by the end of the following week. For more information, please call the City Man-

on improving mobility for all. Please take a moment to take our survey by visiting www.Fremont.gov/PedPlanSurvey. For more information please contact Rene Dalton in the Public Works Department at rdalton@fremont.gov or (510) 494-4535.

Fremont residents — thank you for feeding your food scraps and yardwaste to your green organics carts each week. Feel free to take advantage of your efforts and pick up two free bags of compost on Sunday, April 6, from 8 a.m. to noon, or while supplies last, at the Fremont Recycling and Transfer Station, located at 41149 Boyce Rd. rain or shine. Please bring your current Republic Services garbage bill as proof of your household's participation in the City's curbside organics program. If your family member or neighbor is unable to attend, you are more than welcome to bring their Republic Services bill and pick up their compost for them. This giveaway is brought to you by the City of Fremont, in partnership with Republic Services and the Fremont Recycling and Transfer Station. For more information, please contact Republic Services at (510) 657-3500.

Join us for a free informational workshop on Tuesday, April 1 from 6:30 p.m. – 8:30 p.m. led by "Waste Sleuth" Todd Sutton. You'll receive an individualized

Room. For more information and registration, contact Sustainability Coordinator Rachel DiFranco at rdifranco@fremont.gov or (510) 494-4451. This workshop is available thanks to grant funding from the Altamont Education Advisory Board.

Nigel Pugh, the City's Tennis Director, received the PTR USTA Community Service Award. Born and raised in Newcastle, Australia, Pugh played on the junior circuit, achieving a top national ranking and a spot on the Australia Junior Davis Cup Team. As the City's Tennis Director, he oversees 41 courts on six sites, and has 10

Coach Trainer. For more information about the Fremont Tennis Center visit www.Fremont.gov/Tennis.

Ardenwood Historic Farm is a beautiful setting that allows for fresh air and space necessary to experience the benefits of outdoor play. Starting April 21 through 25, Adventures @ Ardenwood Spring Break Camp will provide its participants the opportunity to explore the outdoors as well as the Patterson House Museum through historical scavenger hunts, nature walks, species identification and much more. For more information about Adventures @ Ardenwood, or Ardenwood in general, please contact Christie at cdentry@fremont.gov or (510) 791-4196.



Nigel Pugh, the City's Tennis Director



Ardenwood Historic Farm

certified teaching professionals. Pugh has instructed all levels of players, from 4-year-old beginners, to high school teams, to act-



Newark Cup finals

SUBMITTED BY FRANZ BRUCKNER

Congratulations to all teams that participated in the Newark Cup tournament. Those advancing to the Consolation/Championship rounds were:

Girl's Finals (March 12)
Consolation Match: Bunker vs Schilling
Championship: Snow vs Kennedy

Boy's Finals (March 13)
Consolation Match: Lincoln vs Graham
Championship: Snow vs Kennedy

Champions:
Boy's: Snow
Girl's: Kennedy



Kid Scoop

.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

 "Like" Kid Scoop on Facebook!

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SSSSSnakes!

Largest Snake

The anaconda is one of the world's largest snakes. Many grow to be as long as a school bus. To find out the length, in feet, of the longest anaconda ever found, add up the numbers on the anaconda's body.

Standards Link: Mathematics; Calculate sums.

Unscramble it!

Q: Snakes never wink or blink. Why?
A: They have no YEEDISL.

Q: How do snakes avoid their enemies?
A: By smelling or "tasting" the air with their ROKFED GONUET.

Concertina

The snake scrunches up its body like an accordion or concertina. First it loops and then straightens out, pushing its head forward. Then it pulls its tail along and starts again.

Creeping

Some snakes can slide back and forth, gripping the ground with their belly scales.

Gulp!

Anacondas wait near the water's edge for an animal to come and drink. When an unlucky critter comes near, the anaconda winds itself around the critter, drags it into the water and holds it under until it drowns. Then the anaconda swallows the animal *whole!* After a meal, an anaconda will rest for one week.

Standards Link: Animals have external features that help them thrive in different places.

What do anacondas eat?

The anaconda's favorite meals are hiding in the jungle. Can you find them all?

Standards Link: Visual discrimination.

What is a snake?

A snake is a reptile with a long body and no legs. Moving along without legs could be difficult, but snakes have found several ways. Here are two:

Find the emerald tree boa that is different.

A snake's eyes are always open and they are covered with a membrane that keeps the eye moist. This is an ocular scale called a **brille**. It keeps the eyes moist and free from dust. When the snakes sheds its skin, it also sheds this scale and another will have grown underneath.

Kid Scoop Together

Use the words below to fill in the blanks. If you get stuck, ask a parent to help you.

- CONNECTED
- PREY
- DETECT
- REACT
- SIGNAL
- INNER
- SPINAL
- GROUND
- PUZZLED

How can you hear if you don't have an ear?

Scientists have _____ over this question. For a long time it was thought that snakes were deaf. They have no ears or openings on their body that might appear to _____ to sound.

Snakes don't have ears but they do have an _____ ear bone or inner ear structure. Their inner ear is _____ to their jawbone and their jawbone is usually close to the _____ as they slither along.

They can _____ vibrations or sounds in their jawbones that then relay a _____ to their brains via that inner ear.

Snakes also have sensory nerves throughout their skin that in turn are connected to their _____ cord and brain. These are very sensitive receptors and allow the snake to react immediately to vibrations on the ground. It is thought that these reactions help them to respond quickly to snatch their _____.

