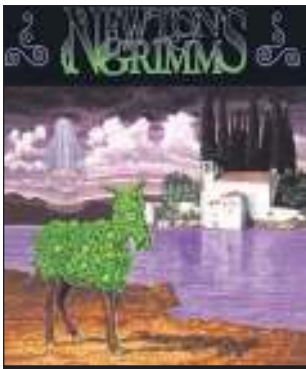




Newton's Grimm's



Celebrating black life, history and culture



East Bay Regional Parks Insert in this issue



TRI-CITY VOICE

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February 10, 2015

Vol. 14 No. 6

'Love Letters' on Valentine's Day

SUBMITTED BY FREMONT SYMPHONY

On Saturday, February 14 the Fremont Symphony under guest conductor Jason Klein will present an evening of romantic symphonic music celebrating the power and passion of love. The concert will include Tchaikovsky's "Romeo and Juliet," "The Young Prince and Princess" from Rimsky-Korsakov's "Scheherazade," the love duet from Puccini's "Madama Butterfly," selections from Webber's "Phantom of the Opera" plus works by Bizet and Rachmaninoff. The concert is sponsored by the Fremont Bank Foundation.

Guest conductor Jason Klein is no stranger to Fremont. He served as Fremont Symphony's music director in the 1970s after receiving his doctorate degree from Stanford University. Following several successful seasons, Klein left Fremont Symphony to pursue other teaching and conducting opportunities nationally but maintained close ties to the local community. Upon his return to the Bay Area, he held long tenures as music director of the Youth Orchestra of Southern Alameda County (YOSAC) and the Saratoga Symphony, where he garnered wide attention as an innovative conductor. Klein

also served as associate conductor of the Oregon Coast Music Festival in addition to appearing as a guest conductor with numerous professional and community orchestras across the United States.

The concert will be held at Prince of Peace Lutheran Church in Fremont (near Eggers, across from Washington High School). Plenty of free parking is available. A post-concert reception will provide refreshments and an opportunity to meet and mingle with the musicians and other concertgoers.

Tickets are \$45 - \$50 for adults and \$20 for full-time students with ID. For tickets or more information, please visit www.fremontsymphony.org or call (510) 371-4859. First-time patrons can get a 15 percent discount by entering the coupon code "FREMONT15" on the website or by asking for the "First-Timer" discount on their phone order.

Love Letters
Saturday, Feb 14
8 p.m.
Prince of Peace Lutheran Church
38451 Fremont Blvd, Fremont
(510) 371-4859
www.fremontsymphony.org
Tickets: \$45-\$50 adults,
\$20 full-time students with ID



Trajes Regionales de Mexico

SUBMITTED BY THE
CITY OF SAN LEANDRO
PICTURES COURTESY OF BALLET
FOLKLORICO DE CARLOS MORENO

The San Leandro Public Library announced that it is partnering with the Ballet Folklórico Mexicano de Carlos Moreno in order to present "Trajes Re-

gionales de Mexico" (Regional Costumes of Mexico), a breathtaking exhibit showcasing a collection of costumes from the Oakland-based Ballet Folklórico Mexicano. Costumes will be on display at the San Leandro Public Library from February 13 through May 16 during regular library hours. The exhibit explores the

continued on page 19



PHOTO BY JOHN O'HALLORAN

Spreading Cultural Roots

BY NAVYA KAUR

Cultures around the world have developed their own style of music and entertainment. Japanese culture involves Taiko drumming, a form of percussion that uses large drums of various sizes. The most common drum size is about as big as a wine barrel and is called the "chu-daiko." In Japanese "Taiko" literally means "fat drum." But, unlike the more stereotypical image of drumming which involves a set of multiple drums, Taiko drumming contains just one large drum.

In 2002, nine brave people decided to open a Taiko drumming group in cooperation with Newark Unified School District, using the MacGregor Campus for practice sessions and storage. The group—named Wadaiko Newark (Japanese drums of Newark)—was originally intended to be a noncommittal arrangement where students would get the opportunity to learn about Japanese and Taiko history and practice drumming for two hours a week. However, in just thirteen years, Wadaiko Newark has quickly turned

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Minimally Invasive Gynecological Disease Surgery Options to be Discussed

Improved surgical solutions to gynecological issues such as excessive menstrual bleeding, pain, ovarian cysts, and fibroids will be discussed at a February 17 seminar on Minimally Invasive Gynecological Surgery at Washington Hospital in Fremont.

Women who suffer from these and other gynecological issues are encouraged to attend the seminar led by Obstetrician-Gynecologist Dr. Stacie Macdonald of the Washington Township Medical Foundation. The free seminar will be from 1 – 3 p.m. Tuesday, Feb. 17, in the Conrad E. Anderson Auditorium in the Washington West Building, 2500 Mowry Avenue, Fremont.

Dr. Macdonald will discuss how minimally invasive surgery can treat a number of benign gynecological problems that previously have been subject to traditional abdominal surgery, and options for permanent birth control and the benefits for each option.

“Women no longer need to have abdominal surgery with a six-week or longer recovery time for many benign gynecological diseases,” Dr. Macdonald explained. “The advantages of minimally invasive surgery, also known as laproscopic or hysteroscopic sur-

geries, for benign gynecological diseases are a shorter recovery time, less blood loss and a faster return to normal life.”

As recently as five years ago, more than 56 percent of all hysterectomies for benign disorders were abdominal. “That type of surgery is no longer necessary for most women with diseases such as excessive bleeding, excessive pain, fibroids,” Dr. Macdonald said.

Minimally invasive surgery generally falls into two categories:

- Laproscopic — a small cut is made in the abdomen and a thin, lighted tube and miniature surgical instruments are used for the necessary medical procedures.
- Hysteroscopic — a miniature camera and instruments are inserted through the vagina and used for the necessary medical procedures.

Dr. Macdonald will discuss both options, her views on robotic gynecologic surgery, and explain the most common gynecologic diseases requiring treatment.

Fibroid tumors are very common benign growths in up to 80 percent of all women but most women are not bothered by the fibroids, according to Dr. Macdon-



Obstetrician-Gynecologist Dr. Stacie Macdonald of the Washington Township Medical Foundation will be leading a free seminar on minimally invasive gynecological disease surgery options. The seminar is scheduled for Tuesday, Feb. 17 from 1 – 3 p.m. in the Conrad E. Anderson Auditorium in the Washington West Building, 2500 Mowry Avenue, Fremont. To register for the free seminar, go to www.whhs.com or call (800) 963-7070.

ald. However, she added, those women who have difficulty with fibroids can be treated medically or by minimally invasive surgeries and therapies. Some treatment options are available for women wishing to preserve fertility, depending on the individual patient's medical circumstance.

While fibroids are the most common cause of gynecological disease, other common benign diseases are endometriosis, adenomyosis, and ovarian cysts.

Endometriosis is a painful disorder in which tissue that normally lines the uterus grows outside the uterus in other areas of the pelvic regions including the ovaries, bowel or tissue lining of the pelvis. Adenomyosis, which is much less common,

occurs when tissue that normally lines the uterus grows into the muscular wall of the uterus, often late in childbearing years after having children.

Fibroids, endometriosis and ovarian cysts often can be treated with minimally invasive surgery, Dr. Macdonald said, but a hysterectomy is the treatment for adenomyosis.

Dr. Macdonald will present detailed information on gynecologic diseases and explain the various surgical options during the seminar and answer questions from the audience. Those planning to attend the seminar, which is limited to 80 persons, may register online at www.whhs.com or by calling (800) 963-7070.

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

 Follow WHHS on Facebook & Twitter



A Washington Hospital Channel

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

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY				
	02/10/15	02/11/15	02/12/15	02/13/15	02/14/15	02/15/15	02/16/15				
12:00 PM 12:00 AM	Hypertension:The Silent Killer	Diabetes Matters: Insulin: Everything You Want to Know	Cataracts and Diabetic Eye Conditions	Voices InHealth: Cyberbullying - The New Schoolyard Bully	GERD & Your Risk of Esophageal Cancer	Superbugs:Are We Winning the Germ War?	What Are Your Vital Signs Telling You?				
12:30 PM 12:30 AM	Heart Irregularities	Where Have All The Patients Gone?	Diabetes Matters: Diabetes Meal Planning	How Healthy Are Your Lungs?			Kidney Transplants	Deep Venous Thrombosis	Women's Health Conference:Age Appropriate Screenings		
1:00 PM 1:00 AM		How to Prevent a Heart Attack	Voices InHealth: Healthy Pregnancy		Voices InHealth:The Greatest Gift of All	Lunch and Learn:Yard to Table			Dietary Treatment to Treat Celiac Disease		
1:30 PM 1:30 AM	How to Maintain a Healthy Weight: Good Nutrition is Key			From One Second to the Next	Diabetes Matters: Protecting Your Heart		Washington Township Health Care District Board Meeting January 14, 2015	Latest Treatments for Cerebral Aneurysms		Washington Township Health Care District Board Meeting January 14, 2015	
2:00 PM 2:00 AM	Inside Washington Hospital: Stroke Response Team	Superbugs:Are We Winning the Germ War?	Diabetes Matters: Partnering with your Doctor to Improve Control			Do You Have Sinus Problems?			Meatless Mondays		
2:30 PM 2:30 AM	Diabetes Matters: Diabetes & Heart Disease										Diabetes Matters: Manage Your Diabetes SMART Goal Setting
3:00 PM 3:00 AM	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Arthritis: Do I Have One of 100 Types?	Inside Washington Hospital: Stroke Response Team			Influenza and Other Contagious Respiratory Conditions			Colorectal Cancer: Healthy Diet To Prevent Cancer		
3:30 PM 3:30 AM	Keeping Your Heart on the Right Beat			Keys to Healthy Eyes	Heel Problems and Treatment Options		Inside Washington Hospital:The Emergency Department	Colorectal Cancer: Healthy Diet To Prevent Cancer		Cataracts and Diabetic Eye Conditions	
4:00 PM 4:00 AM		Raising Awareness About Stroke	Superbugs:Are We Winning the Germ War?			Arthritis: Do I Have One of 100 Types?			Inside Washington Hospital: Stroke Response Team		Colorectal Cancer: Healthy Diet To Prevent Cancer
4:30 PM 4:30 AM	The Weigh to Success			Alzheimer's Disease	Diabetes Matters: Insulin: Everything You Want to Know		Washington Township Health Care District Board Meeting January 14, 2015	Washington Township Health Care District Board Meeting January 14, 2015		Kidney Transplants	
5:00 PM 5:00 AM		Varicose Veins and Chronic Venous Disease	How Healthy Are Your Lungs?			Deep Venous Thrombosis			Washington Township Health Care District Board Meeting January 14, 2015		Washington Township Health Care District Board Meeting January 14, 2015
5:30 PM 5:30 AM	Women's Health Confer- ence:Aging Gracefully			GERD & Your Risk of Esophageal Cancer	Skin Cancer		Dietary Treatment to Treat Celiac Disease	Superbugs:Are We Winning the Germ War?		Diabetes Matters: Insulin: Everything You Want to Know	
6:00 PM 6:00 AM		Washington Township Health Care District Board Meeting January 14, 2015	Vitamins and Supplements - How Useful Are They?			Washington Township Health Care District Board Meeting January 14, 2015			Diabetes Matters: Back to the Basic Keys for Success		Acetaminophen Overuse Danger
6:30 PM 6:30 AM	Diabetes Matters:Top Foods for Heart Health			Do You Suffer From Anxiety or Depression?	Important Immunizations for Healthy Adults		Colorectal Cancer: Healthy Diet To Prevent Cancer	Keeping Your Heart on the Right Beat		Do You Have Sinus Problems?	
7:00 PM 7:00 AM		Diabetes Matters: Protecting Your Heart	Turning 65? Get To Know Medicare			Influenza and Other Contagious Respiratory Conditions			Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
7:30 PM 7:30 AM	Diabetes Matters: Protecting Your Heart			Turning 65? Get To Know Medicare	Influenza and Other Contagious Respiratory Conditions		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Crohn's & Colitis		Learn If You Are at Risk for Liver Disease	
8:00 PM 8:00 AM		Diabetes Matters: Protecting Your Heart	Turning 65? Get To Know Medicare			Influenza and Other Contagious Respiratory Conditions			Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
8:30 PM 8:30 AM	Diabetes Matters: Protecting Your Heart			Turning 65? Get To Know Medicare	Influenza and Other Contagious Respiratory Conditions		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Crohn's & Colitis		Learn If You Are at Risk for Liver Disease	
9:00 PM 9:00 AM		Diabetes Matters: Protecting Your Heart	Turning 65? Get To Know Medicare			Influenza and Other Contagious Respiratory Conditions			Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
9:30 PM 9:30 AM	Diabetes Matters: Protecting Your Heart			Turning 65? Get To Know Medicare	Influenza and Other Contagious Respiratory Conditions		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Crohn's & Colitis		Learn If You Are at Risk for Liver Disease	
10:00 PM 10:00 AM		Diabetes Matters: Protecting Your Heart	Turning 65? Get To Know Medicare			Influenza and Other Contagious Respiratory Conditions			Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
10:30 PM 10:30 AM	Diabetes Matters: Protecting Your Heart			Turning 65? Get To Know Medicare	Influenza and Other Contagious Respiratory Conditions		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Crohn's & Colitis		Learn If You Are at Risk for Liver Disease	
11:00 PM 11:00 AM		Diabetes Matters: Protecting Your Heart	Turning 65? Get To Know Medicare			Influenza and Other Contagious Respiratory Conditions			Movement Disorders, Parkinson's Disease, Tremors and Epilepsy		Crohn's & Colitis
11:30 PM 11:30 AM	Diabetes Matters: Protecting Your Heart			Turning 65? Get To Know Medicare	Influenza and Other Contagious Respiratory Conditions		Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Crohn's & Colitis		Learn If You Are at Risk for Liver Disease	

Protect Your Family from Serious Infectious Diseases



The flu and measles are highly contagious viral diseases. For more information about immunizations (including the flu and measles vaccines), contact a Washington Township Medical Foundation primary care clinic by calling (510) 248-1000. The Washington Urgent Care Clinic located at 2500 Mowry Avenue in Fremont is currently carrying the flu vaccine. Call (510) 791-2273 for more information.

Extreme Flu Season and Measles Outbreak Underscore Importance of Prevention and Vaccination

According to the California Department of Public Health’s Influenza Surveillance Program, influenza (flu) infections in the state have been at high levels since December, and the flu season is not over yet.

“The peak of flu season usually hits the San Francisco Bay Area around the end of February, but in December we had four times the number of flu screenings at Washington Hospital than we had in the same month the previous year,” says Dr. Dianne Martin, an infectious disease specialist and co-chair of the Infection Prevention and Control Committee at Washington Hospital.

“Last year, during the month of January 2014, we tested 213 patients for flu, and 31 patients – 14 percent – tested positive,” she adds. “This year, from January 1 to 15, we tested 159 patients, and had 42 patients – 26 percent – who tested positive. That was in just the first half of the month. I have never seen so many cases of flu this early in the year. Our admissions of flu patients at Washington Hospital have been way up, including 10 admissions in one weekend.”

The flu is a contagious respiratory illness that is spread mainly by droplets made when people with the flu cough, sneeze or talk. The flu can cause serious secondary complications such as pneumonia or complications of chronic medical problems. The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the most important step in protecting against flu viruses.

“This year’s flu vaccine hasn’t worked as well as we had hoped, because some of the viruses spreading this season are different from those in the vaccine,” Dr. Martin notes. “Vaccination can still provide some protection against the flu, and since flu season can continue as late as May, it’s not too late to get the vaccine. Other steps you can take to avoid catching the flu include washing your hands often with soap and water and avoiding close contact with sick people.”

The CDC recommends flu vaccinations for everyone over the age of 6 months. Because children younger than 6 months are too young to be vaccinated, the people who care for them should be vaccinated instead. The flu shot given during pregnancy

has been shown to protect both the mother and her baby (up to 6 months old) from flu. Vaccinations also are important for health care workers and other people who live with or care for high-risk people.

Some people who have had Guillain-Barré syndrome (a severe paralyzing illness, also called GBS) should not get the flu vaccine. If you have ever had GBS, talk to your doctor about whether you should receive a flu vaccine.

The CDC notes that some of the people considered to be at high risk of developing serious complications from the flu include:

- Children under age 5 – and especially those under 2 years old
- People over age 65
- Pregnant women
- Native Americans
- People who are morbidly obese (body mass index of 40 or greater)
- People with chronic health conditions such as diabetes, lung disease, asthma, heart disease, liver disorders and kidney disorders
- People younger than age 19 who are receiving long-term aspirin therapy

“People who have a weakened immune system because of diseases such as cancer and HIV are also at high risk for complications of the flu,” Dr. Martin cautions. “Cancer patients who are undergoing chemotherapy treatment should consult with their oncologist to find a window of time that is appropriate for receiving a flu vaccine.”

Symptoms of the flu may include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue.

“If you do get sick with the flu, you should stay home and seek medical treatment as soon as possible,” Dr. Martin says. “Don’t go shopping or to work and spread it to other people, and don’t send a sick child to school. You can treat the symptoms of the flu with over-the-counter medications. Prescription antiviral drugs also can reduce the severity of the illness and shorten the duration, but it’s important to use these drugs within the first 72 hour after the onset of symptoms.”

Resurgence of Measles is Cause for Concern

In addition to experiencing an unusually high rate of flu infections, California is currently “ground zero” for a rapidly expanding number of cases of measles. The outbreak

started when at least 40 people who visited or worked at Disneyland theme park in Orange County in mid-December 2014 contracted measles. As of February 4, the California Department of Public Health had confirmed 99 cases of measles statewide, including six cases in Alameda County, two in Marin County, three in San Mateo County and two in Santa Clara County. The measles outbreak also has now spread to at least half a dozen other states.

“This outbreak of measles in California is a concern, since measles is a serious disease that can cause severe complications such as pneumonia and encephalitis,” Dr. Martin explains. “Like the flu, measles is a highly contagious viral disease. The early symptoms of measles can mimic those of the flu – fever, cough, runny nose, sore throat and red eyes. The rash typically associated with measles doesn’t appear for a few days. Infected people are usually contagious from about four days before their rash starts to four days afterwards.”

According to the CDC, before the introduction of a live measles vaccine in 1963, the average yearly number of measles cases in the U.S. was 549,000, and nearly 500 deaths per year were attributed to measles. Once the measles vaccine was introduced, there was a huge drop in measles cases. In 2000, endemic measles was declared “eliminated” from the United States.

The measles vaccine is usually combined with mumps and rubella (MMR) or with mumps, rubella and varicella (MMRV). Children routinely get their first dose of the MMR vaccine at 12 months old. The second dose of MMR is usually administered before the child begins kindergarten but may be given one month or more after the first dose.

The CDC notes that two doses of the MMR vaccine are more than 99 percent

effective in preventing measles. Most of those people who have contracted measles in the current outbreak are unvaccinated. During the last school year, 3.3 percent of California kindergartners – about 18,200 – were allowed to skip vaccinations, according to the CDC. Some were exempted from vaccination requirements because of medical reasons, such as a weakened immune system resulting from chemotherapy or other causes, but the majority of exemptions were due to religious or philosophical reasons. The number of measles cases in California over the past month is higher than the median number of cases for the entire country for each year between 2001 and 2011, according to CDC figures.

“Another cause for concern in the Bay Area is that we have a large immigrant population, including some people who may have no record of immunization against measles,” Dr. Martin says. “There is a blood test that can determine if you are immune to measles as a result of either vaccination or previously having the disease. You should consult your physician about whether you should get the measles vaccine. Most pediatric clinics would have a supply of measles vaccine. It might be more difficult to obtain measles vaccines at some adult clinics, but many local clinics and pharmacies offer measles vaccines.”

The Washington Urgent Care Clinic located at 2500 Mowry Avenue in Fremont currently has flu vaccines available. Call (510) 791-2273 for more information. The Washington Township Medical Foundation Primary Care clinics currently carry the flu and measles vaccine. Go to www.mywtmf.com or call (510) 248-1000 for more information. For general information about flu and measles vaccines and prevention, visit www.cdc.gov.

Ask the Doctor

This is an ongoing column in which Dr. Mary Maish answers your health-related questions. Questions for Dr. Maish should be emailed to Ask the Doctor at: askthedoctor@wbhs.com

Causes of Coughing and Hernia Pain

Dear Doctor,
I’ve had annoying mid-upper back pain and a dry cough for three weeks. I am a non-smoker. Do I have to worry about lung cancer?

Dear Reader,
Many things can cause a cough (including lung cancer) but most coughs are not cancer related. Other more common and non-cancer related conditions, that can bring about a cough are caused by exposure to toxins, allergens, infections, or just dry air. I would suggest a visit to your primary care doctor for a checkup and possibly a chest x-ray.

Dear Doctor,
About two years ago I was lifting a heavy box and later that day I felt a pain just above my belly button. The pain has been there ever since. Do I need to worry about this?

Dear Reader,
The most likely cause of your pain is a hernia of the abdominal wall. Strains like these put pressure on the tissues of the abdominal wall and cause holes or hernias in the tissue. Hernias will continue to cause pain until a surgeon can repair them in an operating room. A quick visit to a general surgeon will provide you a diagnosis in no time.

Mary S. Maish, M.D



Dr. Maish is a board certified thoracic and general surgeon. She holds a Master’s degree from Harvard University and completed her thoracic surgery training at Baylor/MD Anderson in Houston, Texas. Dr. Maish currently serves as the Chief of Thoracic and Foregut Surgery at Washington Township Medical Foundation and is on the Medical Staff at Washington Hospital.