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

Rattlers!

The rattlesnake is one of the fastest killers in the animal world. It can strike at a speed of 10 feet per second and its venom is deadly.

Rattlesnakes are the most dangerous snakes in America, but they bite only if they are frightened or stepped on. So if you are walking in rattler country, watch your step!

The rattlesnake gets its name from the rattling sound made by the rattling rings on its tail. You can tell how old a rattlesnake is by counting its rattles. Each time a rattlesnake sheds its skin, it gets a new ring on its rattle.

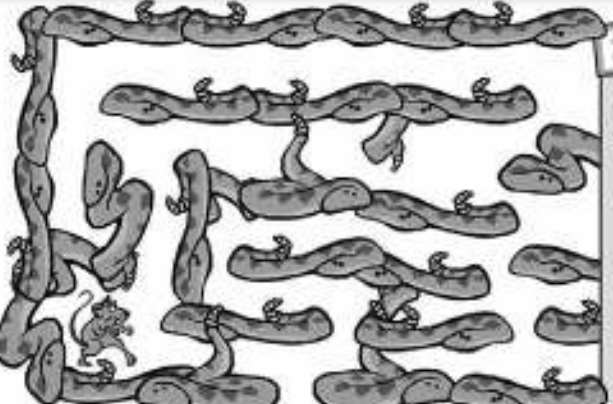
Standards Link: Life Science: Animals have structures that serve different functions in survival.



Snake Sleep-Over

Rattlesnakes gather in groups to sleep through the winter. Help the mouse find a path out of this slithering slumber party.

Standards Link: Visual discrimination.



Extra! Extra!

S-s-slither!

Look through the newspaper to find:

- 4 words that describe an anaconda
- 4 groups of numbers that add up to 37
- 4 things that are about as long as an anaconda

Standards Link: Grammar: recognize adjectives; Math: calculate sums; estimate length.

Kid Scoop Puzzler

The cobra is one of the most poisonous snakes. A bite from a cobra can kill a person in  minutes. Cobras can bite and kill as soon as they are born.

Just one tablespoon of their venom could kill  people!

The Cobra Code

 = 1  = 3  = 5

 = 6  = 8

Standards Link: Life Science: Animals have structures that serve different functions in survival.



double double Word Search

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

ANACONDAS
AVOID
BELLY
BUS
COBRA
CREEPING
CRITTER
JUNGLE
LEGS
MEALS
SCALES
SNAKE
TAIL
VENOM
WINK



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

FROM THE Kid Scoop LESSON LIBRARY

www.kidscoop.com

Grow an A-B-C Snake

Choose a letter of the alphabet. Look through one page of the newspaper for as many words as you can that start with that letter. Glue the words onto a long strip of paper in ABC order. How long can you grow your snake?

Standards Link: Spelling: Organize words in alphabetical order.



Which subject do snakes enjoy the most?

ANSWER: (Hidden Story)



Write On!

"I'm a snake, for goodness sake!"

Imagine you were a snake. What would you eat? How would you move? Where would you live? Write a paragraph about it.



Are you a writer?

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

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

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

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

Ohlone College Board of Trustees Meeting

March 12, 2014

Presentations and Proclamations:

Recognition of Sergeant First Class Jason Manella, 2013 Army non-commissioned Officer of the Year and alumnus of Ohlone College and Washington High School
Approve resolution honoring César Chávez Day

Approve resolution in support of California Community Colleges Baccalaureate Degree legislation
Approve Emeritus for George Rogers, a longtime professor who taught courses in subjects ranging from cultural anthropology to geology

Communications from the Public:

Citizens voiced criticism of planned housing development in the Ohlone College frontage area.

Consent Agenda:

Approval of February 2014 payroll warrants in the amount of \$2,162,037.08

Ohlone Community College District and United Faculty of Ohlone joint proposal for Fiscal Year 2014-2015, which will move toward greater medical benefits and higher salaries for full-time staff

Ratification of Contract Education Agreement with Alameda County Water District in the amount of \$24,500 for worksite training

Review of purchase orders in the amount of \$363,378.16

Ratification of contracts in the amount of \$298,738.10

Landscape Standards – Meyer

+ Silberberg in the amount of \$16,350

Measure G approval of consulting services contract with IBI Group in the hourly not-to-exceed amount of \$392,158

Gymnasium retrofit contract with Elco in the amount of \$115,000

Hazardous materials consulting services with Millennium Consulting Associates in the amount of \$79,090.

Construction services change order with C. Overaa and Company in the amount of \$32,300

Master agreement for architectural services with Cannon Design in the amount of \$183,650

To the board for Discussion and/or Action:

Award contract with Omni Construction to relocate current data center to Hyman Hall in the amount of \$768,000

Commission EnerNOC Incorporated for planning services in the amount of \$470,789

Revise architectural design services with Cannon Design in the amount of \$164,355

Replace Trustee Kevin Bristow by appointment. Bristow accepted an employment opportunity conflicting with his duties as a trustee.
Chairman Garrett Yee: Aye
Vice-Chair Greg Bonaccorsi: Aye
Kevin Bristow: Aye
Teresa Cox: Aye
Jan Giovannini-Hill: Aye
Vivien Larsen: Aye
Rich Watters: Aye
Prabhjot Kaur: Aye
(student trustee, advisory only)

Newark City Council

March 13, 2014

Presentations and Proclamations:

Proclaim March 13, 2014 as Arbor Day in Newark. Sue Carey, Maintenance Supervisor - Streets & Parks accepted proclamation.
Farmers and Farmerettes Square Dance Club presented funds from fireworks sales to Newark Betterment Corporation; \$1000 each for graffiti abatement, Meals on Wheels and Police K-9 unit. The group



Farmers and Farmerettes Square Dance Club presented funds from fireworks sales to Newark Betterment Corporation

meets and dances on Wednesday Nights in the Newark Pavilion. Visit www.farmersandfarmerettes.org for more information.