Growing Up Healthy—A pediatric specialist talks about lumps and bumps on your child’s head or neck

As a parent, you may sometimes notice a lump or bump on your child’s head, neck or face. And, you may worry about the cause and whether you should seek medical attention. The good news is most of these masses are not serious. However, it’s smart to check with your child’s doctor if you have a concern or question.

February is Kids ENT (ear, nose and throat) Health Month. If you are a parent or have children in your family, take time to read this last in a four-part series on children’s ENT problems. The information is intended to help parents and families keep kids as healthy as possible and know what to do when illness strikes.

Usually a lymph node

“It is pretty common to find a lump on a child’s head or neck, and it’s usually an enlarged lymph node,” said Dale Tylor MD, MPH, a pediatric ear, nose and throat specialist with Washington Township Medical Foundation. “These most often related to a cold or other nearby infection and will resolve on their own without antibiotics.”

Lymph nodes are not glands, Dr. Tylor pointed out. They are part of the lymphatic system, which is an important aspect of the body’s immune system. The lymphatic system includes about 100 lymph nodes on either side of the neck.

When your child fights an infection, such as a cold or strep throat, lymph nodes in the neck may swell and



During February’s Kids Ear, Nose and Throat Health Month, parents are reminded to talk to their child’s pediatrician if they have concerns about lumps or bumps on their child’s head or neck.

feel tender. This means the child’s immune system is working the way it should to fight the infection. It is usually a temporary condition, and the swelling will go down in a week or two.

“However, you should be concerned if the lymph node continues to swell and becomes more painful. You child may also develop a fever,” Dr. Tylor cautioned. “This could be an abscess, which may require antibiotics, or a doctor may have to perform a minor drainage procedure.”

There are times when a lymph node stays enlarged, and this is not necessarily a bad thing, according to Dr. Tylor. However, if more and more lymph nodes become enlarged, you should check with the doctor.

“There is a possibility of lymphoma, which is cancer of the lymph nodes, but this is rare,” she added. “Parents frequently bring their child to our office concerned about an enlarged lymph node. We usually observe the lump over time to make sure it goes down. Sometimes, we do a biopsy to confirm it’s not cancer, which is usually the case.”

Common lump in babies

One lump that can appear on a baby’s scalp, face or neck is a hemangioma. This is not cancer but is made

Doctor Ting's

Athlete of the Month

Arthur J. Ting, MD
Sports Medicine & Orthopedic Surgery
510-797-5550

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.

Tri-CityVoice Student Athletes being honored as Athletes of the Month play for the Warriors of Fremont Christian High School. Nick Liston is the Athletic Director at FCHS.

Bernice Du - Breanna “Bre” Thomas



Tri-City Voice has Co-Female Student Athletes from Fremont Christian Warriors High School. They are basketball players coached by Michie Sierra.

Seventeen year old senior point guard, **Bernice Du** was born in San Francisco but has lived her whole life in Fremont. Du started playing basketball because her older sister, Kim, was playing. Besides playing for Fremont Christian in the fifth grade, she also played for Fremont Youth Basketball Club and still does as a shooting guard. In addition, Du played one year of soccer in the eighth grade.

Du prefers playing shooting guard because the best part of her game is three point and foul shooting while dribbling needs the most work. She has averaged over 12 points a game in the last four games, leads the

team in three point baskets and sees the team in first place in the Bay Counties League with three games to play before post season. Warriors are a Division 5 school (smallest by enrollment) and ranked number four in NCS (North Coast Section) Div. 5 heading to the NCS playoffs.

Sister Kim is 21 and a senior at UCLA. She also still plays basketball but not for UCLA. Du's mother, Cindy, and father, Henry used to play basketball.

After high school, Du wants to attend a four year college, major in Child Development & Education and become a teacher. Colleges of interest are Azusa Pacific, San Jose State, Chico State, Grand Canyon and Pacific. She has decided to not play basketball in college; her favorite high school subject is American Sign Language.

Du's hero and role model is her sister, Kim and her two favorite athletes are Stephen Curry and Jeremy Lin because all three play basketball and are good Christians.

Shopping, grabbing some food with friends and listening to her own type of good music (she likes all kinds of music) to get her pumped up before a basketball game is what she enjoys in her free time.

Co-Female Student Athlete of the Month is freshman **Breanna or “Bre,”** as her teammates call her on the basketball court, Thomas. She can play any position but prefers small forward or shooting guard.

Thomas started playing basketball in the fourth grade with boys. Her first team was with the Fremont Christian Elementary

School fifth and sixth grade teams where she was a starter as a fifth grader. In the eighth grade, she joined a Division I AAU travel team, East Bay Nets of Hayward. Her strongest suit is defense and she continuously works to improve her three point shot. Over one four game stretch, Thomas averaged 14 points and 10 rebounds and in 62-60 win over rival Emery High School; she scored 11 points, pulled down 11 boards and chipped in 6 assists with 4 steals.

Dad, Joseph played football and basketball and Mother, Glenna participated in track and field during their youth. Thomas has also played third base on the FCS girl's softball team. She has no siblings.

After high school Thomas is open to attending college. Schools of interest so far are Grand Canyon,

U.C. Berkeley, Stanford, UCLA and Southern California. She is interested in a career in Sports Medicine, Dentistry, Pharmacology and Doctor of Chiropractic. Playing basketball in college is an open issue at this time. High school subjects she enjoys are Biology, Math and Theater.

Favorite food is pizza in moderation, she likes contemporary Gospel and clean pop music. “The Princess and the Frog” is her favorite movie.

Thomas' parents are her role models while favorite athletes are Maya Moore, Candace Parker and Nneka Ogwumike of the WNBA and Stephen Curry and Klay Thompson of the Golden State Warriors.

When not involved with basketball or school work, Thomas likes to watch movies with friends.



David Cansino



Male Student Athlete of the Month is David Cansino, 17 year old senior point guard on the Warriors' boy's basketball team coached by Curtis Coffey. Cansino was born in San Jose and has lived in Milpitas his whole life.

Cansino started playing basketball in the fifth grade and played for Fremont Christian Elementary in grades five through eight. He was on the A team in

7th and 8th grade, also playing Amateur Athletic Union (AAU) basketball for Vanquish of Fremont coached be Bob Delgado.

The strongest part of Cansino's game is leadership, being an extension of the coach on the floor; he works hard on ball handling. He is a four year lettermen averaging 14 points, 7 rebounds and 6 assists per game. Cansino once scored 23 points in an overtime loss to Cali-

fornia Crosspoint High School, a rival in the Bay Counties League. Cansino also played varsity soccer during his junior and senior years.

An older brother, Mark, played golf while in high school and will graduate this spring from Cal State East Bay. Cansino's Father, Carlos, Jr. and Mother, Rissy did not play sports but are musically gifted.

After high school, Cansino wants to attend a four year college and double major in Economics and Kinesiology. He does not plan to play basketball in college other than intramural and recreation leagues, but hopes to work for the Golden State Warriors in some capacity one day. Favorite subjects in high school are Economics, Advanced Composition and Rhetoric, Biology and Symphonic Band.

His hero/role model is his brother, Mark; growing up he admired Kobe Bryant, Jamal Crawford, Stephen Curry, Kyrie Irving, Allen Iverson, Michael Jordan, Reggie Miller, Steve Nash, Rajon Rondo, Peja Stojakovic and Jason Williams, all professional basketball players.

Cansino's favorite foods are Japanese and Hawaiian, he enjoys listening to R&B, Indie, rap and



rock music and favorite movies are “Catch Me if You Can” and “Hoosiers.”

When not involved with basketball or school work, favorite past times are doing things for Interact Club at church each Sunday, hanging out with friends, having jam sessions and eating out with the basketball

team before each game.

Cansino would like to thank, Coaches Coffey, Mark and Jon along with Johnny, Issac, Arthur, Calvin, Ethan, Ash, Patrick, Jake, Ben, Eric, Jahred and Josh. He is glad they have grown together while becoming brothers on the court and sharing unforgettable experiences.

TRAINERS’ TIP

The ultimate goal of athletes’ strength program should be POWER. Simply, the body’s ability to create force rapidly. In every sport, the more powerful you are the better you will perform and the healthier you will stay.

From running to swimming, jumping to hitting, swinging to tackling and catching to throwing, increasing your power enhances your performance.

continued from page 3

Growing Up Healthy—A pediatric specialist talks about lumps and bumps on your child’s head or neck

up of blood vessels. Most hemangiomas are not visible at birth and appear within the first six months of a child’s life. You may first notice it as a small bite, pimple, bruise or soft bump.

“A hemangioma can grow impressively over a period of months and then be stable for up to a few years,” described Dr. Tylor. “Then, it slowly goes away over the next few years. We usually recommend to parents that we do nothing, and it will get better by itself.”

However, if the hemangioma interferes with a child’s ability to breathe, eat, or swallow, or if it is very unsightly and in a prominent place, there are ways to treat it. In the past, treatment required risky surgery or high doses of medication, both of which are not good for the child.

Now, experts have discovered that a well-known oral medication used to treat blood pressure in adults can often shrinks a child’s hemangioma magically without surgery.

“I work with a pediatric cardiology doctor to administer this treatment, which is also used for heart problems in some children,” Dr. Tylor reported. “The dosage is weight based and very safe.”

Other types of lumps

Some other common childhood lumps are related to devel-

opment of the fetus before a baby is born. A thyroglossal duct cyst may appear in a child’s neck from tissue left behind after the thyroid gland was formed. The cyst can be treated with antibiotics if infected, but usually must be removed surgically.

Other sources of lumps on a child’s neck or head include:

- Cat scratch disease, a neck infection that can be caused by a cat scratch
- Atypical microbacterial disease, which can infect different parts of the body, including the lymph nodes.

“The bottom line is, if you find any lumps or bumps on your child’s head or neck, you should feel free to ask their doctor,” concluded Dr. Tylor. “Most are very treatable as an outpatient, but they can be very worrisome for parents. If there are any concerns or potential complications, your child may be referred to a pediatric specialist.”

Learn more.

To find out more about lumps and bumps on children’s head and neck, visit www.aboutkidshealth.ca/En/Pages/default.aspx. To learn more about Washington Township Medical Foundation, visit www.mywtmf.com.

Bridges for strong partnerships

SUBMITTED BY RAYMOND GRIMM

The Tri?City Senior Round Table and Tri?City Elder Coalition (TCEC) are partnering to host the South County Senior Service Networking Meeting on Tuesday, February 17 at Carlton Plaza of Fremont. Micheal Pope, CEO of Alzheimer’s Services of the East Bay (ASEB), will be the featured speaker. “Designing Dementia-Friendly Communities and Services ASEB is bringing to the Tri?Cities” will be the topic for discussion. Please call for reservations.

Senior Service Networking Meeting
Tuesday, Feb 17
12:00 p.m. - 1:30 p.m.
Carlton Plaza of Fremont
3800 Walnut Ave, Fremont
(510) 505?0555
www.tceconline.org

ACWD considering changes to water rates and charges

SUBMITTED BY SHARENE GONZALES

The Alameda County Water District (ACWD) Board of Directors is seeking additional public input as it considers changes to water rates and charges. At its regularly scheduled February meeting in Fremont, the Board will review proposed changes to rates and charges, hear comments from the public about the proposals, and consider setting the date of a public hearing at which the adoption of new rates and charges would be evaluated.

The District’s core mission is to provide a reliable supply of high quality water at a reasonable price to the communities of Fremont, Newark, and Union City. A revenue increase is required to ensure that the District has sufficient funds for the following:

- Pay the operating expenses of the District.
- Provide for repairs and maintenance of District facilities and infrastructure.
- Meet all of the District’s financial obligations, including bonded debt payments.
- Effectively maintain current levels of service with adequate

cash reserves to address unforeseen emergencies.

The District is currently considering adjustments to the bi-monthly service charges, which are based on customer water meter size. For most single family residential customers (5/8-inch or 3/4-inch meters) this would result in a bimonthly service charge increase of \$9.59, or \$4.80 per month; the current commodity rate and drought surcharge will remain unchanged.

All interested members of the public are encouraged to attend the Board meeting which will take place on February 12 in the Board room at ACWD Headquarters in Fremont.

To learn more about current rate proposals and view presentations providing further detail, please visit www.acwd.org/rateproposals.

Alameda County Water District Board Meeting
Thursday, Feb 12
6 p.m.
ACWD Headquarters
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FUSD schools participate in Hour of Code



SUBMITTED BY
**VIJAY DEVADHAR AND
BRIAN KILLGORE**
PHOTOS BY
VIJAY DEVADHAR

Fremont Unified School District (FUSD) elementary schools joined millions of students all over the world in a lesson on computer coding from December 8 through 14, 2014 as part of Computer Science Education Week. Among the elementary schools that participated in the Hour of Code global movement were Ardenwood, Forest Park, Leitch, Mattos, Millard, Mission San Jose, and Weibel. Close to 600 Glenmoor Elementary School students each spent an hour dedicated to computer science on Tuesday, December 9 and Thursday, December 18.

The Hour of Code is a one-hour introduction to computer science, designed to demystify code and show that anyone can learn the basics. FUSD school computer specialists and volunteers from organizations such as Tynker and Salesforce coordi-

nated lessons for kindergarten through 6th grade students throughout the District. Students were introduced to basic coding concepts through games and other exercises. Parents, alumni and spouses of other volunteers helped run this event at Glenmoor Elementary; Salesforce Foundation also provided financial support to Glenmoor.

"It was amazing to see the enthusiasm and measures of success achieved in the room. I saw so many of my students in a whole new light. They were eager, confident and thoroughly engaged. Watching them [solve problems], activate prior knowledge, form teams and critically think in an innovative activity was exciting and inspiring," said Lynita Turner, 4th grade teacher at Glenmoor.

According to its website, Hour of Code is organized by Code.org, a public, 501(c)(3) nonprofit dedicated to expanding participation in computer science by making it available in more schools, and increasing participation by women and underrepresented students of color. Visit www.code.org for more information.



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Recipe for Love

BY NANCY LYON

It's almost Valentine's Day and love is in the air; thoughts turn to all manner of sweetness including the tasty variety. This love fest doesn't need to exclude members of our fur or feathered family as long as we keep in mind that what may be a delectable dream to us can be a nightmare for them.

It may come as a shock but chocolate isn't for everyone.

Traditional offerings like yummy chocolates can be toxic to dogs, cats and birds. Chocolate contains theobromine and caffeine, stimulants that when consumed can be hazardous — and even fatal — to them. Chocolate toxicity is one of the most common poisonings seen by vets this time of year.

Although most cats are usually not drawn to chocolate, they may be coaxed into eating it by those wanting to share a treat. The caffeine in chocolate, even white chocolate (although the dark variety is the most lethal) can cause similar symptoms in cats and dogs — heart palpitations, tremors, seizures and even death.

Chocolate is bad news for birds too and can be harmful or fatal to your feathered companion. Toxins first affect a bird's digestive system, causing vomiting and diarrhea. As the condition progresses, the bird's central nervous system is affected, causing seizures and eventually death.

Another common sweetener called xylitol used in gum, candy and other goodies can result in a sudden and dangerous drop in blood sugar known as hypoglycemia, causing your pet to suffer depression, loss of coordination and seizures.

There are less hazardous Valentine's Day treats that will be looked on with equal favour and the following recipes are not only safer, they have that personal ingredient that you can't buy... love.

"Better than grass" kitty salad

1 cup cooked, cooled sweet potato
 1 teaspoon margarine
 1 inch of raw carrot
 1/3 cup zucchini
 3-4 leaves of baby spinach
 1 teaspoon dried catnip or 1 tablespoon chopped fresh catnip

Mash the sweet potato with the margarine until incorporated. Mince the carrot fine. Peel and mince the zucchini. Mince the spinach. Mix all the veggies together with half of the catnip. Serve at room temperature with

the rest of the catnip sprinkled over it. Adapted from "Better than grass salad" at HealthyRecipesforPets.com

Treats for your tweetie

1 baked, cooled sweet potato
 1 large broccoli floret
 1 small carrot, pared
 1/2 celery stalk
 1/2 apple, peeled and cored
 1/2 cup cornmeal (optional)
 1 cup bird seed

Remove the skin from the potato and mash it with a fork in a medium mixing bowl. Cut the buds off the broccoli floret with a knife (freeze the stem for making veggie stock) and add the buds to the sweet potato. Finely mince the carrot, celery, and apple. Mix all of the vegetables together, and add small amounts of cornmeal as needed to get a good consistency. Pour the bird seed into a shallow bowl or pie pan. Roll teaspoonfuls of the mixture into balls then roll them in the bird seed. Store them in a single layer and freeze what you won't use in a day or two. Recipe adapted from Cockatiel Cottage.

Pumpkin pie cookies for you canine and feline punkins

2 cups rice flour
 2 cup oatmeal
 1 cup canned pumpkin
 1 cup grated carrots
 1/2 cup unsweetened plain applesauce
 1/4 cup flour for rolling
 Preheat your oven to 350 degrees.

In a food processor, blend carrots, applesauce and pumpkin until smooth.

Mix rice flour and oatmeal in a bowl.

Add wet ingredients to the dry and mix gently until dough forms.

On a floured breadboard, place dough and roll out to about 1/4 inch in thickness.

Use cookie cutters (heart shape would be perfect!) to cut out little cookies.

Place cookies on a greased cookie sheet and bake at 350 degrees for seven minutes.

Flip treats over and bake for five more minutes. Remove from oven and cool thoroughly.

If they love peanut butter, you can add a bit to these treats as "frosting"! You can thin peanut butter with water to create a glaze.

These safe treat recipes are offered by The Humane Society of the United States and the ASPCA.

**Special Note: Remember, these recipes are treats and should not replace your animal friend's regular meals. Please check with your veterinarian if they have special dietary needs or food allergies.*

Board Briefs

SUBMITTED BY NEW HAVEN NEWS

At the Tuesday, February 3 meeting, the New Haven Unified School District Board requested to receive an update on the renaming of Alvarado Middle School for their next meeting. In April of 2013, the Board approved changing the name of Alvarado Middle School to Idiong-Vera Cruz Middle School. The Board also directed staff to develop a transition plan for the new name. At the time of the decision, community groups pledged to cover the costs associated with the name change, which were projected to be approximately \$15,000. At Tuesday's meeting, the Board also requested a financial update from PASE, the Pilipino-American Society for Education.

Contemporaries of Cesar Chavez, after whom the District's other middle school is named, Idiong and Vera Cruz helped lead the 1965 Delano Grape Strike that led to the formation of the United Farm Workers.

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Reflections on Water



ACWD Joins Effort to Restore Steelhead Trout to Alameda Creek

Steelhead trout were once abundant in Alameda Creek. They, however, began a slow decline as 20th century urbanization encroached upon the Alameda Creek watershed. Reservoirs constructed to supply the Bay Area with drinking water reduced the water needed by steelhead for their migration, while urban development in many parts of the watershed degraded water quality and reduced steelhead habitat.

By the 1950s, the California Department of Fish and Game determined there no longer was a viable steelhead fishery in Alameda Creek.

In the late 1990s, however, steelhead, endangered in Southern California and threatened in Northern California, reappeared in the creek. This surprised everyone from the U.S. Environmental Protection Agency to local fishermen.

There had been interest in restoring the steelhead fishery since the 1980s, but no group or agency had volunteered to take the lead, so the idea never took shape. The steelhead themselves changed that when they suddenly reappeared. A coalition of fishermen, environmentalists, biologists, and recreationists formed the Alameda Creek Alliance to help restore the steelhead fishery.

Eventually, six state and federal agencies, three stakeholder groups, and several public agencies and local companies teamed up in the restoration effort. Seventeen public agencies and non-profit organizations collaborated on a study of stream flows and fish habitat needed for the restoration effort.

Their research indicated that it would be feasible to restore the fishery. But it would take an enormous amount of effort and funding to do so. Steelhead trout migrate like salmon. They are born in fresh water and migrate to the ocean. Later, as adults, they return to freshwater streams to lay eggs. Changes in stream flows and barriers in the creek prevented steelhead from making these runs.

We were realistic about this undertaking. The Board wanted to help, but tempered their enthusiasm with realism. They said the project should not just be ecologically feasible, it should be financially feasible as well. Just as important, the Board insisted on basing involvement on good science. Former General Manager Paul Piraino said that included solid environmental studies and technical analyses that included water supply along with habitat availability. We did not want to create a situation that adversely affected the local water supply and, in particular, that reduced supplies for our customers.

By 2001, the project was a “go.” East Bay Regional Park District removed two small swim dams in the Sunol Regional Wilderness area, and in 2003 the Zone 7 Water Agency (Livermore) removed other passage barriers in Alameda Creek tributaries. They also started building fish ladders.

We undertook similar steps in the portion of Alameda Creek in our service area. We also applied for grants to offset project costs as much as possible, since the restoration effort had significance far beyond our borders. We won two large grants, which totaled \$1 million. With one grant, we installed a fish screen on the 54-inch pipeline that diverts water from the creek into percolation ponds by Quarry Lakes. The fish screens prevent juvenile steelhead from being carried through the diversion pipeline and into the recharge ponds.

With the second grant, we de-commissioned our downstream inflatable rubber dam, which had been in operation since the 1970s. The rubber dam was reaching the end of its useful life, and we would soon be evaluating its replacement. We analyzed options and found a way to supply the same amount of water for recharge without it. After confirming that we could achieve desired results without the dam, we removed it.