Non-Consent:

Sign an agreement with Godbe Research for public opinion sampling and evaluation of extension of existing Utility User Tax. Fee for services will not exceed \$22,575.

Public comment: Questioned need for and cap on expense; pro-

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/

US Solar Market Sets Another Growth Record!

By DEEP CHAKRABORTY, CO-FOUNDER AND CEO AT ENACT SYSTEMS, INC.

The massive growth story for solar continues. The Solar Energy Industries Association just published the market results for Q4 2013 that suggests another record-shattering year. Solar PV installations increased 41 percent over 2012 to reach 4,751 megawatts – this was 15 times the market in 2008! The residential market was 792MW, almost twice the level in 2012 and 10 times the market in 2008. So the market is just beginning to take off.

Solar was the second-largest source of new electricity generating capacity in the U.S., exceeded only by natural gas. That's right, 29% of all new generating capacity in the US was solar in comparison to coal at 7% and wind at 8%. The U.S. installed 2,106 megawatts in the fourth quarter alone, 44 percent of the annual total. This makes Q4 2013 by far the largest quarter in the history of the U.S. market, surpassing the second-largest quarter by 60 percent. In fact, more solar has been installed in the U.S. in the last eighteen months than in the last 30 years prior.

California continues to lead the U.S. market, accounting for more than half of all U.S. solar installed in 2013. In fact, the state installed more solar last year than the entire United States did in 2011. And prices continued to fall, another 15% drop in 2013 vs. 2012.

So what does this mean going forward? First, solar is going mainstream. For a long time, analysts and politicians have debated on the future of this renewable energy product, but these are over. Consumers are making their verdict clear: they seek energy cost savings and a sustainable planet.

Second, electric utilities will need to move quickly in how they adapt to the changing grid footprint. California utilities are already setting an example through various initiatives. With more electric cars getting onto the grid, which in turn breeds even more solar usage, the entire distributed-grid movement will require all national utilities to take on a more pro-active role in helping consumers and businesses save money, while making the planet more sustainable.



Proclaim March 13, 2014 as Arbor Day in Newark. Sue Carey, Maintenance Supervisor - Streets & Parks accepted proclamation.

posed face-to-face meetings with constituents. Question of why City has gone from a surplus to fund restoration of services to a deficit. Staff response noted that this is a survey of voter attitudes, not to put an extension on the ballot. Reiterated that the fee is fixed at a not-to-exceed amount.

City Council Matters:

Reappoint Carol McCarty to Tri-City Elder Coalition Volunteer Community Board.

Reappoint Faye Hall, Carol McCarty, Elwood Ballard and Rick Arellano to Senior Citizen Standing Advisory Committee. Mel Nunes and Carol Hewitt are not seeking reappointment leaving vacancies on the committee. Interested citizens are asked to contact the City Clerk regarding application procedures.

Mayor Alan Nagy	Aye
Vice Mayor Ana Apodaca	Aye
Luis Freitas	Aye
Maria “Sucy” Collazo	Aye
Robert Marshall	Aye

Attorney General and legislative leaders unveil truancy legislation

SUBMITTED BY OFFICE OF DEPARTMENT OF JUSTICE

Attorney General Kamala D. Harris has announced a package of legislation to help local school districts and communities address California's elementary school truancy crisis. Each year, an estimated one million elementary school students are truant and 250,000 elementary school students miss 18 or more school days at a cost of \$1.4 billion in lost funds to California school districts.

Joined by State Superintendent of Public Instruction Tom Torlakson, State Senator Bill Monning and Assemblymembers Raul Bocanegra, Rob Bonta, Joan Buchanan, Isadore Hall and Chris Holden, Attorney

General Harris announced her sponsorship of five bills that will help schools, parents and government effectively intervene when children are chronically absent, and improve local school districts' and counties' ability to track attendance patterns.

“California's Constitution guarantees our children the right to an education, yet our elementary schools face a truancy crisis,” Attorney General Harris said. “When children in kindergarten through sixth grade miss school, they fall behind and too many never catch up. The consequences for California's economy and public safety are very serious. These bills modernize attendance monitoring and build the support schools, parents and communities need to get California's children to class.”