The dam’s foundation, however, was concrete. We investigated this problem and found a fish ladder that could be built through the concrete foundation. Installing this structure, a Larnier fish passage facility, meant we eliminated the cost of completely removing that concrete foundation. The ladder improved fish passage upstream.

In 2009 we finished work on another fish screen at Bunting Pond, located farther upstream than the other projects. This work was supported by a \$600,000 grant from the California Department of Water Resources.

Future fishery restoration efforts include creating a fish passage facility over the concrete erosion control structure beneath the BART bridge over Alameda Creek, and designing a passage facility over our upstream rubber dam. Until these projects are complete, we are working with the Alameda Creek Alliance to rescue migrating steelhead trapped between barriers.

The fishery restoration effort is still underway, just one of several environmental projects the District has undertaken over the years in collaboration with other local agencies and organizations.

Next month, as we continue our exploration of the history of ACWD, we’ll discuss where water comes from in 2015 and how we’re working to create reserves and supplemental supplies for the residents of Fremont, Newark, and Union City with a reliable supply of high-quality water at reasonable cost.

Coffee with Fremont cops

SUBMITTED BY FREMONT PD

Join Fremont Police Chief Richard Lucero and members of his command staff for coffee in an informal and friendly setting on Thursday, February 12 at The Cheese Taster. Staff from the Community Engagement Unit, Street Crimes Team, Day Shift Patrol and Investigations will be on hand to answer questions, discuss neighborhood concerns, or just get acquainted. No formal presentation is planned, so feel free to drop in anytime during the event.

Coffee with the Cops
Thursday, Feb 12
7:30 a.m. - 9 a.m.
The Cheese Taster
43367 Mission Blvd, Fremont
(510) 656-5480
www.fremontpolice.org

A LEAF Garden benefit show

SUBMITTED BY MICHAEL MCNEVIN

A very special night of music and film comes to The Edison Theater in Niles on Friday, February 20. The “Sandlot Concert and Picture Show” will feature a folk-rock concert by Michael McNevin & the Spokes, and a showing of “The Tramp,” Charlie Chaplin’s iconic silent film masterpiece.

There is a \$15-\$20 sliding donation (tax deductible) and refreshments for sale as well. A dollar-for-dollar matching grant goes with this benefit concert for LEAF Gardens. Your concert bucks go a long way toward helping sustainable organic living and community gardens throughout Fremont.

This is an indoor event and the theater seats 100. RSVPs are recommended, but walk-ins are welcome to open seats on the night of the show. Contact (510) 494-1411 or pr@nilesfilmmuseum.org to RSVP. You may also visit the event’s Facebook page at www.facebook.com/events/640993576028494. For more information, contact Michael McNevin at (510) 794-9935.

Sandlot Concert and Picture Show
Friday, Feb 20
7:30 p.m. – 10 p.m.
The Edison Theater
37417 Niles Blvd, Fremont
RSVP: (510) 494-1411
pr@nilesfilmmuseum.org
www.nilesfilmmuseum.org
www.facebook.com/events/640993576028494
\$15-\$20 sliding donation



NASA's Destination Station 2015

SUBMITTED BY CHABOT SPACE & SCIENCE CENTER

Destination Station is NASA's International Space Station Program national awareness campaign and travelling exhibit that promotes research opportunities, educates communities about activities performed on the International Space Station, and communicates the real and potential impacts of the station on our everyday lives. NASA astronauts, scientists and staff travel to a few cities a year sharing the wonders of the space station through general public events, researcher meetings, education activities and legislative discussions.

On Thursday, February 19, Destination Station 2015 at Chabot Space & Science Center will feature presentations by Space Suit Engineer Marlon Cox, and astronaut Reid Wiseman.

Marlon Cox is a Detroit native. He received his Bachelor of Science in Aerospace Engineering at Case Western Reserve University in Cleveland, Ohio. For the past 10 years Cox has been working with Space Suit systems at the NASA Johnson Space Center in Houston, Texas. He has worked with the Extra-Vehicular Mobility Unit (EMU), which currently services the International Space Station, and he is currently

working on the development of new Space Suit system slated to be use in future exploration.

Reid Wiseman reported to the Johnson Space Center in August 2009 and completed astronaut candidate training in May 2011. On May 29, 2014, Wiseman launched from the Baikonur Cosmodrome in Kazakhstan to the International Space Station along with Soyuz Commander Maxim Suraev of the Russian Federal Space Agency (Roscosmos) and Flight Engineer Alexander Gerst of the European Space Agency. Upon reaching the station, they joined NASA astronaut and Commander Steven Swanson, cosmonauts Alexander Skvortsov, and Oleg Artemyev of Roscosmos.

NASA's Destination Station

Thursday, February 19

5 p.m. – 8 p.m.

Chabot Space & Science Center

10000 Skyline Blvd, Oakland

(510) 336-7373

www.chabotspace.org

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Bridges to Behavioral Health: embracing mental strength



Helen Hsu, PsyD, discusses the value of Bridges to Behavioral Health video for outreach to the Chinese American community

A major factor of community health is the mental stability of our leadership, citizens and students on the road to adulthood and responsibility. Especially daunting is the challenge faced by first generation immigrants when adjusting to a new country and its effects on their family. Some issues considered taboo and extremely private in a native country, may be challenged by interaction with other cultures and concepts. Mental health is a difficult subject for many to address, especially those experiencing transition to a new way of life; a fundamental change of style and social order.

A new public service announcement, previewed January 5th at the Fremont Resource Center by the Fremont Human Services Department, addresses mental health issues within the Chinese-American community. Anxiety can take many forms and is not reserved for adults; the average age of onset can be as young as 11 years old. Labeled "Bridges to Behavioral Health," a video in Mandarin spotlights a young woman playing a haunting tune on the cello as a message urges parents to recognize, seek assistance and develop an understanding of bicultural challenges when raising their children in American society. Often hidden and suppressed as a private matter, families can develop unhealthy coping mechanisms and not seek assistance until dysfunction reaches critical levels. On the other hand, if signs of unacceptable levels of stress lead to proactive counseling measures, family members can promote self-esteem, communication and a healthy lifestyle.

According to Fremont Youth and Family Services Administrator Annie Bailey and Clinical Supervisor Helen Hsu, emotion and coping with parenting challenges within the Chinese American community is often met with stoicism that neither resolves nor takes advantage of support services. Mental health issues can build over time and, if left unresolved, erupt into major conflict and crisis. Confidential counseling services that provide emotional and personal support before major problems arise are often shunned due to lack of information and a sense of shame.

A major step toward active communication and resolution of anxiety concerns lies in education, support services and removal of stigmas associated with mental health. A variety of outreach efforts, including the Public Service Announcement video Bridges to Behavior Health (two versions), is a step toward raising awareness and opening lines of communication with the Chinese-American community about a serious topic.

The videos are available online at:

*** 90-second video: www.Fremont.gov/Mandarin90**

*** 3-minute video: www.Fremont.gov/Mandarin3**

For more information about Bridges to Behavioral Health, contact:

Annie Bailey, MS, MPA
(510) 574-2111

Helen Hsu, PsyD
(510) 574-2135

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BUSINESS

Fracking puts California governor, environmentalists at odds

By JULIET WILLIAMS
ASSOCIATED PRESS

SACRAMENTO, Calif. (AP), In the 1970s, the environmental movement had no bigger political hero than California Gov. Jerry Brown. He cracked down on polluters, ended tax breaks for oil companies and promoted solar energy.

Forty years later, in his second go-around as governor, conservationists are among his harshest critics.

Climate change is one of Brown's key issues, and he said in his inaugural address last month that his goal is to have California get half its energy from renewable sources within 15 years.

But because he has refused to ban hydraulic fracturing for oil, protesters, or "fracktivists," have dogged Brown for more than a year, even interrupting his speech at the Democratic Party convention last spring.

"Climate leaders don't frack," said Kassie Siegal of the Center for Biological Diversity, a group that praises Brown's programs to boost renewable energy. "The oil and gas boom threatens to undercut all the other progress that our state may make on climate."

Fracking opponents have planned their largest protest so far, a rally Saturday in Brown's hometown of Oakland that they hope will attract thousands. More than 100 environmental and community groups have signed on, and protesters are being bused in from around the state.

Some began their protest Friday outside Brown's San Francisco office. Police said 12 people were arrested when they briefly blocked public access to the building.

These days, Brown rarely engages with his critics. He barely campaigned for re-election last year and holds few public events.

The exception is appearances promoting the use of solar energy or other environmental initia-

tives. Still, Brown has noted that Californians love their freeways and gas-guzzling vehicles.

"As we speak, protesters and non-protesters are burning up gasoline that is being shipped from Iraq, from Russia, from Venezuela and all sorts of other places, and coming in on trains, so whatever we don't do here we are going to get from someone else until we get that moratorium on driving _ which I haven't heard proposed yet," Brown said in response to a reporter's question Friday.

California is the No. 3 oil producer in the nation and has added an average of 300 wells each month for the past decade, about half of them using hydraulic fracturing, which involves forcing fluid, sand and chemicals underground to break rock formations and extract oil and gas. A fifth of the state's oil production comes through fracking.

Through a spokesman, Brown declined to comment on the protest, referring questions to the California Department of Conservation. In a prepared statement, chief deputy director Jason Marshall avoided using the term fracking, instead calling it "well stimulation."

"We have no direct evidence that any harm has been caused by the practice in California," he said. "We believe the regulations we've created, atop existing well construction standards, will protect the environment."

California regulators have also authorized oil companies to inject production fluids and waste into federally protected aquifers more than 2,500 times, risking contamination of underground water supplies, an Associated Press review found.

State officials are conducting a series of fracking reviews as California sets up its first comprehensive regulatory framework, after Brown signed a bill imposing new rules.

Oil producers say they will be the toughest regulations in the nation; environmentalists say they were watered down after legislators caved in to oil companies.

Brown is also seeking to ramp up targets set in the 2006 global warming law signed by Republican Gov. Arnold Schwarzenegger. Last year he persuaded lawmakers to devote revenue from fees charged to polluters to help fund the proposed \$68 billion bullet train, which Brown touts as an environmentally friendly approach to transportation.

Environmentalists want Brown to follow the lead of New York Gov. Andrew Cuomo, a fellow Democrat who banned fracking last year. But reports by the California Council on Science and Technology contend the kind of fracking done in California is less risky, with little horizontal drilling to expose large areas underground to potential contamination.

"I don't agree with the notion that Jerry Brown is in the pocket of big oil. Some people think that, I don't," said Ross Bates, who headed a successful campaign last November to ban fracking in San Benito County. "When you try to take a middle road, people on either side have a problem with it."

Still, environmentalists were hoping for a more aggressive approach from Brown when he returned to office in 2010. Brown's ballot measure committee last year accepted more than \$600,000 from oil companies and energy interests that also gave nearly \$200,000 to his re-election campaign.

"In general we expected more of him because we as a state expect more, period," said Marta Stoecker, a spokeswoman for the Sierra Club in California, one of the groups taking part in Saturday's protest.

Associated Press writer Ellen Knickmeyer in San Francisco contributed to this report.

Rotary Club of Mission San Jose presents FCSN with check

SUBMITTED BY FRIENDS OF
CHILDREN WITH
SPECIAL NEEDS

Rotary Club of Mission San Jose presented the Dream Achievers band and their sponsor, Friends of Children with Special Needs (FCSN), a check for \$15,200 during the club's regular meeting on Friday, January 30 at Papillon Restaurant in Fremont.

Larry Anderson, President of the Rotary Club of Mission San Jose, presented the check on behalf of Rotarians to Anna Wang, Vice President of Local Programs for FCSN.

"This all started when our emcee last week asked club members if they could help out Friends of Special Needs. Hands flew up for \$250, for \$150, for \$25. Then a lot more was donated. One person, a visiting Rotarian, donated \$10,000. His mother had donated each year to the Kennedy's project, Special Olympics, started by Sergeant Shriver. His mother passed away last year, and he said he could not think of a better way to spend his inheritance from her." Another Rotarian donated \$2,000.

The band of autistic young people performed during the club's dinner-gala fundraiser on January 24. After the Dream Achievers' performance, with music across genres (jazz, hip hop, rock-n-roll, top forty), Rotarians heard a brief history of FCSN and of the band from Anna Wang, who helped launch them. When attendees pulled out their wallets and dug into their purses, they raised a record amount of funds.

Wang was speechless as band members crowded around her and Anderson, who had invited band member Gregory Hebert to start the meeting with the pledge of allegiance to the flag.

Friends of Children with Special Needs began in 1996 with 10 Chinese-American families. FCSN has since expanded to serve more than 800 multi-ethnic families in Alameda and Santa Clara Counties, offering womb to tomb services to special needs individuals and their families. To expand capacity to meet the needs of the ever-growing special needs population, FCSN is raising funds to create a South Bay Center to house its programs that will include innovative services for employment.

To learn more about FCSN, call (510) 739-6900 or visit <http://fcsn1996.org/j25/>.



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'Net Neutrality' Q&A: What it is, how it affects you

By MICHAEL LIEDTKE
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP)
Who controls the Internet?

That's the heated debate that has Internet service providers like Comcast, Verizon and Time Warner Cable facing off against the U.S. government, content providers like Netflix and consumer groups.

To ensure that all websites and content creators are treated equally and there's no "pay-for-faster-play," the head of the Federal Communications Commission is proposing that Internet access now be overseen like a public utility, such as landline phones. FCC Chairman Tom Wheeler, once a lobbyist for the very companies he now is going head-to-head with, says the U.S. must regulate Internet service providers more closely to ensure that they don't play favorites when delivering legal content such as streaming video, online games, retail shopping and anything else.

As you might imagine, Internet service providers are fiercely opposed.

This principle of fairness, known as "net neutrality," will go up for a vote on Feb. 26 among the FCC's five commissioners. But what does "net neutrality" really mean to you?

Q. What is net neutrality?

A. Whether you're trying to buy a necklace on Etsy, stream the season premiere of Netflix's "House of Cards," or watch a music video on Google's YouTube, your Internet service provider would have to load all of those websites equally quickly. Broadband and fiber-optic service providers wouldn't potentially be able to create a tiered system where companies had to pay "tolls" to get content to customers faster. The theory is that sites that didn't pay "tolls," and therefore loaded more slowly than others, might see a fall-off in traffic as customers grew frustrated by the lack of speed. Another fear of content creators is that since major cable companies provide much of the Internet service in the U.S., they might favor digital content produced by

their affiliates unless rivals were willing to pay up. All of this could particularly hurt small businesses or smaller sites that couldn't afford to pay.

What is Wheeler trying to do?

He has three primary goals: to prevent Internet service providers from blocking traffic to any website obeying U.S. laws; to ban "throttling," the practice of slowing down service for a commercial purpose; and to prevent the creation of "fast lanes."

Q. Are Verizon, AT&T, Comcast, Time Warner Cable and others really planning to charge individual companies for faster service?

A. The major Internet service providers insist they have no plans to create such "fast lanes" and therefore there is no need for changing the way they are regulated. They maintain that blocking or slowing down content wouldn't be in their best interests. But they do think that some companies that use a lot of data, like Netflix, might need to bear some of the cost of handling the heavy traffic they generate.

Q. Wasn't all this debated years ago?

A. The FCC has so far enforced "open Internet" rules with the 1996 Telecommunications Act, which was intended to encourage competition in the telephone and cable industry. However, a federal appeals court knocked down that approach.

President Barack Obama and consumer advocates say a better tack would be to apply Title II of the 1934 Communications Act. Written 80 years ago with radio, telegraph and phone service in mind (most households didn't own a TV), that law prohibits companies from charging unreasonable rates or threatening access to services that are critical to society. That's what Wheeler proposed Wednesday.

Q. What does this mean for smartphones?

Even wireless carriers will fall under Title II if Wheeler's pro-

posal is approved. That's important given that mobile phones are becoming the primary way that many people watch online video, play games, read and shop. The FCC estimates that about 55 percent of all Internet traffic now travels over mobile broadband networks.

A video service couldn't be blocked or slowed down, for instance, because it competes with an offering from the carrier. The proposal also extends to apps. Verizon, AT&T and T-Mobile are developing a mobile payment system called Softcard, for instance, and blocking access to rival payment apps such as Apple Pay would be barred.

Q: So what's not to like about net neutrality?

Internet service providers say they back the concept. But they don't want to face more (read: costly) regulation and claim it would hurt the economy.

Their argument goes something like this: The Internet has been progressing just fine the way it is currently set up, thanks in parts to their expensive investments in network upgrades that have improved the quality of high-speed service and expanded its availability. More regulation will cost them more money — money they would otherwise spend on expanding and improving their networks, they say. That would have the trickle-down effect of hurting business creation and jobs.

Q: Will changing how ISPs are regulated also change my Internet bill?

It's likely too early to say. Wheeler reasons Internet service providers should still retain their pricing flexibility because he isn't suggesting implementing the part of Title II that would let the FCC set rates. Nor is he suggesting adding on the same taxes and special fees that Title II provisions have slapped on monthly utility bills for decades.

AP Technology Writer Anick Jesdanun contributed to this story from New York.



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

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

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

SIR branch 59 is always looking for new members
If interested, visit the SIR websit www.sirinc.org or
Call Rob Ingebretson 510-657-7828

University of California system to require measles shots

AP WIRE SERVICE

LOS ANGELES (AP), — University of California students will have to be vaccinated against measles and other diseases under new rules that take effect in 2017.

Officials who announced the changes on Friday say the plan's been in the works but it took on new urgency after a measles outbreak at Disneyland in December that's spread to a half-dozen states and Mexico.

Currently UC only requires students to be inoculated against hepatitis B, although some individual campuses have stricter immunization rules.

The new rules will add vaccination requirements for measles, tuberculosis, chicken pox, whooping cough and meningitis.

University officials say there will be exemptions for medical or religious reasons.



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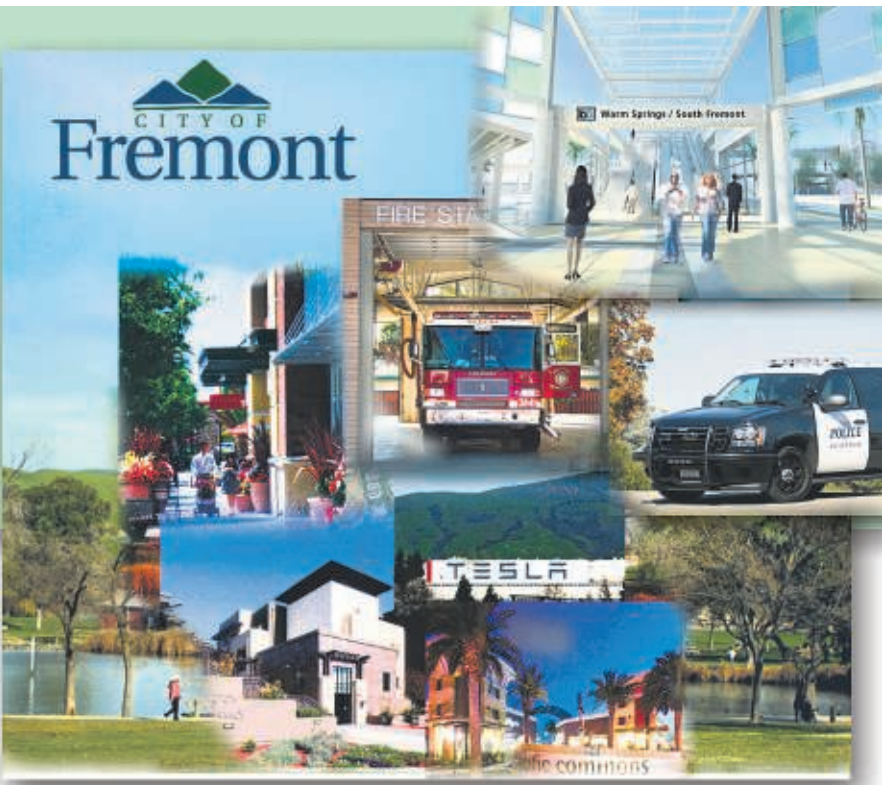
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Unity Sculpture

Construction Underway

New Public Art Piece to be installed in Late Spring

The City of Fremont has always been a big proponent of public art. That's why we're thrilled that construction is under way at the corner of Stevenson Boulevard and Paseo Padre Parkway of a new public art sculpture called 'Unity.' At this same well-traveled corner, we are also relocating the Gladys Williamson Memorial. Construction and installation are expected to be completed in May.

'Unity' is currently being constructed by Bruce Beasley, a renowned abstract expressionist sculptor whose work can be found in the permanent collection of 30 art museums around the world, including the Museum of Modern Art in New York City, the San Francisco Museum of Modern Art, the National Art Museum of China in Beijing and the Smithsonian Museum of American Art in Washington, DC.

The sculpture, which cost a total of \$205,700, will feature six interlocking steel rings. According to Beasley, the art piece represents the synergy of Fremont—the total combination of the citizens, the elected government, the City staff, the businesses and the physical environment.

To learn more about Fremont's art in public places, please visit www.fremont.gov/ArtMap.



Summer Job Fair 2015

Are you looking for a summer job that is fun and exciting? Come to the City of Fremont Recreation Services Summer Job Fair on Tuesday, February 24 from 5 p.m. to 7:30 p.m. at the Teen Center, located at 39770 Paseo Padre Pkwy. This is an excellent opportunity for college and high school students to meet directly with our supervisors, submit an application, and have a chance to interview. Positions include Recreation Leaders, Building Attendants, Waterpark Staff, Food Services/Concessions Staff, and more. Applicants should dress professionally and bring a resume. Fast track your interview by downloading an application and filling it out ahead of time. For information on all the jobs available and/or to download an application, visit us online at www.Fremont.gov/RecJobs. If you are unable to attend this job fair, there will be a second one held Saturday, April 18 from 10 a.m. to 1 p.m.

boxART! Program Expands Phase 2 Call to Artists Underway



We have had a tremendous response from the Fremont community in support of the **boxART!** street murals on traffic signal control boxes. Thank you!