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG14715543

Superior Court of California, County of Alameda
Petition of: Murali Dharan for Change of Name
TO ALL INTERESTED PERSONS:Petitioner filed a petition with this court for a
decree changing names as follows:S. Murali Dharan (aka) Murali Dharan Seethapathy
(aka) Dharan, S. Murali to Murali DharanThe 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: May 16, 2014, Time: 8:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street,
Room 102, Hayward, CA 94544A 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 27, 2014Winifred Y. Smith
Judge of the Superior Court
3/11, 3/18, 3/25, 4/1/14

CNS-2596737#

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 MuthuThe 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 94544A 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, 2014WINIFRED Y. SMITH
Judge of the Superior Court
2/25, 3/4, 3/11, 3/18/14

CNS-2591517#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 488653

Fictitious Business Name(s):
Nu Sport Essentials, 33377 Croatian Way, Union City, CA 94587, County of AlamedaRegistrant(s):
Philip K. Tai Co., Inc., 33366 Croatian Way, Union City, CA 94587

Business conducted by: a Corporation

The registrant began to transact business using the fictitious business name(s) listed above on 3/14

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/ Philip K. Tai, President

This statement was filed with the County Clerk of Alameda County on March 3, 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).

3/18, 3/25, 4/1, 4/8/14

CNS-2599427#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 489094

Fictitious Business Name(s):
Set Right Tile Marble & Granite, 6756 Central Ave., Unit C, Newark, CA 94560, County of AlamedaRegistrant(s):
Lon Thomas Lawhorn, 4201 Chetwood Ave., Fremont, CA 94538

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on 2009

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/ Lon Thomas Lawhorn

This statement was filed with the County Clerk of Alameda County on March 12, 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).

3/18, 3/25, 4/1, 4/8/14

CNS-2599374#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488771

Fictitious Business Name(s):
Daawat Restaurant, 33324 Alvarado Niles Rd., Union City, CA 94587, County of AlamedaRegistrant(s):
Ema Food Inc., 33324 Alvarado Niles Rd., Union City, CA 94587, California

Business conducted by: a Corporation

The registrant began to transact business using the fictitious business name(s) listed above on 03/07/2014

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/ Mumamed Zahid Ameen, President

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

3/18, 3/25, 4/1, 4/8/14

CNS-2599354#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488184

Fictitious Business Name(s):
Get Square Meals, 49103 Milmont Drive, Fremont, CA 94538, County of Alameda, 159 Coleridge Terrace, Fremont, CA 94538; County of AlamedaRegistrant(s):
M. Squared Motivation LLC, 159 Coleridge Terrace, Fremont, CA 94538; California Business conducted by: a Limited Liability Company

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/ Michelle Vargas - Managing Member

M. Squared Motivation LLC

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

3/18, 3/25, 4/1, 4/8/14

CNS-2599339#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488592

Fictitious Business Name(s):
Stay Winning, 42151 Blacow Road #D, Fremont, CA 94538, County of AlamedaRegistrant(s):
Long Xuan Tran, 4627 Pardee Avenue, 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

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/ Long Tran

This statement was filed with the County Clerk of Alameda County on February 28, 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).

3/18, 3/25, 4/1, 4/8/14

CNS-2599336#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 464364

The following person(s) has (have) abandoned the use of the fictitious business name: **Dakshin Software Solutions, 52 Silk Oak Terrace, Fremont, CA 94536**

The fictitious business name referred to above was filed in the County Clerk's office on Apr 24, 2012 in the County of Alameda.

Sujan Kumar, Chanda Janardhan, 52 Silk Oak Terrace, Fremont, CA 94536

S/ Sujan Kumar, Chanda Janardhan

This statement was filed with the County Clerk of Alameda County on January 31, 2014.

3/18, 3/25, 4/1, 4/8/14

CNS-2597743#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488132

Fictitious Business Name(s):
Kay Family and Cosmetic Dentistry, 38012 Martha Ave., Fremont, CA 94536, County of AlamedaRegistrant(s):
Kyunghee Kay Yoo, 887 Altaire Walk, Palo Alto, CA 94303

Byungkee Jeong, 887 Altaire Walk, Palo Alto, CA 94303

Business conducted by: married couple

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/ Kyunghee Kay Yoo

This statement was filed with the County Clerk of Alameda County on February 20, 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).

3/18, 3/25, 4/1, 4/8/14

CNS-2597739#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488495

Fictitious Business Name(s):
Helen's Fashion, 39055 Cedar Blvd., #123, Newark, CA 94560, County of Alameda; 355 Lemare Street, Fremont, CA 94539Registrant(s):
Yu Shan Tseng, 355 Lemare Street, 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

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/ Yu Shan Tseng

This statement was filed with the County Clerk of Alameda County on February 27, 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).

3/11, 3/18, 3/25, 4/1/14

CNS-2597190#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488794

Fictitious Business Name(s):
Beauty Salon, 43478 Elsworth St., Fremont, CA 94539, County of AlamedaRegistrant(s):
Daniel Prajudha, 4831 Blythe St., Union City, CA 94587

Business conducted by: an Individual

The registrant began to transact business using the fictitious business name(s) listed above on October 2nd 2008

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/ Daniel Prajudha

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

3/11, 3/18, 3/25, 4/1/14

CNS-2597185#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488447

Fictitious Business Name(s):
Christine Lo, Accounting and Tax Services, 137 Black Mountain Circle, Fremont, CA 94536, County of Alameda; P.O. Box 2864 Fremont, CA 94536; County of AlamedaRegistrant(s):
Liching Lo, 137 Black Mountain Circle, 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/ Liching Lo, Owner

This statement was filed with the County Clerk of Alameda County on February 26, 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).

3/11, 3/18, 3/25, 4/1/14

CNS-2595788#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488307

Fictitious Business Name(s):
Ristorante IL Porcino, 3339 Walnut Ave., Fremont, CA 94538; County of AlamedaRegistrant(s):
Zara Restaurant Inc., 1140 Castro St., #49, Mountain View, 94040; California

Business conducted by: a Corporation

The registrant began to transact business using the fictitious business name(s) listed above on 2-18-14

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/ Mehmet Degerli, CFO

This statement was filed with the County Clerk of Alameda County on February 24, 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).

3/11, 3/18, 3/25, 4/1/14

CNS-2595784#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 484662

Fictitious Business Name(s):
Grad Auto Repair, 318 Mowry Ave., Fremont, CA 94536, County of AlamedaRegistrant(s):
Abdul Rahman Amiki, 95 Zacate Pl., Fremont, CA 94539

Shahla Andesha, 95 Zacate Pl., Fremont, CA 94539

Business conducted by: Married Couple

The registrant began to transact business using the fictitious business name(s) listed above on 1/1/2014

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/ Abdul Rahman Amiki

This statement was filed with the County Clerk of Alameda County on February 26, 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).

3/11, 3/18, 3/25, 4/1/14

CNS-2595301#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488125

Fictitious Business Name(s):
Tang's Clinic, 1646 B Street, Hayward, CA 94541, County of AlamedaRegistrant(s):
Wei Hua Tang, 1237 Club Ct., Richmond, CA 94803

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].)

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

3/11, 3/18, 3/25, 4/1/14

CNS-2595295#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 488417

Fictitious Business Name(s):
Sekhon Properties, 4768 Selkirk Street, Fremont, CA 94538, County of AlamedaRegistrant(s):
Gurpreet Singh, 4768 Selkirk Street, Fremont, CA 94538

Kamal J. Chauhan, 4768 Selkirk Street, Fremont, CA 94538

Business conducted by: Married Couple

The registrant began to transact business using the fictitious business name(s) listed above on 2-24-14

I declare that all information in this statement is true and correct. (

PUBLIC NOTICES

APPROVED AS TO FORM:
/s/ Benjamin T. Reyes II
BENJAMIN T. REYES II, City Attorney
3/18/14
CNS-2599290#

CITY OF UNION CITY DEPARTMENT OF PUBLIC WORKS NOTICE OF REQUEST FOR PROPOSALS (RFP) TO PROVIDE ARCHITECTURAL SERVICES FOR CONVERSION OF THE CHARLES F. KENNEDY COMMUNITY CENTER TO A TEEN CENTER UNION CITY, CALIFORNIA

Proposals to provide Architectural Services for the Conversion of the Charles F. Kennedy

Center to a Teen Center will be received at the City of Union, Deputy City Manager Office, 34009 Alvarado-Niles Road, Union City, California until Tuesday, April 8, 2014 at 5 p.m. This project includes funding from Proposition WW. The City has not established a DBE goal for this contract. However, proposers are encouraged to obtain DBE participation for this contract. Contact the Deputy City manager office at (510) 675-5394 to request a copy of the RFP. All questions should be faxed to Tony Acosta, City of Union City at (510) 475-7318.

City of Union City
Dated: March 11, 2014
3/18/14
CNS-2598476#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION
Notice is hereby given that personal property in the following units will be sold at public auction: on the **25th day of March, 2014** at or after **12:30 pm** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Thornton, 4833 Thornton Ave. Fremont, CA 94536.** The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:

Name Unit # Paid Through Date
Marion Miner-McGee B126 1/17/2014
Jorge Bran B201 1/11/2014
Abdul Haiy B245 1/16/2014
Renée Baca B253 12/30/2013
Stephanie Willis B267 1/19/2014
Tenisha Adams B289 1/21/02014
Gerald Holmes C173 12/12/2013
3/11, 3/18/14

CNS-2596508#

NOTICE OF LIEN SALE AT PUBLIC AUCTION
Notice is hereby given that personal property in the following units will be sold at public auction: on the **25th day of March, 2014** at or after **11:15 am** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Fremont, 44511 Grimmer**

CNS-2596500#

County implementing water conservation measures

SUBMITTED BY GWENDOLYN MITCHELL/LAUREL ANDERSON

The County of Santa Clara Board of Supervisors directed staff to explore opportunities for addressing water conservation at its Board meeting, including looking at adiabatic distillation, a water extraction technology that condenses water vapor in the air to make water. Concerned about the statewide drought, the County of Santa Clara is actively engaged in water conservation efforts, examining water conservation measures in place at County facilities, working with local and regional partners, and identifying strategies to reduce water use over the next few months. Information about water conservation can be found at www.sccgov.org/saveourwater.

County staff will report to the Board’s Housing, Land Use, Environment and Transportation Committee (HLUET) monthly to outline current and future water conservation strategies.

“While the County has ongoing water efficiency projects to re-

duce water use in its facilities, we want to explore long-term solutions such as adiabatic distillation,” said Supervisor Dave Cortese, Chair of the Board’s Environment and Transportation Committee (HLUET).

The County is also joining with local and regional partners, such as Santa Clara Valley Water District that issued a mandatory 20% water use reduction for the Santa Clara County area, and www.saveourh2o.org that promotes water conservation as an ongoing effort. The County has created a new web page www.sccgov.org/saveourwater, that brings together many resources into one place so residents and businesses can find water conservation tips, rebates from local water companies, and County conservation efforts. For daily water conservation tips, go to the web site or follow @SaveOurWater on Twitter.

Santa Clara County businesses and organizations can become partners in the water conservation effort. Go to www.saveourh2o.org to become a partner.