Due to this incredible interest, we are issuing a Phase 2 Call to Artists! Visit www.Fremont.gov/boxart for resources to help get you started, including the official Call to Artists - Request for Proposals flier, the application, and a **boxART!** Utility Box template.

With a growing number of boxes completed and more scheduled to begin, the momentum for **boxART!** is growing. With the Phase 2 Call to Artists we will

include a wide range of artists and themes from which prospective sponsors can choose.

Already an increasing number of sponsors have stepped up to the plate, from large and small businesses to places of worship and private citizens. It's evident that the entire community is engaged and excited by this project.

Let's keep the momentum going! If you would like to learn how to sponsor a box, please contact Program Manager Susan Longini at boxart@fremont.gov or 510-494-4555, or visit www.Fremont.gov/boxart.

Sign up for a Free Personal Emergency Preparedness Class



The City of Fremont's Fire Department is offering a free Personal Emergency Preparedness (PEP) class, which will teach you how to take care of yourself and your family before, during and after a disaster. In just a single three-hour class, you will become an expert in:

- Earthquake and Disaster Awareness
- Gas, Electric and Water Shut-off
- Hazardous Material Awareness
- Fire Extinguisher Types
- Smoke Detector Placement
- Sheltering In-place

Classes are held from 7 p.m. to 10 p.m. on the following dates:

- March 10
- May 13
- July 8
- September 24
- November 10

Special Saturday classes will be held from 9 a.m. to 12 p.m., with hands on training after class, on the following dates:

- March 14
- July 18
- October 17

All classes will be located at the Fremont Fire Training Tower, located at 7200 Stevenson Blvd., west of Interstate 880.

To register for a free PEP class, please call 510-494-4244 or send an email to FirePubEd@fremont.gov.

If you are part of a group and would like to schedule your own personal group PEP class, please contact Chuck Guaraglia, Public Education with the Fremont Fire Department, at 510-792-3473 or guaragliac@comcast.net.

Join Us for Coffee with the Cops

Join Fremont Police Chief Richard Lucero and members of his command staff for coffee in an informal and friendly setting on Thursday, February 12 from 7:30 a.m. to 9 a.m. at The Cheese Taster, located at 43367 Mission Blvd. in Fremont.

Officers from Patrol, Investigations, and other Police Department units will be avail-



able to talk with residents and business owners about community issues, neighborhood concerns, or just get acquainted.

For more information, call the Community Engagement Unit at 510-790-6740.

Now Recruiting for Teen Explorer Program



The Fremont Police Department is currently accepting applications for our teen Explorer Program.

The Explorer Program is a fun and safe way for teenagers to learn more about the field of law enforcement and get community service hours. Explorers donate between five to 20 vol-

unteer hours each month by participating in a number of department activities including ride-a-longs, traffic control, building tours and special events. All new Explorers are required to attend a one-week Explorer Academy in Southern California during their first year (date to be announced, although it's always late July or early August).

If you are between the ages of 14 to 18 and think that you might be interested in learning more about becoming a Police Explorer or having a future career in law enforcement, please visit www.FremontPolice.org/Explorers.

Applications will be accepted through February 13, 2015, or when a sufficient number are received.

For more information about this program, please contact CSO Kristen Escamilla, our Volunteer Administrator, at 510-790-6691.

Website Development for Small Business

Looking to launch a new website for your small business? Attend the Website Development for Small Business workshop. This workshop introduces the best practices for web development to the small business owner. It will cover the vital role a website plays in promoting your business and will demonstrate techniques for optimizing the performance of your website and maximizing the attention it receives. This free workshop will be held on Wednesday, February 18 from 9 a.m. to 12 p.m. at the Fremont Main Library, located 2450 Stevenson Blvd. For more information or to register please visit www.acsbdc.org/events2.

Firefighter Paramedic Recruitment Underway



The Fremont Fire Department is recruiting for Firefighter Paramedic. For more information and to complete an application, visit www.Fremont.gov/CityJobs.

Home & Garden



Things to consider when making popular kitchen renovations

The kitchen is the focal point of any home. It's a place where you eat, congregate and celebrate life's big moments. If you are an empty-nester looking for the kitchen of your dreams, a parent seeking to match your kitchen to your growing family or you simply feel inspired to change things for the better, it's time to stop dreaming and start planning.

Your dream kitchen has many details that complete the look. Three popular upgrades sure to add style and substance are granite countertops, stainless steel appliances and new cabinets. Here are the things you need to look for when considering your kitchen upgrade, courtesy of the professionals at DirectBuy.

Granite countertops

There are plenty of options when shopping for granite countertops. Here are three things you should consider:

- * Pick your color. You want your countertops to stand out and be the focal point of the kitchen. Choose countertops that are significantly lighter or darker than your cabinets. This contrast will draw the attention they deserve.

- * Find the pattern. Some countertops have a small formulaic pattern while others feature more variety. It all comes down to what you find visually pleasing and what fits your style.

- * From start to finish. Granite countertops are available in polished or honed finishes. If you're looking to create a classy, state-of-the art kitchen, the polished finish is probably the better choice. But if you're more interested in that classic kitchen feel, consider the honed look.

Your best place to get answers to any of your questions is your kitchen products supplier and design center, where they can work with you to determine the best fit for your needs.

Stainless steel appliances

Today's stainless steel appliances not only look great, and are easy to clean, but the range of choice you have is tremendous. So how do you determine which model is right for you? Here are some things to consider:

- * Less is more. How big does each of your appliances have to be to satisfy the needs in your home and what are your

space options? If space is tight, you can improvise by selecting a smaller refrigerator and then have a separate wine and drinks fridge. These can often go under the counter and replace standard cabinet.

- * Energy efficiency. Selecting energy-efficient appliances will save you money in the long run. Look for ENERGY STAR models whenever possible and you'll cut expenses while reducing your carbon footprint.

- * Where do you start? If you are replacing all of your appliances, start with the largest one, the refrigerator. How large a unit are you looking for? Do you want dual French doors? What about an in-unit water dispenser? Is counter-depth important? Consider these questions in advance to narrow your search. Stainless steel appliances have different finish patterns, so select your refrigerator first and then look to match that pattern while shopping for your other appliances.

New cabinets

Kitchens cabinets provide functional storage options as well as aesthetic appeal - based on their color and quality. This

makes selecting the right cabinets very important. Here are some things to consider when shopping for new cabinets:

- * What's your style? Do you love big, bold vibrant colors or are you a person that enjoys the sleek, clean look of polished glass. Decide what type of cabinets appeal to you and be sure to compare your choice to your appliances and countertop selections.

- * What about green? Want to find the perfect cabinets and protect the environment? You can do this by looking for cabinets made from bamboo, reclaimed wood or wheat board.

- * Find new space. Installing new cabinets allows you the opportunity to improve storage space options in your kitchen. Floor level storage is good bonus and you can extend your cabinets all the way to the ceiling by removing the soffits.

The kitchen of your dreams is waiting for you. All it takes is understanding what you want and asking the right questions. To learn more about how DirectBuy can help you recreate your kitchen while saving you money, visit Directbuy.com.

We help you focus on the important things in life.



Eric Olsen
Physician (In Training)



Alan Olsen, CPA
Father and GROCO
Managing Partner



Charlotte Olsen
Teacher (in training)



Newton's Grimm's



SUBMITTED BY DIANE LEYS

The work of Bay Area artist Frost Newton will be featured at Olive Hyde Art Gallery, opening with a reception on Friday, February 13 and running through March 14. Olive Hyde's exhibit will showcase 43 paintings from his "Newton's Grimm's" project, that he began in 2006.

In his Grimm's project Newton plans a painting for each of the 211 Grimm stories. Working in a surrealistic style with gouache paint, Newton has chosen Grimm's fairytales because he sees them as a line drawn from generation to generation. "Disguised as harmless children's amusements the stories warn the next generation of the harsh and unforgiving world." Newton's paintings are not illustrations of the stories, but a personal "book report" in which he dissects each story's underlying meaning while exploring its relevance in our hurried lives.

Growing up in creative household, with a set designer father and an aspiring actress mother, Newton showed an aptitude for drawing and art early in his life. As a teenager he worked in print shops and technical publication departments doing illustrations and assembling artwork for manuals. Having learned commercial art from his father, Newton con-

siders himself to be primarily a self-taught artist.

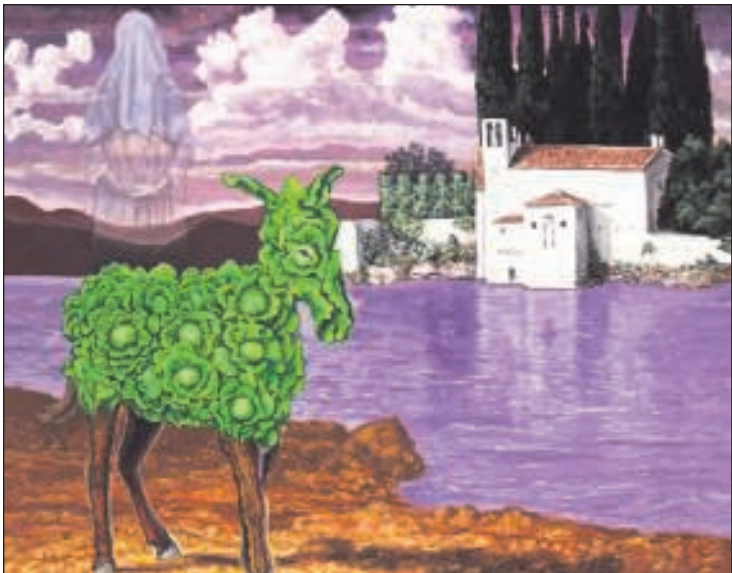
As a professional artist for over 30 years, Newton utilizes a variety of styles in his work, from realism to abstract, to cubism and surrealism. A multi-talented artist whose work ranges from the fine arts to the commercial and graphic arts, from line drawings to intricately detailed paintings, Newton has exhibited all over the Bay Area, Sacramento, Los Angeles, Seattle, and Boston. In addition he has done graphic design, editorial and commercial illustration for many major companies including Magnavox, Playboy, Jazziz Magazine, and Boehm's Candies.

Although Olive Hyde will feature work from the "Newton's Grimm's" project, the spectrum of his work may be viewed at <http://www.frostnewton.com/>.

Newton's Grimm's
Friday, Feb 13 –
Saturday, Mar 14
Thursday - Sunday,
noon - 5 p.m.

Opening reception:
Friday, Feb 13
7 p.m. - 9 p.m.

Olive Hyde Art Gallery
123 Washington Blvd, Fremont
(510) 791-4357
www.fremont.gov/Art/OliveHydeArtGallery





NAVIGATING
THE LONG JOURNEY
Free Dementia
Education & Support

Trying to do it all? Join Our Experts at Lunch or After 5 to gain simple tips for care management for yourself and your loved one living with Alzheimer's or Dementia. Find out about free monthly group support and partnerships to make life easier.

Dementia Lunch and Learn

Charlotte Bear,
Certified Dementia Practitioner,
Vitas Healthcare

Every 3rd Wednesday
Feb – May and Aug – Dec
11:00 am to 12:30 pm

Complimentary lunch,
Free parking.

Dementia Evening Series

Jennifer Gibson, RN,
Certified Dementia Practitioner
Gentiva Hospice

February 18th
5:30 pm to 7:00 pm

Hors d'oeuvres.
Space is limited.

Kindly RSVP for any event with
Debbie.zogaric@aegisliving.com or call 510-556-5055

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Fremont Symphony Orchestra

PRESENTS

Love Letters

An evening of romantic symphonic music
on *Valentine's Day*

Saturday, February 14
8:00 pm

Jason Klein, guest conductor

Prince of Peace Lutheran Church
38451 Fremont Blvd., Fremont

Love is in the air!

Great romantic works celebrating the power, passion and turbulence of love—Tchaikovsky's **Romeo and Juliet**, **The Young Prince and Princess** from Rimsky-Korsakov's **Scheherazade**, the love duet from Puccini's **Madama Butterfly**, selections from Webber's **Phantom of the Opera** plus works by Bizet and Rachmaninoff!

Please join us for a post-concert reception presented by the Fremont Symphony Guild

Season Sponsor

Sharing with the Community

Tickets: www.fremontsymphony.org | (510) 371-4859
We are pleased to offer our first-time patrons a **15%** discount! Enter coupon code "FREMONT15" or ask for the "First-Timer" discount.

CASTRO VALLEY				TOTAL SALES: 10			
Highest \$:		825,000		Median \$:		440,000	
Lowest \$:		315,000		Average \$:		526,000	
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED		
4143 Berdina Road	94546	550,000	3	1572	1942	01-13-15	
18465 Center Street	94546	665,000	3	1574	1956	01-05-15	
1856 Knox Street	94546	370,000	2	884	1922	01-12-15	
2541 Lessley Avenue	94546	343,000	2	1016	1948	01-09-15	
18435 Plymouth Drive	94546	607,000	3	1372	1951	01-06-15	
18836 Redwood Road	94546	440,000	2	1206	1947	01-12-15	
19550 Redwood Road	94546	785,000	2	1155	1916	01-05-15	
20240 San Miguel Avenue	94546	360,000	2	986	1978	01-08-15	
20121 San Miguel Avenue #694546	315,000	3	1117	1972	01-05-15		
6917 Sunnyslope Avenue	94552	825,000	3	1480	1962	01-09-15	

FREMONT TOTAL SALES: 35									
Highest \$:		1,900,000		Median \$:		740,000			
Lowest \$:		290,000		Average \$:		763,314			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
1185 Adler Court	94536	840,000	-	1785	1977	01-12-15			
38041 Ballard Drive	94536	814,000	4	1657	1959	01-05-15			
1551 Bridges Court	94536	840,000	4	2206	1985	01-06-15			
38627 Cherry Lane #99	94536	382,000	2	938	1974	01-08-15			
3417 Collin Court	94536	832,000	4	1980	1972	01-09-15			
37050 Dusterberry Way I	94536	635,000	2	1492	2007	01-07-15			
4459 Gertrude Drive	94536	650,000	3	1924	1960	01-08-15			
2220 Harrisburg Avenue	94536	958,500	3	1939	1979	01-13-15			
37382 Parish Circle #18A	94536	430,000	2	942	1989	01-13-15			
3240 Red Cedar Terrace	94536	325,000	2	750	1986	01-12-15			
4457 Richmond Avenue	94536	740,000	3	1220	1961	01-08-15			
3143 Southwycke Terrace	94536	605,000	1	1296	1988	01-02-15			
38780 Tyson Lane #304C	94536	525,000	2	1167	1982	01-06-15			
37218 Yolo Terrace	94536	360,000	2	1052	1973	01-09-15			
4501 Capewood Terrace	94538	450,000	2	1027	1971	01-06-15			
39152 Guardino Dr #103	94538	381,000	2	857	1990	01-07-15			
39206 Guardino Dr#203	94538	290,000	1	693	1990	01-08-15			
5437 Reseda Circle	94538	740,000	3	1422	1994	01-12-15			
4628 Victoria Avenue	94538	700,000	4	1744	1963	01-08-15			
111 Castro Lane	94539	1,750,000	4	2686	1998	01-13-15			
41066 Davila Court	94539	933,000	3	1575	1972	01-13-15			
366 Escobar Street	94539	1,048,500	3	1104	1953	01-06-15			
41769 Paseo Padre Pkw	94539	1,060,000	3	1434	1960	01-06-15			
44382 Pomace Street	94539	1,140,000	4	1803	1967	01-07-15			
1300 Tolteca Court	94539	1,900,000	4	4441	1978	01-08-15			
3303 Alpine Drive	94555	1,042,500	4	2457	1989	01-08-15			
5254 Fairbanks Cmn #92	94555	442,500	-	-	-	01-08-15			
34607 Fielding Court	94555	800,000	4	1372	1972	01-13-15			
33010 Lake Mead Drive	94555	540,000	3	1060	1970	01-07-15			
4831 Mendocino Terrace	94555	805,000	3	1607	1988	01-09-15			
4226 Sora Common	94555	600,000	3	1405	1986	01-09-15			
3748 Sun West Terrace	94555	700,000	3	1754	1999	01-02-15			
34113 Via Lucca	94555	785,000	3	1617	2013	01-09-15			
34059 Webfoot Loop	94555	1,003,500	4	1871	1991	01-13-15			
34525 Yukon Court	94555	668,500	3	1305	1972	01-09-15			

HAYWARD			TOTAL SALES: 28					
Highest \$:		960,000		Median \$:		440,000		
Lowest \$:		232,000		Average \$:		485,786		
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED		
1502 171st Avenue	94541	381,000	3	1422	1946	01-09-15		
22742 3rd Street	94541	410,000	2	1040	1933	01-07-15		
23700 Amador Street	94541	345,000	2	841	1950	01-08-15		
271 Elmwood Lane	94541	440,000	3	1032	1950	01-13-15		
475 Ginger Avenue	94541	350,000	3	1581	1951	01-09-15		
3211 Madsen Street	94541	512,000	3	1834	2010	01-13-15		
23541 Matthew Court	94541	610,000	4	1694	1988	01-09-15		
22164 Moselle Court	94541	432,000	2	1292	1986	01-09-15		
22780 Moura Court	94541	527,000	4	1707	1997	01-09-15		
641 Sunset Boulevard	94541	450,000	4	1782	1960	01-08-15		
22790 Vermont Street	94541	810,000	10	4056	1966	01-07-15		
357 Willow Avenue #1	94541	260,000	2	1015	1980	01-09-15		
531 Carrick Court	94542	960,000	5	3412	2009	01-08-15		
2892 Chronicle Avenue	94542	717,500	4	1868	1981	01-13-15		
1105 Rowena Drive	94542	335,000	2	880	1949	01-07-15		
695 Bristol Drive #179	94544	268,000	2	906	1988	01-12-15		

31730 Chicoine Avenue	94544	583,500	3	2032	1957	01-02-15			
677 Dartmore Lane #348	94544	232,000	1	643	1988	01-07-15			
665 Dartmore Lane #357	94544	290,000	2	894	1988	01-06-15			
25030 Plum Tree Street	94544	523,500	3	1719	1995	01-12-15			
31829 Potsdam Street	94544	430,000	3	1221	1951	01-06-15			
408 Rivercrest Lane	94544	510,000	3	1440	1955	01-08-15			
24877 Tioga Road	94544	480,000	3	1156	1956	01-12-15			
2055 Aldengate Way	94545	900,000	10	4192	1966	01-13-15			
2773 Cryer Street	94545	442,000	3	1148	1958	01-07-15			
1504 Middle Lane	94545	645,500	-	-	-	01-05-15			
2708 Oliver Drive	94545	330,000	3	1440	1971	01-09-15			
1286 West Street	94545	428,000	3	1172	1954	01-05-15			

MILPITAS TOTAL SALES: 04									
Highest \$:		1,030,000		Median \$:		770,000			
Lowest \$:		663,000		Average \$:		825,750			
ADDRESS	ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED			
442 Ferreira Court	95035	840,000	5	1980	1970	01-06-15			
564 Greathouse Drive	95035	770,000	6	1962	1965	01-07-15			
857 Los Positos Drive	95035	1,030,000	4	2183	1981	01-09-15			
1431 Nestwood Way	95035	663,000	2	1215	2013	01-09-15			

NEWARK TOTAL SALES: 09									
Highest \$:		900,000		Median \$:		662,000			
Lowest \$:		265,000		Average \$:		670,389			
ADDRESS		ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED		
7412 Birkdale Drive		94560	565,000	3	1612	1963	01-09-15		
6009 Breton Place		94560	640,000	4	1507	1962	01-08-15		
39821 Cedar Boulevard #21694560		265,000	1	777	1986	01-09-15			
5524 Chapman Drive		94560	825,000	4	2601	1963	01-02-15		
36387 Darvon Street		94560	769,000	5	1908	1971	01-06-15		
5242 Hebrides Court		94560	900,000	-	2184	1978	01-07-15		
6149 Radcliffe Avenue		94560	662,000	5	1848	1962	01-02-15		
6560 Rochelle Avenue		94560	532,500	3	1100	1960	01-06-15		
35577 Scarborough Drive		94560	875,000	5	2335	1969	01-02-15		

SAN LEANDRO TOTAL SALES: 12									
Highest \$:		527,000		Median \$:		420,000			
Lowest \$:		325,000		Average \$:		425,625			
ADDRESS		ZIP	SOLD	FOR	BDSSQFT	BUILT	CLOSED		
110 Begier Avenue		94577	527,000	3	1794	1940	01-13-15		
85 Dorchester Avenue		94577	373,500	2	1094	1942	01-07-15		
956 Douglas Court		94577	325,000	3	1215	1942	01-02-15		
27 Dutton Avenue		94577	441,000	3	1222	1920	01-07-15		
13755 Jib Road		94577	340,000	-	1062	1978	01-08-15		
2247 166th Avenue		94578	455,000	3	1924	1982	01-02-15		
14680 Saturn Drive		94578	422,500	2	2316	1952	01-06-15		
475 Violet Street		94578	405,500	2	856	1947	01-09-15		
14712 Bethany Street		94579	520,000	4	1801	1951	01-06-15		
14808 Crosby Street		94579	418,000	3	1316	1956	01-05-15		
15328 Edgemoor Street		94579	420,000	3	1092	1950	01-12-15		
1716 Hubbard Avenue		94579	460,000	3	1149	1954	01-09-15		



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February is the month to Love Your Body!