LETTER TO EDITOR

Eagle project aids disaster preparedness at J.F. Kennedy High School

I am a junior at Kennedy High School. In the event of a disaster, Kennedy does not have the proper Disaster Container or supplies needed to aid the students and faculty. For my Eagle project I am proposing to paint an existing 40 ft. cargo container both inside and out, provide shelving units inside the container, and to stock the container with disaster supplies that are important to help the school in the event of a disaster.

Providing this service to the high school will ensure that if or when there is a disaster, Kennedy High School is prepared. At this time, Kennedy is not prepared and would not be able to accommodate the needs of the students and faculty for any length of time.

I will need approximately six to eight people to help paint the cargo container. I hope to get the help from my troop, friends and family. I will announce the project to my troop and ask for sign ups a month before the project start date.

We will use drills, screw drivers and a power washer. The drills and screw drivers will be used to

assemble the shelving units and to fasten them to the cargo container.

There is minimum risk with this project. The safety concerns will be heat, for those that are painting the inside of the container, paint fumes and ladder use. All helpers will be briefed on safety issues before the project begins each day of work. I will have masks, water and possibly a fan to keep the workers cool if the weather is too hot. Those working on ladders will have to work with a buddy to hold the ladder and keep the painter safe.

The amount of supplies bought will solely be determined on the amount of funds raised through donations. I need to raise at least \$5,000 to be successful for this project. Your support would be appreciated.

**Nick Cutaia, Troop 269
Fremont
(510) 828-3186
jodycutaia@comcast.net**

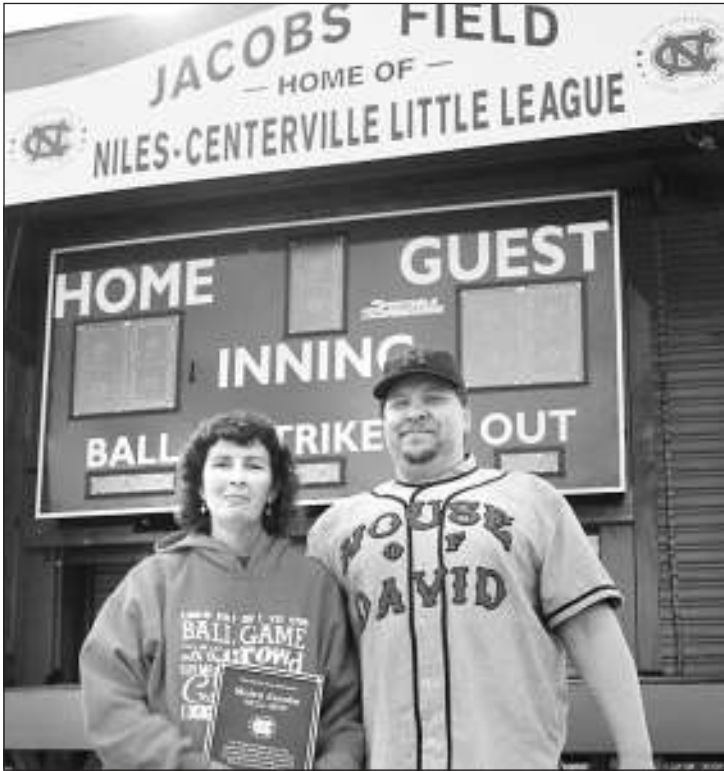
Measure E campaign kick-off

SUBMITTED BY IVY WU

Measure E is a local school bond measure to upgrade and renovate Fremont school facilities. It will be on the ballot on June 3 – just three months from now. “Support Fremont Schools,” invites everyone to join in on Saturday, March 22 for a local School Facility Bond campaign kick-off. There will be an informational session, volunteer signups, phone banking and precinct walking.

Help support your school district, its students, teachers and staff!

**Measure E Campaign Kick-off
Saturday, Mar 22
10 a.m.
Fremont Community Center,
Central Park
40204 Paseo Padre Pkwy,
Fremont
(650) 687-7756
supportfremontschools@gmail.com**



Baseball

SUBMITTED BY LORI LAWRENCE
PHOTOS BY YUKI SAITO-MILLER

Niles-Centerville Little League (NCLL) held its 2014 Opening Day on Saturday, March 8. Ceremonies included recognition of community volunteer and League President, Moira Jacobs, for her years of dedication to NCLL. The League named its Minor Level field ‘Jacobs Field’; many NCLL alumni, board members and team managers were present for the surprise dedication. In addition to her love for baseball, Jacobs has been involved with many other local organizations for kids, including CYO Basketball and Volleyball, Niles School, Washington High School baseball and currently serves as WHS Booster Club President. The league also recognized her family (husband Dave, son Jay, and two daughters Alex and Kylie) for the thousands of hours they have spent supporting her efforts.

Niles-Centerville Little League President Moira Jacobs and husband Dave

Local sailor serves aboard combat ship

SUBMITTED BY NAVY SPECIALIST 1ST CLASS ELECTA G. BERASSA

A 2008 John F. Kennedy High School graduate and Fremont native is serving in the U.S. Navy as part of a crew working aboard one of the country’s multi-mission combat ships.