February is Heart Month and Dental Health Month. Use the tips on today's page to exercise your heart and be sweet to your teeth!



Your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy. Love your heart, and your heart will love you!

Do you feel with your heart?

Are you making pictures of hearts and giving little heart-shaped candies to friends for Valentine's Day? When you make a promise you really, really mean, do you "cross your heart"? Or, do you listen to songs about broken hearts?

We see and hear about hearts everywhere. Long ago, people thought our feelings came from our hearts. Maybe because strong feelings can make our hearts beat faster. Now we know feelings come from the brain, not the heart.

Standards Link: History/Social Science: Understand the purposes of and events honored in holidays.

Broken Heart Puzzle

Cut out these shapes. Can you put them together to make a heart? What does the Valentine message say?



Be Sweet to Your Teeth!

Every day a terrible troublemaker hides in your teeth, waiting to carve holes in them – **PLAQUE!** (Say it like *plak*, rhymes with *tack*.) You must remove it everyday, or else it will cause your teeth to decay.

How do you get rid of it? Use the secret code to find the names of the Mighty Plaque Fighters and you will learn how to keep your smile dazzling!





MEET THE MIGHTY PLAQUE FIGHTERS!

21 - 15 - 6 - 12 - 9 - 18 - 23 - 22

21 - 15 - 12 - 8 - 8

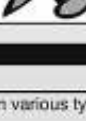
7 - 12 - 12 - 7 - 19 - 11 - 26 - 8 - 7 - 22

Standards Link: Health: Understand good personal hygiene practices that include caring for teeth.

Draw a heart around the healthy snacks. Draw an X through the unhealthy ones.



SNACKS

Standards Link: Health: Recognize the fitness benefits from various types of foods.

My Funny Valentine

Make a Valentine Puzzle for your special Valentine. Cut a heart shape out of some pink or red paper. Write a message on your heart. Then cut the heart into four or five puzzle pieces. Put all the pieces in an envelope and give it to your Valentine!

Standards Link: Reading Comprehension: Follow simple written directions.

7 - 12 - 12 - 7 - 19 - 25 - 9 - 6 - 8 - 19

Kid Scoop Together: Jumping for Joy

Jumping rope is fun and it is good exercise. It is a workout for your legs, your arms and your cardiovascular system (your heart and lungs)! Jumping rope is a sport you can do almost **anywhere!** Try it – you'll **LOVE** it!



How fast can you find all of the letters of the alphabet in order?

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop-doku™

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

H	A		
E	R		T
A		E	
R			E
T	E		A

Kid Scoop VOCABULARY BUILDERS

This week's word: **RATE**

The noun **rate** means the amount of something measured in units.

Jane walked at a **rate** of three miles per hour on her way to school.

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

Valentine Pals

Jill and Phil are pals. They like many of the same things. How many ways can you find that Jill and Phil are the same?



Standards Link: Recognizing similarities and patterns in objects.

Extra! Extra! Teeth in the News

Look through the newspaper for ads and/or articles that encourage you to eat or drink things that are bad for your teeth. Can you find anything in the newspaper that encourages eating and drinking things that are good for your teeth?

Standards Link: Health: Recognize foods that promote good health.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

SWEET
HEART
EXERCISE
VALENTINE
PLAQUE
CANDIES
PICTURES
SECRET
PAPER
DAZZLING
SNACKS
CARING
TEETH
SMILE
PALS

L	O	S	E	I	D	N	A	C	E
G	N	I	L	Z	Z	A	D	S	N
V	E	U	Q	A	L	P	I	E	I
S	H	T	E	E	T	C	L	R	T
K	P	A	P	E	R	I	T	U	N
C	A	Y	E	E	M	O	R	T	E
A	L	W	X	S	U	R	A	C	L
N	S	E	C	R	E	T	E	I	A
S	G	N	I	R	A	C	H	P	V

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

FROM THE Kid Scoop LESSON LIBRARY

Have a Heart!

Look through the newspaper for an example of someone who was "heartless" or totally lacking compassion or caring. Is there a way they can make up for their behavior?

Standards Link: Social Science: Recognize behaviors that demonstrate good character.



What did the paper clip say to the magnet?

ANSWER: "I find you very attractive."

Write On! Valentine Surprise

Valentine Surprise

Make up a story about a Valentine's surprise. Who was surprised? Use five or more adjectives in your story.

Counseling Corner

How Much Do You Love Your Job?

BY ANNE CHAN, PhD, MFT

What better way to celebrate Valentine’s Day than to take a Love Quiz? This isn’t any old love quiz, though. I’ll refer you to Cosmopolitan magazine to get a check-up on your romantic relationship. Since work takes up a huge chunk of our time, I came up with a quiz to assess how much you love your job. The quiz is simple – just read through the questions and note which answers (A, B or C) crop up the most for you. I’ve included some suggested action steps to improve your “work love” life.

How Much Do You Love Your Job Quiz

1. It’s Monday morning. You:
A) Jump out of bed, eager to go to work
B) Wish you could snooze in bed, but you get up and get to work on time
C) You pull the covers over your head and wish that it were the weekend. Then again, you spent the whole weekend dreading Monday, so your weekend was not that great. You feel really depressed thinking about the unbearably L-O-N-G space of time between now and next weekend.
2. When you picture your boss:
A) You think of someone like a favorite teacher, mentor, or coach
B) You see someone with both good and bad points, but you think he or she is “pretty okay.”
C) You see a snake, Voldemort, the devil or (fill in the blank with your favorite evil character)
3. You would describe your work as:
A) Fun, interesting, stimulating
B) Okay because it pays the bills
C) Incredibly boring, pressured, or stressful (or all three)
4. Your co-workers are
A) Great people – you respect and enjoy working with them
B) Okay – they’re annoying sometimes, but they’re tolerable on the whole
C) So awful that you would rather eat rat poison than see them each day
5. Your boss’s management style is
A) Fair, clear, reasonable, maybe even inspiring
B) Hit and miss – sometimes good, sometimes bad.
C) Horrible. Hitler would be a better boss than your current boss
6. What would you choose to do instead of your current job?
A) You like your work so much that you wouldn’t choose anything else
B) You can think of quite a few jobs you would prefer, but you there isn’t much to complain about your job.
C) Anything sounds better than your current job – even eating rat poison.
7. How do you feel about yourself as a worker?
A) Great – you feel like you are contributing to your company, your workers, and even to society.

- B) Not bad – you are earning a good paycheck, you are supporting your family, even when work isn’t particularly fun.
- C) Depressed – you feel terrible about yourself, you cry daily about having this crummy job.
8. How does your work affect your family and friends?
A) They respect the work that you do and might even be envious about your job
B) Your work doesn’t really affect them since you don’t have much to say about your job
C) They hear you complaining all the time. They’ve started tuning out when you start talking about work. They might be sad that you are affected by work. You feel like you’re less of a friend, partner, and parent because work has affected you so much.
9. Your performance at work is:
A) Excellent
B) Fair to good
C) You hate to admit this, but you’re really dropping the ball on the job. You’re not doing what you’re supposed to be doing, you make mistakes, and you’re unenthusiastic about your work.

Action Steps

If you scored mostly “A’s” on this quiz – I would say “Congratulations!” You have the perfect job for you and there’s nothing much else to say except “Keep up the good work!” You are very lucky to be in a position where your job is bringing you happiness beyond a paycheck.

If you scored mostly “B’s” on this quiz – you probably have a fair job performance; the job itself isn’t too problematic but isn’t overly challenging or stimulating. If you are in this category, there are some small tweaks you can do to improve your work life. Think of skills you can learn that could make your job more fulfilling for you. You could cultivate a better relationship with your boss. You could also think about the next step and get the competencies necessary for a promotion.

If you scored a lot of “C’s” – your work life is problematic and is causing you and your loved ones a lot of stress. Use this as a wake-up call. You don’t necessarily have to switch jobs, although this is certainly an option to consider if there aren’t any other solutions. There are lots of things you can do to improve your work life. Take a few steps NOW to see what you can do to make a shift – you don’t have to keep suffering like this. Whether it’s updating your resume, seeing a therapist, or pursuing an outside hobby that can help divert the negative energy – don’t just stay put, do something to improve your situation.

Have a great Valentine’s Day, both at home and at work!

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. She can be reached at 510-744-1781. Her website is www.annechanconsulting.com

© Anne Chan, 2012

Saving Snow Leopards

SUBMITTED BY
NICKY MORA

On Tuesday, February 10, Oakland Zoo welcomes guest speaker Dr. Rodney Jackson, Director and Founder of Snow Leopard Conservancy. The public is invited to attend this engaging

evening and learn how poaching and illegal trading of the snow leopard’s exquisite fur and highly valued body parts are putting the animal in significant danger. Not only are these beautiful animals being poached, snow leopards are also seen as a threat to farmers. The big cats are

Pat Kite’s Garden

BY PAT KITE

Skunk is wandering around my backyard at night, emitting multiple odor fumes. The vile stink wafts its way through household walls and wakes me up. Initially I blamed the aroma on my elderly cat, which likes to sleep next to my head. Cat was insulted. Then I blamed the dog. Dog denied, continuing to snore. Stink persists. It makes me want to puke.

What is skunk spray made of? Apparently skunk spray is made up of sulphurous compounds called “thiols.” These smelly thiols combine to form “mercaptan.” Other chemicals join the concoction, making the spray a sticky oily substance. That’s why the smell tends to stick around for quite a while.

The spray, from two little glands in the backside, can travel more than 10 feet. Skunks can spray a little at a time, up to six fume bombs. They use the spray to discourage predators. Coyotes,

bears, wolves, fox, and great horned owls are wary skunk predators. However none of these dwell in my back yard.

So why is the skunk spraying?

I don’t know, but I want it to go away. It has helped leaving night-lights on. Skunks are nocturnal, night wanderers, and not overly fond of light. Leftover pet food is an attractant, so that must come inside. But skunks are omnivorous, i.e. they eat just about anything, including nuts, berries, fruit, insects, rodents and garbage.

During the day, skunks shelter in junk piles, lumber stacks, and openings under buildings and tool sheds. They are excellent diggers, and will scoot under a neighboring fence. Since this seems to be skunk romance season, babies show up in May and can spray by eight days old, although their aim isn’t very good.

I’m sure your dogs are cleverer than mine, so they won’t

bark or otherwise scare a night-wandering skunk. However should your pet end up smelling distinctly awful, swift action must occur.

The current recipe is: One quart 3 percent hydrogen peroxide, one-fourth cup baking soda, and one-teaspoon dish detergent. Mix in a large open container and use immediately. The mixture is only effective for about an hour. Do not cover or store leftovers. This mixture can explode if left in a covered container.

Dilute leftover mixture with a lot of water and pour down the drain. If you don’t have the peroxide, I’ve read that vinegar can be substituted. Wash the dog well, keeping mixture out of its eyes. Rinse with warm water.

To get the stink out of the house, simmer vinegar in a pan. Another suggestion is to simmer rosemary leaves.

Good luck and otherwise happy springtime.



PAT KITE

L. Patricia [Pat] Kite’s several garden books include *KISS Guide to Gardening*, *Gardening Wizardry for Kids*, *Raccoons*, *Ladybug Facts and Folklore* and *Silkworms*. They may be found at Amazon.com and Alibris.com.

SAVE seeks muralist

SUBMITTED BY TINA FERNANDEZ

Are you a local artist and enjoy volunteering? If so, Fremont-based Safe Alternatives to Violent Environments (SAVE) needs you! We are seeking an artist (or group of artists interested in collaborating) to create a mural at the Empowerment Center at SAVE.

SAVE’s Empowerment Center is a one-stop resource for individuals and families experiencing domestic violence. Our services include crisis assistance, temporary restraining order help, referrals, drop-in support group, individual counseling, and classes and workshops designed to empower individuals and families. The Center is a client-centered, critically-needed resource designed to strengthen those we serve so they can live healthier lives.

The Center has dedicated spaces for teens and children and to help our youth feel welcome, comforted, and supported, we’re seeking an artist or small group of artists to create a hall mural adjacent to the teen and kids’ rooms. The Empowerment Center is located at 1900 Mowry Avenue, Suite 201 in Fremont.

If you’re interested in participating or would like more information, please contact SAVE Community Case Manager Ashley Lynette at (510) 574-2256 or AshleyL@save-dv.org by March 4.

known to hunt domestic livestock, which is fueling a feud of farmer versus snow leopard. “Animals all over the world are challenged by sharing their habitat with people,” said Amy Gotliffe, Conservation Director at Oakland Zoo. “The term ‘Human-Wildlife Conflict’ has become more well-known for a reason. According to research by Snow Leopard Conservancy, it is estimated that there are only 4,500 – 7,500 wild snow leopards left in the world.

Dr. Rodney Jackson is the leading expert on wild snow leopards and their high-mountain habitat. Upon receiving a 1981 Rolex Award for Enterprise, Jackson launched a pioneering radio-tracking study of snow leopards in the remote mountains of the Nepalese Himalaya. The four-year study led to the cover story in the June 1986 National Geographic. In addition, the June, 2008 issue of National Geographic featured Jackson’s work with the Snow Leopard Conservancy India. “We at the Conservancy believe every snow leopard deserves a better and more secure future,” said Jackson.

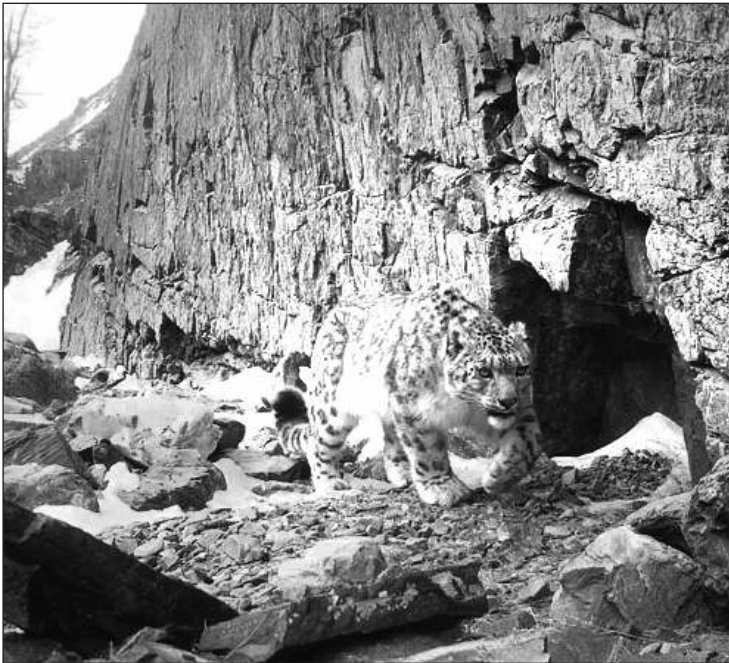
The Conservation Speaker Series will take place in Oakland Zoo’s Zimmer Auditorium, lo-

cated in the lower entrance of the Zoo. Parking is free and the admission price for the evening’s speaker presentations is \$12 - \$20 per person (sliding scale). All proceeds from this event will be donated to the Snow Leopard Conservancy. Light refreshments will be served.

For additional information about Oakland Zoo’s Conservation Speaker Series, please contact Amy Gotliffe, Conservation Director at (510) 632-9525 ext. 122 or amy@oaklandzoo.org.

Saving Snow Leopards
Tuesday, Feb 10
6:30 p.m. – 9:30 p.m.

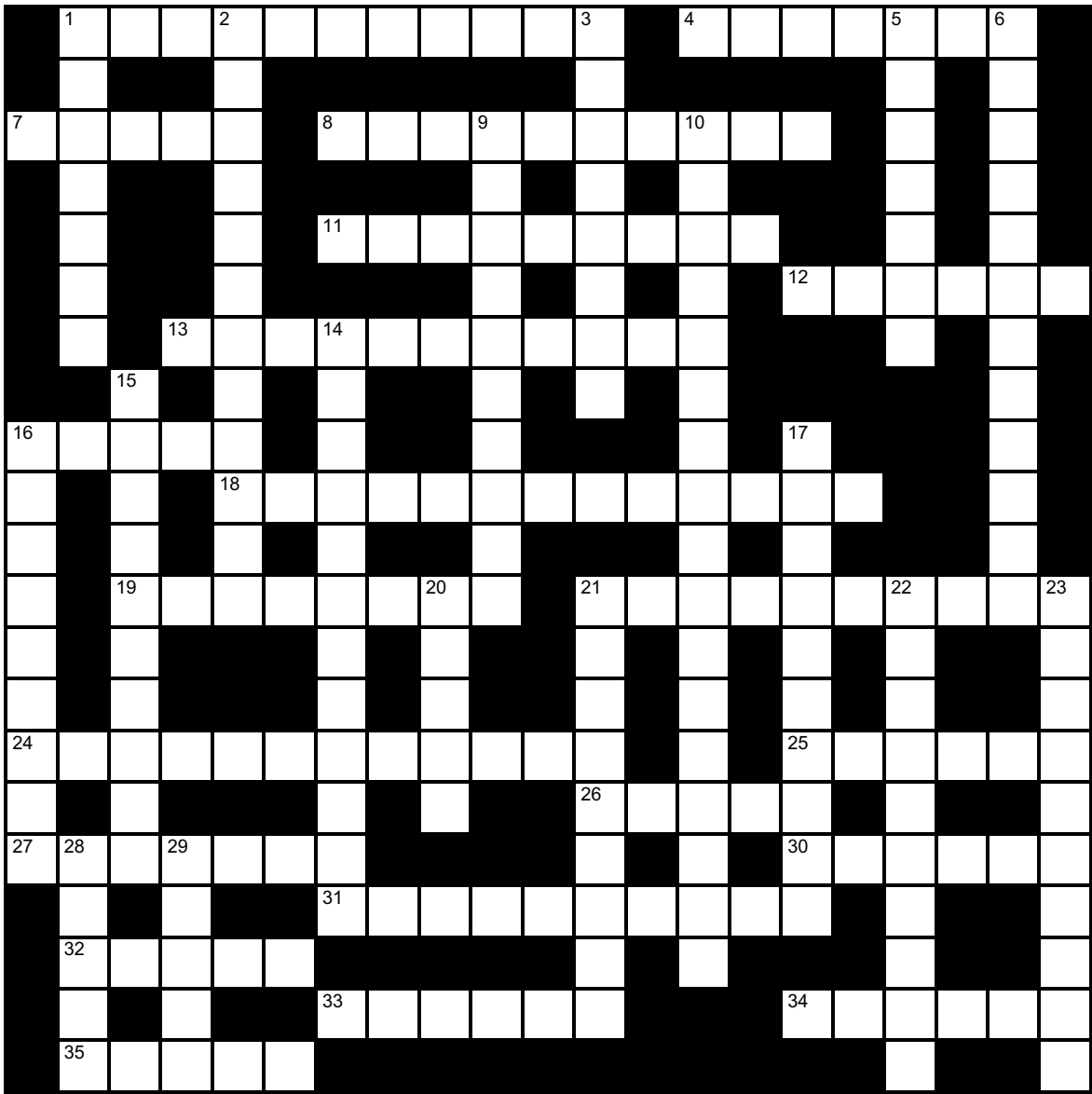
Oakland Zoo
Zimmer Auditorium
9777 Golf Links Rd, Oakland
(510) 632-9525
www.oaklandzoo.org
Admission: \$12 - \$20
Free parking



Mind Twisters

Crossword Puzzle

B 301



- Across

1 Results after carefully observation/study (11)

4 Sudden disturbance of mind (7)

7 Amazon, e.g. (5)

8 Exerted force on the behavior of others (10)

11 Type of berry, rich in anti-oxidants (9)

12 Loss's opposite (6)

13 Ideas to help do something better (11)

16 Breakfast sizzler (5)

18 Offered appreciation at someone's achievement (13)

19 Identification book (8)

21 Hanging from a hook (10)

24 Too good to be true (12)
- 25 Babe (6)

26 Bilked (5)

27 Not shallowest (7)

30 "___ on \$45 a Day" (6)

31 Financial papers at the end of month/year (10)

32 Dander (5)

33 Unnatural strengths (6)

34 Count or compute, to esteem (6)

35 Duties (5)
- Down

1 Most dear (7)

2 Results after some action (12)

3 Halloween costume (8)

5 State of government with the king as head (7)

6 System of giving away to many people (12)

9 Commissioned military officer (10)

10 Where Santa puts his gifts (9,8)

14 Maternal and paternal sets of (12)

15 O.K. (10)

16 Roasted or grilled over open hearth (9)

17 Influences and is the (10)

20 Bucolic (5)

21 Once in a while (9)

22 Similarity and ____ (10)

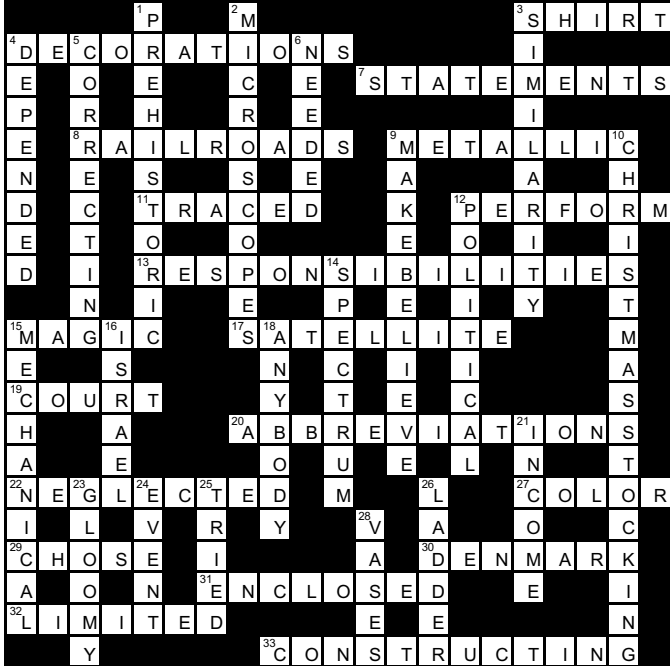
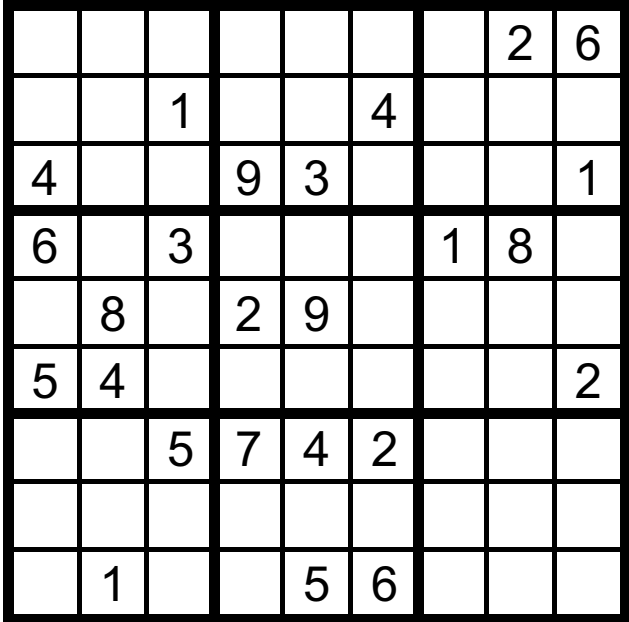
23 Shining like gold (10)

28 Take up space (5)

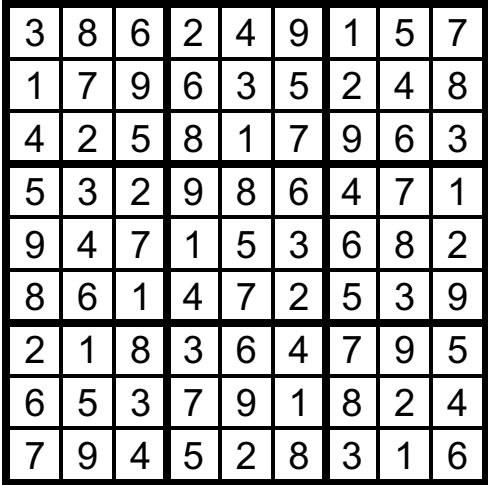
29 Nuisances (5)

Sudoku:

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



B 300



Tri-City Stargazer FEBRUARY 11 – FEBRUARY 17, 2014 BY VIVIAN CAROL

For All Signs: Mercury, planetary symbol of communications and travel, has been in apparent retrograde motion since January 21. It changes to direct motion on February 11. This phenomenon occurs about three times per year at varying intervals. Astrologers have long observed that during Mercury's retrograde periods, schedules are changed; routine communications become confused or lost; and people intuitively delay decisions. The periods of retrograding Mercury press us to slow down, reflect, and review information. If we force a decision while Mercury is retrograding, it is often reversed or revised during the planet's direct motion periods. This is usually evident on the globe, with countries changing their minds, or revising plans.

Another feature of this week is the approaching New Moon in Aquarius on February 18 in the very last degree and minute of this sign. The symbolism suggests a last chance Moon. The Aquarius New Moon represents a time for making a new commitment to expand our global awareness and develop a more inclusive attitude toward our fellow humans. However, it appears that the world attitudes are pulling in, moving toward prejudice and us-versus-them thinking. Individually we must avoid sliding down that drain or buying into payback attitudes.

Aries the Ram (March 21-April 20): This is a time during which you are asked to devote energy to your healing, whether on an emotional or physical level. You may be tending to yourself or to a friend. You could be encountering someone else in your life with similar issues and you may be helping each other.

Taurus the Bull (April 21-May 20): A woman, whether known or a stranger, may surprise you with her compassionate way of responding to your needs. Meanwhile you are walking a tightrope with regard to a relationship. Is it better to commit or run away?

Gemini the Twins (May 21-June 20): Mercury, your ruling planet, turns direct this week and complications you have experienced in recent weeks may begin to become untangled. Activities involving the law, publishing, higher education, or travel are given a go-signal at last.

Cancer the Crab (June 21-July 21): During the next couple of weeks it would serve you well to attend social gatherings and generally put yourself out there. One or more people are likely to enter your life and help you make the connections that need to come next on your path.

Leo the Lion (July 22-August 22): You and your significant other are at odds over what is the best way to manage a task. If your partner is not involved, then the conflict may be entirely within yourself. Ask for the opinion of someone you trust to help you out of the snare.

Virgo the Virgin (August 23-September 22): In recent weeks, while your planetary ruler, Mercury, has been retrograding, you have probably torn into your files, closets, or other things requiring organization. So you may have a mess. But now you can find the right places for all those lose things to belong.

Libra the Scales (September 23-October 22): A female co-worker or client may be of more help than you expected. This person has a warm heart and has some things to teach you. Give heed to advice, direction, or suggestions to anyone who crosses your path. It may serve you well.

Scorpio the Scorpion (October 23-November 21): The need for healing on an emotional or physical level is prominent now. Your child and/or your lover need your compassion. If not other people, then you need that compassion. Cut yourself some slack here.

Sagittarius the Archer (November 22-December 21): You may be caught between a rock and a hard place this week. One or more family members are in need of your time or services. You probably cannot handle this and cover your own needs, too. Some weeks are like that.

Capricorn the Goat (December 22-January 19): Now that Mercury is turning direct, you may be able to unravel a knotty problem that has caused confusion in your personal accounts or income. It will take a couple of weeks but you should be much clearer soon.

Aquarius the Water Bearer (January 20-February 18): See the lead paragraph for information on the last chance New Moon, which occurs in your sign on the 15th. Think carefully about what needs to change, maybe in a hurry, in order for you to proceed forward.

Pisces the Fish (February 19-March 20): Pisces is a sign that always assumes it is invisible. Sometimes you can move around without notice, but not at this time. There are strong energies at work in your sign and everyone will be aware of what you do here. Maintain your compassion and you won't go wrong.

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



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www.ucsfhealth.org/heartfailure

UCSF Medical Center
Heart & Vascular Center

continued from page 1

Trajes Regionales de Mexico

central role of regional dress – from the glamorous to the very subtle – in Mexican folk-dance, music and costuming.

The public also is invited to attend the opening of “Trajes Regionales de Mexico” on Friday, February 13, beginning at 7 p.m. in the atrium of the San Leandro Public Library. Artistic Director and Choreographer for Ballet Folklórico de Mexicano, Carlos Moreno, will open the exhibit with a demonstration of dances and a discussion of the display, which bring together iconic costumes from the regions of Mexico.

“Trajes Regionales de Mexico” showcases 20 costumes including the world famous huipil (“gala”), a richly embroidered dress from the region of Oaxaca, home of the Zapotec and Mixtec; a charro suit with a wide sombrero trimmed in silver from Jalisco, the land of the Charros and Mariachi; and costumes from Veracruz. Moreno will discuss regional influences, details and history of the costumes, such as the men’s “Guayabera” of Cuban origin, which was named for having pockets big enough to hold more than one guava fruit. Many other beautiful costumes from Mexico also will be showcased as part of the exhibit.

The exhibit and opening event is free to the public and pre-registration is not required. For more information, please contact Addie Silveira at (510) 577-3991 or asilveira@sanleandro.org.

Trajes Regionales de Mexico
Friday, Feb 13 – Saturday, May 16
Monday – Thursday: 10:00 a.m. – 8:00 p.m.
Friday: 10:00 a.m. – 5:30 p.m.

Saturday: 10:00 a.m. – 5:00 p.m.
Sunday: 12:00 p.m. – 4:00 p.m.

Event Opening: Friday, Feb 13
7 p.m.

San Leandro Public Library
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www.sanleandro.org/depts/library/



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continued from page 1

Spreading Cultural Roots



PHOTO BY JOHN O'HALLORAN

into a passionate and talented group that has won numerous awards and honors. From being named The Taiko Building Masters of the United States by the Great Grandmaster Daihachi Oguchi to playing percussion for the musical soundtrack of "The Three Kingdoms, Resurrection of the Dragon," Wadaiko Newark has extended Japanese cultural roots to the Tri-Cities.

While Wadaiko Newark mainly performs locally at parties, conventions, grand openings, and other events, the group has made two trips to Japan. "We have the drums and are willing to travel when and if time permits and our expenses are covered," said Wadaiko Newark's spokesperson Terry Eustice. "In a perfect world we would perform two times a month, but we take what we can get, and there have been weekends where we have performed three to four times."

To become a part of the group, students must first participate in two or more semesters at the basic level and then two or more semesters in the intermediate level. After students have completed these two levels, they become apprentices before joining as dedicated performing members. Currently Wadaiko Newark has about fifteen active performers and fifty students per semester.

"When we started [the group] we thought it would be no commitment necessary. We were wrong on many counts," Eustice said. "Drumming

is so much more than banging a piece of rawhide. [As] a performer, one learns safety, stage presence, how to write music, choreography, meditation, Japanese history, Taiko history, self-confidence, leadership, and how to teach all of the above. Some students go on to learn to build the drums, make the costumes, and stage manage."

Stage presence and performing can be frightening, but Wadaiko Newark teaches students to develop stage presence, overcome fears, and become experts at Taiko drumming. "There are surprises, such as students going from 'I'll never perform' to 'Can I play the next time, you do that song in public?'" Eustice said. "There are the special needs children that start as runners and screamers and become performers—not only performing with the other children, but performing with the adults. [Then] there are other children who are wild and unruly and two years later can march out on stage, set up their own drums, play several songs, and clear the stage without the help of a single adult."

About 30 percent of Wadaiko Newark's students are under eighteen, but performer ages vary based on audience expectation, availability, and song choice. Sometimes the performance focuses on an individual student, while other songs are performed as groups. "We treat each student the same, but the older the adult, the harder it might be for them to learn, so we have patience and work harder and longer, if necessary," Eustice said.

Apart from learning how to drum, students have the opportunity to take drum building classes as well. "We have well over a hundred drums of various sizes. We built all but two of the drums we use," Eustice said. "Over forty are under construction for us and other groups."

Wadaiko Newark teaches Taiko drumming to adults Tuesdays through Fridays from 7 p.m. to 9 p.m. Classes for children are on Saturdays from 3 p.m. to 4:30 p.m. for beginners, and 1 p.m. to 2:30 p.m. for intermediate level students. Drum building is on Sundays and takes place, along with the other classes, at Newark Adult School, 35777 Cedar Boulevard. Those interested in joining the group can call (510) 791-0901. More information can also be found at

www.wadaikonewark.org/index.html.



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Ash Wednesday

Mass & Distribution of Ashes
Wednesday, February 18, 2015
7:00 a.m., 8:15, 11:00,
12:30 p.m., 5:00, 6:30
and 8:00 p.m.

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U9 Girls & Boys (DOB: 8/01/06 – 07/31/07)
JAN 31, FEB 7 – 9AM-11AM – Shorty Garcia Park #2
BOYS FEB 3 – 5PM-7PM. GIRLS FEB 5 – 5PM-7PM Shorty Garcia #2

U10 Girls & Boys (DOB: 8/01/05 – 07/31/06)
JAN 31, FEB 7 – 11AM-1PM – Shorty Garcia Park #2
BOYS FEB 3 – 5PM-7PM. GIRLS FEB 5 – 5PM-7PM Shorty Garcia #2

U11 Girls & Boys (DOB: 8/01/04 – 07/31/05)
JAN 31, FEB 7 – 1PM-3PM – Shorty Garcia Park #2
BOYS FEB 3 – 5PM-7PM. GIRLS FEB 5 – 5PM-7PM Shorty Garcia #2

U12 Girls & Boys (DOB: 8/01/03 – 07/31/04)
FEB 21, FEB 28 – 9AM-11AM – Shorty Garcia Park #2
BOYS FEB 24 – 7PM-9PM. GIRLS FEB 26 – 7PM-9PM Shorty Garcia #2

U13 Girls & Boys (DOB: 8/01/02 – 07/31/03)
JAN 31, FEB 7 – 11AM-1PM – Shorty Garcia Park #2
BOYS FEB 24 – 7PM-9PM. GIRLS FEB 26 – 7PM-9PM Shorty Garcia #2

U14 Girls & Boys (DOB: 8/01/01 – 07/31/02)
JAN 31, FEB 7 – 1PM-3PM – Shorty Garcia Park #2
BOYS FEB 24 – 7PM-9PM. GIRLS FEB 26 – 7PM-9PM Shorty Garcia #2

Questions? Contact
Competitive Director
Jose Ibarra at
doc@ucpremier.org

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510-790-0735 Kittysthaikitchen.com
3100-H Capitol Ave., Fremont

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



CONTINUING EVENTS

Tuesdays, Jan 6 thru Feb 24

Toddler Time Winter Edition \$

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

Meet farm animals

Ages 1 - 4

Ardenwood Historic Farm

34600 Ardenwood Blvd.,

Fremont

(510) 544-2797

www.ebparks.org

Saturdays and Sundays, Jan 10 thru Feb 28

Family Fun Hour

2 p.m. - 3 p.m.

Stories, games and activities

Ages 5+

Coyote Hills Regional Park

8000 Patterson Ranch Rd.,

Fremont

(510) 544-3220

www.ebparks.org

Mondays, Jan 12 thru Mar 2

Bereavement Support Group

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

Honor lost loved ones

Fremont Senior Center

40086 Paseo Padre Parkway,

Fremont

(510) 574-2063

Wednesday, Jan 14 - Saturday, Feb 28

Trails Challenge 2015

8 a.m.

Self-guided hiking program

Participants receive guidebook,

tee shirt and pin

East Bay Regional Parks District

2950 Peralta Oaks Ct, Oakland

(888) 327-2757

www.RegionalParksFoundation.org

Thursday, Jan 15 - Friday, Feb 20

A.R.T. Inc. Members Exhibit

11 a.m. - 3 p.m.

Wide range of pieces and mediums

Adobe Art Center

20395 San Miguel Ave.,

Castro Valley

(510) 881-6735

www.haywardrec.org

Friday, Jan 16 - Saturday, Feb 14

Three Viewings \$

Thurs - Sat: 8:00 p.m. Sun:

12:15 p.m.

Tales of life, love and loss at a funeral home

Broadway West Theatre Com-

pany

400-B Bay St., Fremont

(510) 683-9218

www.broadwaywest.org

Tuesdays, Jan 20 thru Mar 10

Booklegger Orientation and Training

9:15 a.m. - 11:45 a.m.

Volunteer to read stories aloud to school children

Fremont Main Library

2400 Stevenson Blvd., Fremont

(510) 745-1421

www.aclibrary.org

Arts & Entertainment

Tuesday, Jan 20-Friday, Feb 27

Interviews for Tri-City Senior Peer Counseling Training

9 a.m. - 4 p.m.

Must be 50 years or older

Requires 9 week training course

City of Fremont, Aging and Family Services

3300 Capitol Ave., Fremont

(510) 574-2064

lcox@fremont.gov

Wednesday, Jan 21 - Sunday, Mar 1

Celebrating Black Life History Culture \$

9 a.m. - 4 p.m.

Social consciousness exhibit

Hayward Area Historical Museum

22380 Foothill Blvd., Hayward

(501) 581-0223

www.haywardareahistory.org

Wednesday, Jan 21 - Sunday, Feb 28

Black History Month Display

11 a.m. - 6 p.m.

Culture Corner lower level next to Sears

NewPark Mall

2086 Newpark Mall, Newark

(510) 793-5683

www.newparkmall.com

Mondays & Wednesdays, Jan 28 thru Mar 18

Sunol Wilderness Docent Training \$R

9:30 a.m. - 1:30 p.m.

Assist naturalists with school programs

Ages 18+

Sunol Regional Wilderness

1895 Geary Rd., Sunol

(510) 544-3242

www.ebparks.org

Tuesday, Jan 27 - Saturday, Mar 27

Prom Dress Swap Donations

Mon - Wed: 11 a.m. - 8 p.m.

Thurs - Sat: 10 a.m. - 5 p.m.

Donate formal dresses, shoes and accessories

Hayward Weekes Branch Library

27300 Patrick Ave., Hayward

(510) 293-5065

rob.spitel@hayward-ca.gov

Tuesday, Jan 27 - Saturday, Mar 27

Prom Dress Swap Donations

Mon - Wed: 11 a.m. - 8 p.m.

Thurs - Sat: 10 a.m. - 5 p.m.

Donate formal dresses, shoes and accessories

Hayward Main Library

835 C St., Hayward

(510) 881-7946

annie.snell@hayward-ca.gov



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Farmers' Markets

FREMONT:

Centerville
Saturdays
9 a.m. - 1 p.m.
Year-round
Bonde Way at Fremont Blvd.,
Fremont
(510) 909-2067
www.fremontfarmersmarket.com

Kaiser Permanente Fremont Farmers' Market
Thursdays
10 a.m. – 2 p.m.
Year-round
39400 Paseo Padre Pkwy.,
Fremont
800-949-FARM
www.pcfma.com

Irvington Farmers' Market
Sundays
9 a.m. – 2 p.m.
Year-round
Bay Street and Trimboli Way,
Fremont
800-949-FARM
www.pcfma.com

Niles Farmer's Market
Saturdays
9 a.m. - 2 p.m.
Year-round
Niles Town Plaza
37592 Niles Blvd., Fremont
www.westcoastfarmersmarket.org

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

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

SAN LEANDRO:

Kaiser Permanente San Leandro
Wednesdays
10 a.m. - 2 p.m.
June 11, 2014 to
December 31, 2014
2500 Merced St, San Leandro
www.cafarmersmarkets.com

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

Monday, Jan 27-Friday, Mar 27
82 Years of Art: Visions, Landscapes and Characters along the Way
8 a.m. - 5 p.m.
Works by Doyle Wegner and Gerald Thompson
Artist reception Friday, Feb 6
5:30 p.m. – 7:30 p.m.
Hayward City Hall
777 B St., Hayward
(510) 208-0410
www.hayward.org

Monday, Wednesday & Saturday, Jan 28 thru Apr 15
Alameda County Low-Moderate Income Tax Assistance
Mon & Wed: 5:30 p.m. - 8:30 p.m.
Sat: 9:00 a.m. - 4:00 p.m.
Tax preparation help for low income households
Eden Area Multi-Service Center
24100 Amador St, Hayward
(510) 670-5700
www.alamedasocialservices.org

Monday, Feb 2-Friday, Feb 13
Fremont Softball League Registration \$R
9 a.m.
Co-Ed and men's leagues
Central Park Softball Complex
1110 Stevenson Blvd., Fremont
(510) 790-5520
msa@fremont.gov www.fremont.gov

Monday, Feb 2 thru Friday, Apr 15
Free Quality Tax Assistance
Mon & Wed: 4 p.m. - 8 p.m.
Fri: 10 a.m. - 1 p.m.
Tax help for low income households
Fremont Family Resource Center
39155 Liberty St., Fremont
(510) 574-2020

Sunday, Feb 1 - Saturday, Feb 28
Watercolor and Oil Painting Exhibit
5 a.m. - 9 p.m.
Featuring Jan Schafir and Therese Ely
Mission Coffee
151 Washington Blvd., Fremont
(510) 474-1004
www.fremontcoffee.com

Wednesdays & Thursdays, Feb 4 thru Apr 9
Tax Assistance – R
10 a.m. - 2 p.m.
Volunteer preparation and e-filing tax assistance
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900
www.aclibrary.org
Saturdays, Feb 7 thru Apr 11
Free Quality Tax Assistance
10 a.m. - 1 p.m.
Tax help for low income households
Newark Branch Library
6300 Civic Terrace Ave., Newark
(510) 574-2020

Saturdays, Feb 7 thru Apr 11
Free Quality Tax Assistance
10 a.m. - 1 p.m.
Tax help for low income households
Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(510) 574-2020

Monday, Feb 9 - Friday, Feb 27
Senior Center Art Show
8:30 a.m. - 4:30 p.m.
Chinese brush painting and calligraphy display
Milpitas Senior Center
40 North Milpitas Blvd, Milpitas
(408) 586-3400
www.ci.milpitas.ca.gov

Friday, Feb 13 - Sunday, Mar 8
Thumbs \$
Fri & Sat: 8 p.m.
Sun: 2 p.m.
Comic murder mystery

Chanticleers Theatre
3683 Quail Ave., Castro Valley
(510) 733-5483
www.chanticleers.org
Friday, Feb 13 - Sunday, Mar 14
Newton's Grimm's: The Work of Frost Newton
12 noon - 5 p.m.
Surrealist paintings of Grimm's fairytales
Opening reception Friday, Feb 13
from 7 p.m. - 9 p.m.
Olive Hyde Art Gallery
123 Washington Blvd., Fremont
(510) 791-4357
www.fremont.gov/Art/OliveHydeGallery

Open House Saturday, February 14

2:00 - 3:00 pm email madhu@mbkhindi.org
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Announcing exciting new works in oil, acrylic, watercolor, glass, fiber, jewelry, and ceramics and more for 2015.
Featuring the oil paintings of Mitchell Neto.