Petty Officer 3rd Class Todd Small, a damage controlman, is serving aboard the San Diego-based guided missile destroyer USS Higgins (DDG 76), which returned in October from a nine-month deployment to the Middle East and Southeast Asia. While deployed, the ship and its crew of more than 250 sailors conducted operations with the USS Nimitz (CVN 68) Carrier Strike Group and took part in a number of exercises, theater security cooperation events, and maritime presence operations with partner nations.

Destroyers can operate independently or as part of carrier strike groups, surface action groups, amphibious ready groups, and under-way replenishment groups. The USS Higgins is 505 feet long and 59 feet wide and weighs nearly 8,700 tons. Twin gas turbine engines push the ship through the water at more than 30 mph. “There’s a lot of teamwork involved with the ship,” said Small. “Rarely will you find a one-person job. So everyone pitches in to help each other.”

Taxpayers filing from home computers

SUBMITTED BY RAPHAEL TULINO

More than 27 million taxpayers have filed their tax returns from home computers so far this year, an increase of almost 6 percent compared to last year.

These 27 million taxpayers used a variety of software products to prepare and e-file their own returns. However, the IRS reminds people that they can prepare and e-file their federal tax returns online for free through Free File at IRS.gov. Free File has an option for almost everyone, either through brand-name software or online forms.

The Free File program is a public-private partnership between the IRS and the Free File Alliance, LLC. The Alliance is a consortium of 14 leading tax software providers who make their products available exclusively at www.irs.gov/freefile. All Free File members meet security requirements and use the latest in encryption technology to protect taxpayer information.

Seventy percent of taxpayers are eligible for easy-to-use Free File software because their income was \$58,000 or less in 2013. People who made more than \$58,000 and who are comfortable preparing their own returns can use Free File Fillable Forms, the electronic version of IRS paper forms.

Each Free File software provider sets its own criteria for eligibility, generally based on income, age, state residency or military service. However, taxpayers can quickly find a match by using the “help me find Free File software” tool. Or, taxpayers can review all providers and their offers. Some software providers also offer state tax software and display on their landing pages whether it is free or if there is a fee.

Free File Fillable Forms is more basic, similar to completing a paper Form 1040. The program performs some math calculations and provides links to some IRS publications. It also can be filed electronically for free. However, it does not support any state tax returns.



Oakland Airport Connector avoids traffic hassles

By JOE GOLD
PHOTOS BY NOAH BERGER

That spiny beast leaping over 880 at the Oakland Coliseum is coming to life. It's stirring now, testing its wheels, grabbing hold of a cable that will haul it through its elevated guideway down Hegenberger Road at 4.5 miles per hour to the Oakland

and environmentally friendliness. The elevated airport connector guideway follows the Hegenberger Road median, with a direct stairway from the BART Coliseum station on one end and a drop off location at the airport parking lot between the two terminals, so it's equally accessible to both. The connector—and the absence of diesel-scented busses it replaces—cuts



Airport. BART expects to give you a lift to your flight by Thanksgiving. It wears a BART logo, but the Oakland Airport Connector (OAC) is not your standard BART train. It's a little railroad of its own, "people movers" that run 3.2 miles from the BART Coliseum/Airport stop to the Oakland Airport terminal in eight minutes and 30 seconds. A three-car train leaves every four minutes. Built by Doppelmayr Cable Car of Wolfurt, Austria, the driverless trains are young cousins of San Francisco's rolling landmarks, mostly automated and run from a central control room, with a very contemporary price tag of \$484 million—which includes two stations and a maintenance yard. The company, which has installations in Qatar, Las Vegas, Toronto, and Venezuela, touts its simplicity, reliability

down on vehicle traffic to, from, and within the airport. As Oakland Airport use grows, more people in a hurry darting in and out of airport traffic can be maddening. Passengers on foot tend to do less damage than impatient people with a steering wheel in their hands. The connector in its current three-car train configuration can carry 3.2 million riders annually, and expand to accommodate more with four-car trains. The connector will replace AirBART, a shuttle bus that carries 750,000 people a year between the Coliseum BART station and the airport. The bus ride takes 20 to 40 minutes, depending on traffic. Given the frequent events attracting thousands of people to the Oakland Coliseum complex, traffic is often serious. Even at less frenetic times, the inconvenience of exiting BART, paying



a separate \$3 fare (not available on a BART or Clipper card), stowing luggage and wrestling with Hegenberger traffic, convinced BART officials that a more elegant solution was necessary.

BART officials anticipate fares that might run from \$4 to \$6. Actual fares will be announced before the connector opens for business, in time for holiday travel.

100 years of joyful living

SUBMITTED BY CHARLOTTE HALL

It is hard for most of us to comprehend how different the world was 100 years ago — ordinary people did not have electricity, running water or cars; and of course there were no televisions, computers, or cell phones. But there were silent movies, and for one local woman, Sister Joanna Connolly a member of Sisters of the Holy Family in Fremont, her first career was as a child actress in many of those silent movies. In March, Sister Joanna, whose childhood name was Bobbe, celebrated her