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Collage and Mixed Media workshop with Grace Rankin in March

www.fremontartassociation.org

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www.DriversForSurvivors.org

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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**

Friday, Feb 13 - Saturday, May 16

Trajes Regionales de Mexico
10 a.m. - 5 p.m.
Collection of costumes from Ballet Folklórico Mexicano
San Leandro Public Library
300 Estudillo Ave., San Leandro
(510) 577-3971
www.aclibrary.org

Saturdays, Feb 14 thru Apr 11

Free Quality Tax Assistance
10 a.m. - 1 p.m.
Tax help for low income households
Holly Community Center
31600 Alvarado Blvd.,
Union City
(510) 574-2020

Sunday, Feb 15 thru Saturday, Feb 28

Different Visions
11 a.m. - 5 p.m.
Photography and acrylics
Artist reception Sunday, Feb. 22 from 2 p.m. - 4 p.m.
Fremont Art Association
37697 Niles Blvd., Fremont
(510) 792-0905
www.FremontArtAssociaion.org

Tuesday, Feb 10 - Saturday, Feb 14

American Red Cross Blood Drive – R
Tues - Thurs: 11:30 a.m. - 6:30 p.m.
Fri -Sat: 7:30 a.m. - 2:30 p.m.
Call to schedule an appointment

Drop-ins welcome
Fremont-Newark Blood Center
39227 Cedar Blvd., Newark
(800) 733-2767
www.redcrossblood.org

THIS WEEK

Tuesday, Feb 10

Free Tenants’ Rights Clinic
10 a.m. - 1 p.m.
Discuss rent increases plus landlord and tenant issues
Hayward City Hall
777 B St., Hayward
(510) 208-0410
www.centrolegal.org

Tuesday, Feb 10

Lunchtime Movie “Valentine’s Day” \$
12 noon
Movie and snacks
Ruggieri Senior Center
33997 Alvarado Niles Rd.,
Union City
(510) 675-5495
www.unioncity.org

Tuesday, Feb 10

Saving Snow Leopards \$
6:30 - 9:30 p.m.
Conservationist guest speaker
Oakland Zoo
9777 Golf Links Rd., Oakland
(510) 632-9525
www.oaklandzoo.org

Wednesday, Feb 11

Valentine Card Making Workshop – R
3:30 p.m. - 5:30 p.m.
Materials provided
Program for teens and adults only
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900
www.aclibrary.org

Wednesday, Feb 11

Immigration Reform at the Crossroads \$R
8:30 a.m. - 2:00 p.m.
Discuss effective immigrant integration
Includes breakfast and lunch
The Sobrato Center
1400 Parkmoor Ave, San Jose
https://immigrationreformat-crossroads.splashat.com

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HAHS

CENTER FOR HISTORY & CULTURE

Sunday

February 15

10am - 4pm

FREE ADMISSION DAY!

Come explore the HAHS Center for History & Culture! Make sure to stop and visit the new *Celebrating Black Life, History and Culture* exhibit in the Community Gallery as well as *Your Story* in the History Gallery.

Sponsored by Paradise Road Ranch, KMS Unique Angels and Gifts, Dolores J. Ward and Dr. Mia Kelly.

Saturday

February 21

9am - 3pm

Genealogy Workshop

Learn more about genealogy research and the local resources available. Hear from representatives from the Oakland Family History Center, HAHS, the County of Alameda Records Office, Art Monument Company and the Genealogical Society of Stanislaus County. Tickets are \$20. Advance purchase required. Call (510) 581-0223 ext.131 to order.

22380 FOOTHILL BLVD • WWW.HAYWARDAREAHISTORY.ORG • 510-581-0223

Unitek College

to host community

Health Fair

SUBMITTED BY

UNITEK COLLEGE

Unitek College, in partnership with Fremont Chamber of Commerce, will host the annual “Health and Wellness Fair” on Wednesday, February 18 at Unitek College’s Fremont Main Campus. Fremont Mayor Bill Harrison will initiate the event with a ground-breaking and ribbon-cutting ceremony for Unitek College’s new campus expansion.

“We are honored to organize and host the Fremont Health and Wellness Resource Fair again in February and welcome all Tri-City residents to attend and educate themselves on health, fitness, and wellness,” said Janis Paulson, chief executive officer of Unitek College and parent company Health Ed, Inc. “This year we have the chance to expand our reach, connecting the community with even more of our local hospitals, healthcare professionals, government agencies, and resources to provide preventive health screenings and assistance referrals.”

In honor of February’s American Heart Month, exhibitors

will provide giveaways and material promoting wellness and awareness. Attendees will get an opportunity to engage with several vendors and agencies for diet and exercise information; blood pressure and fitness testing; oral cancer and vision screening; glucose testing; and free massages. Special resources will also be available for veterans and seniors.

“Unitek College is an important asset in the Fremont community,” says Mayor Bill Harrison. “Events such as this health fair allow members of the community to receive preventive health screenings as well as access to fitness and wellness resources, all under one roof. The ground-breaking for Unitek’s campus expansion demonstrates their commitment to provide quality nursing education in the Tri-City area.”

Please RSVP at the health fair by calling (888) 775-1514. Contact Aaron Goldsmith at agoldsmith@fremontbusiness.com or (510) 795 2244 for more information. The event is free and open to the public.

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- ✓ Calm and balance the mind

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- ✓ Develop concentration
- ✓ Improve awareness
- ✓ Objective perception
- ✓ Improve response to daily ups and downs of life
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Meet the lenders

SUBMITTED BY CITY OF HAYWARD

For many small business owners and those thinking about starting a business, obtaining financing can be daunting. Luckily, it doesn't have to be! Join us for a free Small Business Development Center workshop and “Meet the Lenders.”

During this three-hour workshop, participants will learn how to obtain financing for a start-up or existing small business as well as how to begin forming critical relationships with dozens of banks, community leaders and other investors. Panelists include experts on: Small Business Administration; SBA 7a and 504 loans; micro lending; alternative funding; and crowd funding.

This workshop is brought to you by the City of Hayward’s Economic Development division in cooperation with the Hayward Chamber of Commerce and the Alameda County Small Business Development Center.

Meet the Lenders

Wednesday, Feb 11

8:30 a.m. – 11:30 a.m.

Hayward City Hall,

Council Chambers, 2nd Floor

777 B St, Hayward

(510) 208-0411

www.acsbdc.org/events2

Free

BOOKMOBILE SCHEDULE

Alameda County

Renew books by phone

(510) 790-8096

For more information about the Bookmobile call

(510) 745-1477 or visit

www.aclibrary.org.

Times & Stops subject to change

Tuesday, Feb 10

10:00 – 11:15 Daycare Center Visit – FREMONT

2:00 – 2:30 Fremont Hills Senior Living, 35490 Mission Blvd., FREMONT

2:45 – 3:15 Mission Gateway Apts., 33155 Mission Blvd., UNION CITY

4:50 – 5:30 Mariner Park, Regents Blvd. & Dorado Dr., UNION CITY

5:40 – 6:20 Sea Breeze Park, Dyer St. & Carmel Way, UNION CITY

Wednesday, Feb 11

2:00 – 4:00 Warm Springs Community Center, 47300 Fernald St., FREMONT

4:15 – 4:50 Lone Tree Creek Park, Starlite Way & Turquoise St., FREMONT

6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Thursday, Feb 12

No Service

Monday, Feb 16

No Service

Tuesday, Feb 17

9:30 – 10:15 Daycare Center Visit – FREMONT

10:45 – 11:15 Daycare Center Visit – FREMONT

2:15 – 2:45 Daycare Center Visit - NEWARK

4:30 – 5:20 Weibel School, 45135 South Grimmer Blvd., FREMONT

5:50 – 6:40 Booster Park, Gable Dr. & McDuff Ave., FREMONT

Wednesday, Feb 18

12:45 – 2:15 Glenmoor School, 4620 Mattos Drive, FREMONT

2:45 – 3:45 Mission Hills Middle School, 250 Tamarack Dr., UNION CITY

4:00 – 4:30 Purple Lotus Buddhist School, 33615 – 9th St., UNION CITY

6:00 – 6:30 Camellia Dr. & Camellia Ct., FREMONT

Milpitas Bookmobile stops

Renew books by phone

(800) 471-0991

For more information

(408) 293-2326 x3060

Wednesday, Feb 18

1:45-2:15 Friendly Village Park, 120 Dixon Landing Rd., MILPITAS

Wednesday, Feb 11

Meet the Lenders Small Business Workshop – R
8:30 a.m.
Financing information for start-ups and small businesses
Hayward City Hall
777 B St., Hayward
(510) 208-0411
www.acsbdc.org/events2

Thursday, Feb 12

Home Seismic Strengthening Class – R
6 p.m. - 8 p.m.
Overview of earthquake preparedness
California Conservatory Theater
999 E. 14th Street, San Leandro
(510) 577-3405
www.earthquakebracebolt.com

Thursday, Feb 12

Expressway Plan 2040
6:30 p.m.
Meeting addresses Santa Clara County traffic
Almaden Community Center
6445 Camden Ave, San Jose
(408) 573-2417
ExpresswayPlan2040@County-Roads.org
www.Expressways.info

Thursday, Feb 12

Three Sisters \$
Thurs - Sat: 8 p.m.
Sat & Sun: 2 p.m.
Dramatic play about three girls after their father’s death
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Thursday, Feb 12

Coffee with the Cops
7:30 a.m. - 9:00 a.m.
Discuss neighborhood concerns with Fremont Police
Cheese Taster
43367 Mission Blvd, Fremont
(510) 656-5480

Thursday, Feb 12

VTA’s BART Silicon Valley Extension Review
5:30 p.m. - 7:30 p.m.
Public meeting to discuss project’s environmental impact
Santa Clara City Council Chambers
1500 Warburton Ave,
Santa Clara
(408) 934-2662
www.vta.org/bart

Friday, Feb 13

Valentines Tea Dance \$
4:00 p.m. - 6:30 p.m.
Music, dancing and refreshments
Ruggieri Senior Center
33997 Alvarado Niles Rd.,
Union City
(510) 675-5495
www.unioncity.org

Friday, Feb 13

Litterati Art Exhibit – R
6:30 p.m. - 8:30 p.m.
Create art from trash and recycling
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513
http://litteratieec.eventbrite.com

Friday, Feb 13

Special Needs Valentine’s Dance
11 a.m. - 2 p.m.
Music, dancing, food, movies, arts and crafts
Ruggieri Senior Center
33997 Alvarado Niles Rd.,
Union City
(510) 675-5328
chrisv@unioncity.org

Friday, Feb 13 - Sunday, Feb 15

Home and Garden Show \$
Fri: 12 noon - 6 p.m.
Sat & Sun: 10 a.m. - 5 p.m.
Exhibits and products for the yard and home
Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
(925) 426-7600
www.alamedacountryfair.com

Friday, Feb 13

Ballroom Dance Classes \$
Beginners: 7:00 p.m.- 8:00 p.m.
Intermediate: 8:15 p.m.- 9:15 p.m.
Cha Cha, Swing and Foxtrot
Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 675-5357

Saturday, Feb 14

Story Hunters
10 a.m. - 12 noon
Use GPS to discover landmarks
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222
http://donedwardsstory.eventbrite.com

Saturday, Feb 14

Open House
2 p.m. - 3 p.m.
UC approved high school Hindi program
MBK Hindi School
43006 Christy St, Fremont
(510) 682-4249
www.mbkhindi.org

Saturday, Feb 14

Herbal Delights Workshop
2 p.m.
Make massage oils and tea bags
Hayward Main Library
835 C St., Hayward
(510) 881-1980
www.library.hayward-ca.gov

Saturday, Feb 14 - Sunday, Feb 15

Family Fun Hour
2 p.m. - 3 p.m.
Stories, games and activities
Ages 5+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Feb 14

Fremont Symphony Orchestra Concert \$
8 p.m.
“Love Letters” Valentine’s Day concert
Prince of Peace School
38451 Fremont Blvd., Fremont
(510) 371-4859
www.fremontsyphony.org

Saturday, Feb 14

Black History Month Observation
12 noon - 6 p.m.
Educational displays, food, music and entertainment
Newark Community Center
35501 Cedar Blvd., Newark
(510) 792-3973
www.aachsi.com

Saturday, Feb 14

History for Half Pints \$
11 a.m. - 2 p.m.
Make Valentine’s Day cards and crafts
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Saturday, Feb 14

All Fur Love Adoption Event \$
11 a.m. - 5 p.m.
Adopt a pet, low-cost spay and neutering
Hayward Animal Shelter
16 Barnes Ct., Hayward
(510) 293-7200
www.haywardanimals.org

Saturday, Feb 14

Help Save a Heart
11 a.m. - 2 p.m.
CPR and first aid instruction
Southland Mall - Near Macy’s
One Southland Mall Dr.,
Hayward
(510) 581-5498
www.southlandmall.com

Saturday, Feb 14

Valentino for Valentine’s Day \$
7:30 p.m.
The Eagle, Max and His Dog, and The Cake Eater
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Feb 14

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, Feb 14

Winter Fun and Games \$
12:30 p.m. - 1:30 p.m.
Play pick-up-sticks, jacks and tops
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Feb 14

Chocolate and Roses Hike
9:00 a.m. - 12:30 p.m.
3 mile challenging hike
Ages 8+
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Feb 14

Teddy Ruxpin Family Day \$
11 a.m. - 1 p.m.
Discuss toys, hands-on activities and refreshments
Museum of Local History
190 Anza Street, Fremont
(510) 623-7907
www.museumoflocalhistory.org

Sunday, Feb 15

Meet the Chickens \$
11:00 a.m. - 11:30 a.m.
Discover behavior patterns
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 15

Family Discovery Hike \$
12 noon - 2 p.m.
Explore salt marshes for critters
Dress to get dirty
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Sunday, Feb 15

Love is in the Air
10 a.m. - 12 noon
Discuss mating habits of animals during 2 mile hike
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220

Sunday, Feb 15

Free Admission Day
9 a.m. - 4 p.m.
Explore the community and history galleries
Hayward Area Historical Society Museum
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Sunday, Feb 15

Talking Pictures Sunday \$
4 p.m.
Rain starring Joan Crawford
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Feb 15

Good Morning Farm \$
10:30 a.m. - 11:00 a.m.
Prepare a snack for farm animals
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 15

Felting Fun \$
11:30 a.m. - 1:00 p.m.
Card fleece from sheep to make felt
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 15

Stilt Walkers \$
2 p.m. - 3 p.m.
Challenge your balance and walk on stilts
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Feb 15

Love in the Wilderness
8:30 a.m. - 11:30 a.m.
Search for critters on a steep creek hike
Ages 7+
Sunol Regional Wilderness

1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Sunday, Feb 15

Lunar New Year Celebration
10 a.m.
Chinese Lion Dance, food and worship
New Life Christian Fellowship
22360 Redwood Rd.,
Castro Valley
(510) 582-2261
www.newlifebayarea.org

Monday, Feb 16

Student Speaker Contest – R
6:30 p.m.
Topic “Water Conservation”
High school students compete for cash prizes and scholarships
The Beverly Heritage Hotel
1820 1820 Barber Lane, Milpitas
(408) 430-7830
milpitaslions@gmail.com
http://studentspeaker.md4lions.org/

Tuesday, Feb 17

Weekday Bird Walk
7:30 a.m. - 9:30 a.m.
Explore trails for birds
All levels of experience welcome
Ages 12+
Garin Regional Park
1320 Garin Ave., Hayward
(510) 544-3220
www.ebparks.org

Tuesday, Feb 17

Senior Services Networking Meeting – R
12 noon - 1:30 p.m.
Discuss designing dementia friendly communities
Lunch included
Carlton Plaza of Fremont
3800 Walnut Ave., Fremont
(510) 505-0555

Wednesday, Feb 18

Community Health and Wellness Resource Fair
11 a.m. - 2 p.m.
Variety of health assessments and education services
Unitek College
4580 Auto Mall Pkwy, Fremont
(888) 775-1514
www.unitek.com

Friday, Feb 27

Fremont Education Foundation Gala \$R
5:30 p.m. - 9:00 p.m.
Dinner, entertainment, raffle and silent auction
FUSD benefit
Fremont Marriott
46100 Landing Pkwy., Fremont
(510) 413-3700
www.fremont-education.org



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RISK

Thursday, February 19, 2015
11:30am - 1:30pm

DoubleTree by Hilton
39900 Balentine Drive, Newark

You don’t always recognize you are at risk – until you are victimized. Best practices can keep you, your employees and your business safe from financial or physical loss, personal harm, or liability. Guest speakers from Newark Police Department Community Engagement will share information for all types of businesses, large or small, to help you protect yourselves and your assets. You might be surprised at what you’ve overlooked. Also learn about Newark PD’s Business Watch Program and how you and your neighbor businesses cooperatively and easily can reduce risk for each other.

Chamber Member Luncheon: \$35
Non-Member Luncheon: \$45

Sponsorship Opportunities

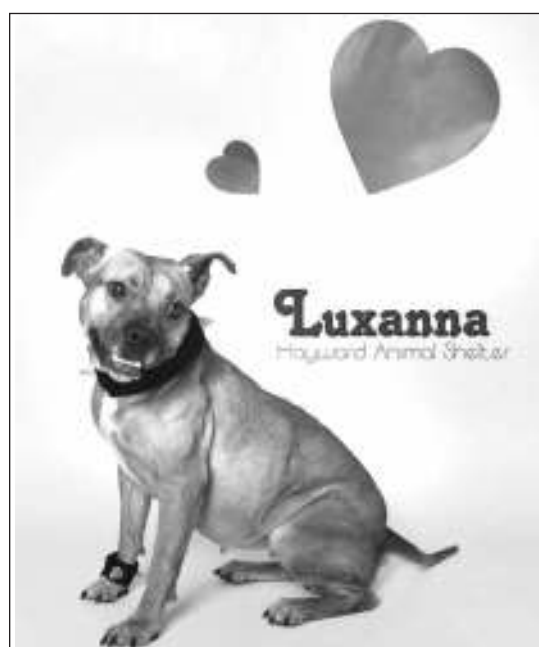
Making your reservation:
Register & pay by credit card at www.newark-chamber.com
Fax to (866-213-6956); or,
Mail form with check payable to the Newark Chamber of Commerce,
37101 Newark Blvd., Newark 94560.
For add’l information call 510-744-1000.

All Fur Love

SUBMITTED BY CHRIS GIN

This Valentine's Day, show some love for our furry friends at the "All Fur Love" adoption event on Saturday, February 14 at the Hayward Animal Shelter. We have kittens, cats, dogs, puppies, and bunnies waiting to find a new home. Take a photo with your furry friend in our kissing booth as well, with a suggested donation of \$5.

Adoption fee for all Hayward Animal Shelter pets is \$20. A license fee of \$17 applies to dogs



adopted to Hayward residents. For more information, please call the Hayward Animal Shelter at (510) 293-7200, ext. 7. Visit our Facebook page at www.facebook.com/haywardanimalshelter and share the event with your friends! The event is sponsored by the Hayward Animal Shelter volunteers.

All Fur Love Adoption Event
Saturday, Feb 14
11 a.m. – 5 p.m.

Hayward Animal Shelter
16 Barnes Ct, Hayward
(510) 293-7200 x 7

www.facebook.com/haywardanimalshelter
\$20 adoption fee (license fee may apply)

THEATRE

Murder, Mayhem and Comedy

SUBMITTED BY FLOYD WAYNE

What better night than eerie Friday the 13th to open Tony Award-winning playwright Rupert Holmes' comic murder mystery "Thumbs," with the twists and turns audiences have come to expect from this modern writer.

The action takes place in an isolated cabin in the mountains of Barnstock, Vermont, where the area has been shocked by a series of murders with a grisly trademark: the killer removes the victims' thumbs! Holmes has amazingly managed to turn this strange premise into a show with constant revelations and surprises.

Chanticleers' production is directed by Carol DeChaine Reyes and features actors Qrysti Adams-Hart, Jim Woodbury, Sean Aten, Brook Robinson, and Suzanne Henry, with broadcast voiceovers by Robert and Janet Rossmann.

"Thumbs" is an almost accidentally written play. Holmes visited an East Coast community theatre several years ago to watch a production of his play "Accomplice." While visiting with cast and crew afterward – several cocktails afterward – Holmes casually committed himself to the task of writing a play just for cozy, community theatre stages like Chanticleers. The final product is "Thumbs."

Thumbs runs Friday and Saturday nights from February 13 through March 8 at 8 p.m.

and on Sundays, February 22, March 1, and 8 at 2 p.m. For reservations, call (510) 733-5483 or visit chanticleers.org. Tickets are \$18 general, \$15 for students and seniors (60+) with a bargain night pricing of \$13 for all seats on Saturday, February 14. (For a pre-show dinner at Silver Spoon on Castro Valley Boulevard on February 21 at 6 p.m., please mention "dinner show" when making theater reservations. Dinner is \$21.).

Meet the cast at the Opening Night Gala after the show on February 13, which will include complimentary champagne and hors d'oeuvres. Chanticleers wants you to enjoy a truly wonderful opening night of theatre!

Thumbs
Friday, Feb 13 – Sunday, Mar 8
8 p.m., Sunday matinees at 2 p.m.
Chanticleers Theatre
3683 Quail Ave, Castro Valley
(510) 733-5483
chanticleers.org

Tickets: \$18 general, \$15 students and seniors



NEWARK CHAMBER OF COMMERCE

VOLUNTEER AT THE CHAMBER OF COMMERCE

YOU? A few hours to commit weekly? In school, looking for community service? Retired, missing the interaction you enjoyed in the office?