100th birthday with a party and lots of conversation remembering her 100 years. Bobbe started her career in the movies as a baby and retired when she was five years old to go to kindergarten. School, family, and friends defined her life for the next decade. Then one day during high school when, according to her, she was avoiding doing her homework, she read a pamphlet that explained what it meant to have a religious calling. It resonated with her, the joy of devoting one's life to God seemed so right. A few weeks later, when she read another pamphlet, "Gleaners Along the King's Highway" about the work of the Sisters of the Holy Family, Bobbe knew immediately that she wanted to be one of them. When she told her family and friends of her plan, many of them doubted that she would last long as a novice of Sisters of



the Holy Family, but she did, and has spent 80 joyful years as a Sister. Sister Joanna taught religious education for many years in Southern California. Then in 1955, in response to a request from the Bishop, Sister Joanna was sent to Hawaii to teach catechism. Although the Catholic church had been in Hawaii for many years, there was very little religious education being taught there. Sister Joanna and her fellow Sisters went to small towns, gathered the children and started catechism classes, holding the classes wherever they could, which was often outdoors. Sister Joanna loved the native people in Hawaii and was delighted to make that her ministry and home for 45 years. Sister Joanna has lived through many changes in the church as well as the world. Now Sister Joanna is back in California, living at the Motherhouse in Fremont, still finding ways to reflect the love of God to everyone she meets.

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ON TIME SIGNS

St. Rose Hospital Foundation presents

a taste of STYLE

fashion, wine & fun

BY MEDHA RAMAN

Looking for a dazzling event with unique food and entertainment offerings that also supports a good cause? At St. Rose Hospital Foundation's "A Taste of Style" event, attendees can look forward to an exciting evening of wine tasting, fantastic food sampling, shopping in the fashion and accessory marketplace, bidding on one-of-a-kind items at the auctions and, cheering on the models in the fashion show.

The non-profit St. Rose Hospital Foundation was founded in 1977 to support the mission of St. Rose Hospital in Hayward - provide quality healthcare to the needy. Over the last several years, the Foundation has found creative ways to support the hospital's services, programs, and capital improvements, raising over 18 million dollars since its opening and 4.6 million dollars in the last five years. They host three fundraisers each year - a Charity Golf Classic, their signature black tie gala "Under the Grand White Tent," and "A Taste of Style," scheduled for March 27 at Castlewood Country Club in Pleasanton.

Although this is the twelfth year that the St. Rose Hospital Foundation has hosted a women's spring event, it is only the second year of "A Taste of Style." After a roaring success last year, raising \$1,000,000, the Foundation is excited to bring back the event for another wonderful evening.

Net proceeds from "A Taste of Style" will support Patient Services at the hospital; everything from medical equipment, new beds, and monitors to anything else that can help improve the quality of care. According to Foundation Special Events Coordinator Jullian Luchsinger, St. Rose Hospital provides a greater percentage of charity care than any other hospital in Alameda County; over 50 percent of all patients admitted to St. Rose Hospital are uninsured or underserved.

The event will feature exclusive wines and delectable tidbits in an engaging, fun, and stylish setting. Several Bay Area wineries including Nottingham Cellars, Henry Wine Group, Crooked Vine Winery, R&B Cellars, and Concannon Vineyard among others will provide wine tasting for attendees. For food, small treats, and coffee sampling, attendees can count on vendors like Nothing Bundt Cakes, Sweet Springs Gelato, SCHARFFEN BERGER chocolates and Travelin' Joe Espresso.

The fun-filled evening also includes an opportunity to shop for clothes and accessories in a stylish market place. Some of this year's fashion partners are Macy's, Sassy Scarves, Silpada Designs, Stella & Dot Jewelry, and June Sablan Designs. Be sure to check out the latest fashion trends modeled by some of the hospital staff and local dignitaries. In addition, Macy's fashion show will showcase some of the new seasons' must have looks. With a chance to win fabulous prizes, the event is definitely an evening extravaganza for a great cause!

Sponsors of this year's event are Fremont Bank, Macy's, Safeway, home health agency AHHCI, and the Castlewood County Club.

For more information about tickets, call (510) 264-4007 or visit www.srhca.org. For sponsorship opportunities or to donate to the silent auction, call Jillian Luchsinger at (510) 264-4007 or e-mail jluchsinger@srhca.org.

A Taste of Style

Thursday, Mar 27

6 p.m. - 9 p.m.

Castlewood Country Club

707 Country Club Cir, Pleasanton

(510) 264-4007

www.srhca.org

Tickets: \$85

Little Shop of Horrors



SUBMITTED BY TROY RIVER

A down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B-singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. Audrey II finally reveals itself to be an alien creature poised for global domination!

One of the longest-running Off-Broadway shows of all time, this affectionate spoof of 1950s sci-fi movies has become a household name, thanks to a highly successful film version and a score by the songwriting team of Howard Ashman and Alan Menken, who redefined the animated musical film with Disney's The Little Mermaid, Beauty and the Beast, and Aladdin.

Charming, tuneful and hilarious, with tongue firmly planted in cheek, Little Shop Of Horrors never fails to entertain.



Little Shop Of Horrors
Thursday, Apr 3 - Saturday, Apr 12
7 p.m. - Apr 4, 5, 10, 11, 12
3:30 p.m. - Thursday, Apr 3 (half-price)
2 p.m. - Sunday, Apr 6

American High School, Theatre 70
36300 Fremont Blvd, Fremont
(510) 796-1776 ext 57702
Tickets: \$5 - \$12

NSW Newark Symphonic Winds



Spring Concert

- Newark Memorial High School Theatre
39375 Cedar Blvd.
- March 29, 2014
7:00 - 9:00 PM

**FREE
ADMISSION!**
Donations welcomed



Director
Richard Wong

Free Spring Concert

presented by the



Newark Memorial High School Theatre
Saturday, March 29, 2014
7:00 - 9:00 PM

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