US: Looking for some enthusiastic volunteers who will commit to even a few hours a week in our Newark Chamber of Commerce office. Skills we'd welcome include: general office skills, database management, proficiency in QuickBooks or in Microsoft Office/Windows, using Social Media effectively, and good communication and customer service.

We're REALLY nice to work with! And, we sure could use some extra hands to help us!

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510-744-1000. Visit us on Facebook or at
Newark-chamber.com
to learn more about what we do.

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SPORTS

Mission San Jose Invitational

Wrestling

SUBMITTED BY TIM HESS

Newark Memorial results
February 7, 2015

Murrell Anderson(285
3rd Place (5-1)
4 pins, 1 decision

James Logan Soccer Report

Men's Soccer

SUBMITTED BY
JAMES WILLIAMS

James Logan 3, Irvington 3
February 4, 2015

1st Half Scoring:
JL: Jason Jattan (Justyn Raygoza)
9:00, Jared Rivera (Fabian Ruiz Mejia) 21:00
IRV: Nate Sullivan 5:00, Garret Wong 25:00, Tiger Chen 40:00
2nd Half Scoring:
JL: Jared Rivera (German Villalobos) 67:00
JL Goalie: Andres Marquez, 80 min, 3 GA, 3 Saves
IRV Goalie: Brennan Sage, 80 Min, 3 GA, 5 Saves

Men's Basketball

Pioneer Report

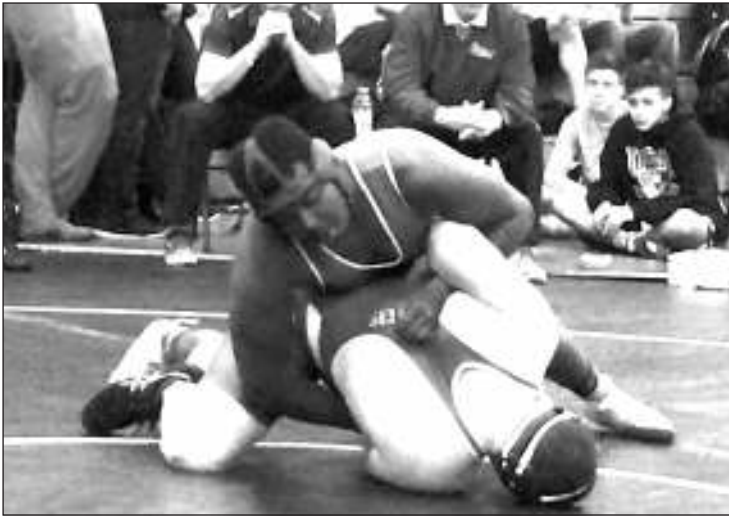
SUBMITTED BY
STEVE CONNOLLY

Second half rally falls short

The Cal State East men's basketball team came up short on February 6th in front of a crowd of over 800 in attendance for Homecoming Week. The Pioneers were bested by visiting Sonoma State by a final score of 78-55.

Cody Kale led all scorers with 16 points on 7-for-15 shooting. He also notched five rebounds and three assists in a team-high 38 minutes. Fellow senior Jacari Whitfield was the only other player to reach double figures for the injury-plagued Pioneers. He scored 10 points on 4-for-7 from the floor and dished out four assists to lead the squad.

Junior Marcus Norman posted all eight of his points in the first half, knocking down his first three shots from the floor. Sophomore Paramvir Singh made his first start of the season and finished with seven points and five boards.



East Bay sinks Seawolves

Women's Water Polo

SUBMITTED BY SCOTT CHISHOLM

Cal State East Bay concluded its Triton Invitational schedule with an 8-6 victory over fellow Western Water Polo Association (WWPA) member Sonoma State on February 8th. The Pioneers have now won seven straight meetings with the Seawolves dating back to the 2013 season.

The Pioneers scored four unanswered goals over a 16-plus minute stretch with goals from Alyssa Hess, Cross, Simonne Call, and Sabrina Hatzler. Call beat the halftime buzzer to give East Bay a 3-1

lead and the momentum into the break. Hatzler scored her first of a team-high two goals on the team's opening possession out of intermission. The team's traded goals before Bre Ritter pushed the Pioneer lead back to two with 2:52 to go. Ritter was one of seven different Pioneers to contribute to the scoring column including Ka'iliponi McGee and Rushforth.

Nation made 11 stops in the victory and allowed only one full strength goal in the contest. She finishes the weekend with 646 career saves, within 16 of second best on the East Bay all-time list currently held by assistant coach Jayme Pekarske.

ished with seven points and five boards.

Freshman Patrick Marr led East Bay with seven rebounds, while going 1-for-2 from long range. Sophomore Kyle Frakes added six points and four rebounds on 3-for-6 shooting. Darriek McIntosh grabbed four boards off the bench, and fellow senior Nick Grieves notched three point and three rebounds.

Three-Point barrage leads Pioneers

In front of a raucous crowd of more than 1,000 at Pioneer Gym, the Cal State East Bay men's basketball team defeated visiting San Francisco State, 61-53, on February 7th to close out Homecoming Week. They scored all 27 of their first-half points from long distance, led by Jacari Whitfield and Marcus Norman with three triples each.

Grieves led all scorers with 17 points, going 5-for-10 from long range. Whitfield added 14 points, four rebounds and a team-high seven assists. Perhaps more impressively, the senior played all 40 minutes for the Pioneers and didn't commit a single turnover.

Norman also reached double figures, notching 13 points, five rebounds, and three assists. Cody Kale added eight points, and Kyle Frakes led the squad with eight rebounds despite playing just 15 minutes with foul trouble.

Patrick Marr scored five points and grabbed six boards, and Paramvir Singh tallied three points and three rebounds making his second straight start. He knocked down the very first bucket of the game to give the Pioneers a 3-0 lead, and they never trailed after that.

Pioneer Report

Women's Basketball

SUBMITTED BY
SCOTT CHISHOLM

Pioneers ride hot hands

Cal State East Bay quickly erased a seven point halftime deficit to take down Sonoma State 60-53 inside Pioneer Gymnasium on February 6th. Five different Pioneers scored in double figures led by Tori Breshers with all of her game-high 14 points coming in the second half. Senior Micah Walker shined brightest over the opening 20 minutes among the East Bay starting five. All 11 of her points came in the first half after knocking down 4-of-7 shots, including her only three point attempt of the game.

While Walker shouldered the load in the first half, several teammates came to help out in the second. Shannon Bland knocked down a pair of 3-pointers within the first 80 seconds out of halftime. Bland and Breshers scored all 24 of their combined points in the second half. Laci Effenberger knocked

down 3-of-7 shots from beyond the arc and finished with all 13 of the team's bench points. Stephanie Lopez added 10 points, seven assists, and three steals in the win.

Strong second half lifts East Bay

It's not how you start, it's how you finish. A theme Cal State East Bay women's basketball adhered to after quickly erasing another halftime deficit to earn a 67-55 league win over San Francisco State on February 6th inside Pioneer Gymnasium.

Out of halftime the Pioneers scored 11 unanswered points to turn a three point deficit into a 42-34 lead. It was only the beginning of a dominant second half performance as Cal State East Bay outscored the Gators 30-4 over the first 13 minutes out of the break.

Shannon Bland had a perfect shooting night going 5-for-5 from the floor and knocked down both free throws to match her season-high of 13 points. Laci Effenberger knocked down three 3-

pointers and finished with 11 points on 4-of-6 shooting off the bench. The pair combined to score 24 points in just 27 minutes of floor time, to go along with six assists and three steals.

"Our two point guards Shannon and Laci had very solid games tonight. With them playing so well, it takes pressure off Stephanie Lopez," said Barcomb.

Lopez has scored in double figures in all 22 games this season finishing with 11 against San Francisco State. She grabbed six rebounds and dished out three of the team's 17 assists in the win. Micah Walker and Bland led the Pioneers with 13 points apiece. Walker added eight rebounds, three assists, and two steals in 30 minutes of action. Tori Breshers grabbed a game-high nine rebounds and scored nine points. She added two more blocks and is the first California Collegiate Athletic Association (CCAA) player to reach 30 in league play this season.



Pauline Rogers, Claire Chen, pet dog Faith, Krystal Mao, and Liwen Sun

Fremont students join MATHCOUNTS video challenge

SUBMITTED BY
AMERICAN GIFTED

The video, “Shoot for the Stars,” from The Math Prodigies team ranked as No. 1 at the leaderboard in the 2014-2015 MATHCOUNTS Math Video Challenge as of February, 5, 2015. The team of four 6th graders - Pauline Rogers, Claire Chen, Krystal Mao, and Liwen Sun - from Fremont’s Mission Valley and Gomes elementary schools, made a fun short

movie about common core math problem, featuring their pet dog Faith, who saved their day. The video can be viewed at <http://videochallenge.mathcounts.org/videos/shoot-stars>. The national competition, produced by MATHCOUNTS, is an innovative program involving teams of middle school students using technology to create videos about math problems and their real-world application. This competition excites students

about math while allowing them to hone their creativity and communication skills. A local parent’s organization, American Gifted, which is a Silver Level National Math Club by MATHCOUNTS Foundation, organized teams for 4th to 8th grade students in Fremont schools, coached by Mission San Jose High school students, to compete in the national STEM events. Other teams from American Gifted National Math Club also

competed in the Math Video Challenge:
Team Roti & Curry: <http://videochallenge.mathcounts.org/videos/roti-curry>
Team Too Pro for You: <http://videochallenge.mathcounts.org/videos/computer-havoc>
Team The Radioactive Marshmallow: <http://videochallenge.mathcounts.org/videos/pass-or-fail>
Team Pink Fluffy Ponies:

<http://videochallenge.mathcounts.org/videos/greedy-ghost>
Team Kirby: <http://videochallenge.mathcounts.org/videos/burgertastic-problem>
Viewers of the videos have until March 13, 2015 to vote for the videos. Student teams who made the top 4 entries will present their videos in the National MATHCOUNTS Final Competition with an all-expenses paid trip to Boston in May. The winners will receive \$1,000 in scholarship.

Bowl for a cause



SUBMITTED BY AARON GOLDSMITH
PHOTO BY NAPOLEON BATALAO

The Fremont Chamber of Commerce’s Dollars for Scholars fund has teamed up with the Fremont business community for the 4th annual “Dollars for Scholars Bowl-a-thon” on Saturday, February 21 at Cloverleaf Family Bowl. Companies, service clubs and community organizations are invited to form teams to compete in this annual bowling event. Each team will need to raise a minimum of \$500 to contribute toward the Dollars for Scholars fund. “Our Dollars for Scholars program provides resources to Tri-City area youth who have graduated high school and are heading off to college,” said Cindy Bonior, president and CEO for the Fremont Chamber of Commerce. “The Chamber has a strong commitment to the community. We demonstrate that commitment through programs like Dollars for Scholars and events like the Bowl-a-thon.” The previous event raised \$10,000 for Dollars for Scholars and the Chamber hopes to top that goal this year. The organization has engaged its board and community supporters to join in. “The event is a great opportunity for the business community to relax and have a little competi-

tive fun,” said Chamber board member Dan Smith of Berge Pappas Smith Chapel of the Angels. “The fact that the event has a charitable impact will make winning this year all the more sweeter.” Top bowling and fundraising teams will receive prizes donated by Chamber members including Kaiser Permanente, Mission Peak Fitness, and Titan’s Kingdom Doggie Daycare. All money raised is tax deductible and will be donated to the Chamber’s Dollars for Scholars fund. Students interested in applying for the scholarships and reside in the communities of Fremont, Milpitas, Newark, Sunol or Union City can get an application from their high school counselor or online at www.fremontbusiness.com. To get involved or make a donation, contact (510) 795-2244.

Dollars for Scholars Bowl-a-thon
Saturday, Feb 21
1 p.m. – 4 p.m.
Cloverleaf Family Bowl
40645 Fremont Blvd, Fremont
(510) 795-2244
www.fremontbusiness.com
\$500 donation per team

Mission Valley Elementary receives technology donation

SUBMITTED BY BRIAN KILLGORE

Thank you to Franco and Jessica Pincilotti of “Autism Yesterday and Today,” for their generous donation of 14 iPad Minis, an iMac computer, printer, and digital camera for Special Education classes at Mission Valley Elementary School in Fremont. The donation is valued at \$9,000 and includes insurance and tech support for two years. Inspired by their own experiences raising a son with autism, Franco and Jessica created the non-profit organization to assist students with special needs through technology in the classroom.



Save a heart this Valentine's Day

SUBMITTED BY THE
CITY OF HAYWARD

Do you know what to do in the event of a cardiac emergency? According to the American Heart Association, about 92 percent of sudden cardiac arrest victims die before reaching the hospital, but statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double, or even triple, a victim’s chance of survival. Don’t miss this valuable opportunity to learn the skills that may one day save the life of a friend or loved one. Learn CPR from Made in Hayward students at Southland Mall on Valentine’s Day, February 14. The program,

a partnership among Hayward Unified School District, the Hayward Fire Department and Alameda County, will teach you the necessary skills to safely and appropriately administer CPR. For more information, contact the Student and Parent Support Department at (510) 723-3857 ext. 94180 or 94196.

Help Save a Heart
Saturday, Feb 14
11 a.m. – 2 p.m.
Southland Mall
Macy’s Court
One Southland Mall Dr,
Hayward
(510) 723-3857 ext. 94180
www.husd.k12.ca.us/madein-hayward

We love our volunteers



SUBMITTED BY
QUEENIE CHONG

*Others are girls and boys but then
All respond with a yes as
the occasion arises*

February is Poetry Month at John Gomes Elementary School in Fremont. To celebrate Valentine’s Day, a poem was written and dedicated to volunteers who have made the school a richer and better place each day. An excerpt is written below:
*Volunteers come in all shapes and sizes
Some are dedicated women and men*

*Volunteers have a wealth
of talents to share
Some recycle, direct traffic,
chaperone and drive
Others lead, and teach, so
musicals can go live
All engage in selfless acts here,
there, everywhere*



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.
2441 I 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

Newark Unified School District
1st/3rd Tuesday @ 7 p.m.
5715 Musick Ave., Newark
(510) 818-4103
www.newarkunified.org

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.slzusd.org

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

Hayward City Council

February 3, 2015

Consent:

Council approved plans and specifications, and call for bids to be received by March 3 for the New Sidewalk FY15 – Laurel Avenue project. The resolution also authorizes city manager to execute a joint agreement with Alameda County. According to the staff report, the project “will span across the city-county boundary and construct new curb, gutter, and sidewalk on approximately 755 feet of Laurel Avenue from Flagg Street to Meekland Avenue.”

Work Session:

Director of Finance Tracy Vesely presented pros and cons of forming future Community Facilities District (CFD) to help levy tax to new residential developers to fund the ongoing cost of services required by the new development. When Proposition 13 was enacted in 1978, property tax revenue reduced, thus requiring public agencies and real estate developers to develop other mechanisms to raise revenue for public services and infrastructure costs. The California State Legislature then approved the Mello-Roos Community Facilities Act of 1982, which provides for the levy of a special tax within a defined geographic area. The City currently has two CFDs formed in 2009 – Eden Shores and Cannery Place. According to Vesely, both

CFDs have worked so far. According to the report, forming a CFD would “ensure new development does not create a deficit between the revenues it generates and the cost of service to avoid adding a financial burden on the City.” However, forming a CFD might also create inequity between property owners in terms of paying property taxes. Some Council members think that forming a CFD is ineffective. Others suggested exploring this option if there is no other alternative.

Legislative Business:

Development Services Director David Rizk introduced an ordinance to amend the Hayward Plumbing Code to allow plastic pipe as allowed by the 2013 California Plumbing Code. According to staff report, plastic piping is used as an alternative to copper and cast iron due to chemical resistance, durability, corrosion resistance, and ease of assembly. Plastic pipe is also less expensive than metal and lower installation costs. However, some Council members and members of the public spoke against the proposed ordinance, citing safety issues. (Zermeño, Lamnin, Márquez – Nay)

Mayor Barbara Halliday	Aye
Mayor Pro Tempore Greg Jones	Aye
Francisco Zermeño	Aye, 1 Nay
Marvin Peixoto	Aye
Al Mendall	Aye
Sara Lamnin	Aye, 1 Nay
Elisa Márquez	Aye, 1 Nay

Continue item involving ordinance to approve a development agreement vesting and deferring the Transit Area Specific Plan residential impact fees for the citation I & II projects.

Consent Calendar:

Approve Youth Advisory Commission 2015 work plan.

Receive City of Milpitas Investment Portfolio status report for final quarter of 2014.

The book value stands at \$63 million as of December 2014.

Approve \$6 million mid-year budget appropriations for fiscal year 2014-15 mid-year operating budget to pay for final installment payments to Mission West Properties related to the purchase of McCandless property.

Approve plans and specifications and authorize advertisement for bid proposals for Community Center auditorium audio visual systems upgrade.

Receive report on general fund expenditures. As of December 2014, the City of Milpitas has spent \$34.4 million of its \$73.6 million budget.

Mayor José Esteves:	4 ayes, 1 Nay
Vice Mayor Carmen Montano:	4 ayes, 1 Nay
Debbie Indihar Giordano:	3 ayes, 2 Nays
Garry Barbadillo:	4 ayes, 1 Nay
Marsha Grilli:	4 ayes, 1 Nay

Environmental Review available for Alameda Creek Bridge Replacement Project

SUBMITTED BY NILES CANYON PROJECTS

Caltrans (California Department of Transportation) is proposing to replace the Alameda Creek Bridge and realign the eastern and western approaches to the bridge on SR-84. The Alameda Creek Bridge is in Niles Canyon, between Fremont and Sunol, in Alameda County.

You can look at or obtain the

draft Environmental Impact Report (EIR) at the Caltrans District 4 Office, 111 Grand Avenue, Oakland, on weekdays from 8 a.m. to 5 p.m. There are also copies of the report online at <http://www.dot.ca.gov/dist4/en-vdocs.htm> or at <http://www.dot.ca.gov/dist4/niles-canyon/> and hard copies are at the Niles Library (150 I Street, Fremont), the Fremont Main Library (2400 Stevenson Boule-

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

Another Best Year for Silicon Valley

BY KELLY KLINE,
ECONOMIC DEVELOPMENT DIRECTOR

Having three “best” years in a row is no small feat, but the annual Cornish & Carey forecast event on January 21 provided an opportunity to reflect on the broad-based factors contributing to Silicon Valley’s success, and the corresponding hopefulness that these dynamics are more sustainable than in previous booms.

Starting with the real estate data that Cornish & Carey is known for, there is every reason to celebrate.

- Price per square foot of all classes of office space is rising, especially in central business districts and campus environments.

- Vacancy rates for both office and research & development (R&D) space are declining.

- Venture capital funding is up (strongest since 1999), and there is a resurgence in initial public offerings (IPO’s).

- Multi-family housing development is strong.

- Credit is affordable.

- Silicon Valley has reached an all-time high in employment rates.

- Consumer confidence is high.

What makes this sustainable? The so-called “fifth wave” in employment revolves around “IoT,” or Internet of Things. This year’s Consumer Electronics Show was dominated by all things IoT — “wearables,” home monitoring devices of all kinds, and communications devices that track everything imaginable from health care to security systems.

This isn’t to say there aren’t lurking concerns that could put a kink in this progress. Immigration policy continues to lag behind our innovation economy that depends on foreign labor. But even some of the more troubling trends, such as security breaches, spell opportunity for Silicon Valley. Technology trends and drivers similarly play to our strengths — data mining, Internet gaming, advancements in health care, streaming media, cloud expansion, and digital entertainment.

How this translates into our built environment is best summarized by Phil Mahoney, senior vice president at Cornish & Carey: “What little land we have

is becoming incredibly valuable.” All of the “big names” are expanding, and tenant demand overall is the “highest we’ve seen since 2008.”

Providing a “VC” angle on this report was Mark Stevens, managing partner for S-Cubed Capital, and formerly with Sequoia Capital. He described a “Tale of Three Worlds” — or three “tectonic drivers” encompassing Big Data, Mobile and the Cloud. Silicon Valley’s prominence in all three has drawn back the “tourists” — not the ones with binoculars, but the hedge funds, mutual funds and foreign investors who are all hoping to get in on the action. He calls out hiring, housing and traffic as the Achilles heel for our region, but also provided some data points that are truly astounding:

- There will be 10 billion connected mobile devices by 2020.

- Spending on the cloud has increased from \$17 billion to \$55 billion in the last five years.

- The time to reach 100 million users has decreased exponentially with mobile reaching the metric in three years vs. the 20 years it took the personal computer.

- More data was created in the last year than all previous years combined.

- Of the top 30 companies listed on the 1960 Dow Jones index, only four remain.

- 70 percent of the Fortune 1,000 companies are new.

Stevens believes that our future depends on companies being able to optimize for change vs. efficiency. This means experimentation, the ability to fail fast or evolve, and ultimately “deleting” things that aren’t working. The “centralized command” structure is no longer relevant because “size kills; and simplicity saves.” This means companies will be smaller, with decisions being made from “first principles.” Experience will be viewed as both a blessing and a curse.

In conclusion, both Mahoney and Stevens alluded to a rate of change that is unprecedented. We will all have to keep up or die, and in doing so, embrace risk. This is good advice for cities. Mahoney notes that political environments matter, and staying relevant (and friendly) will be critical as companies seek partners that reflect their values of being nimble.

vard), and the Pleasanton Library (400 Old Bernal Avenue).

Caltrans welcomes comments on the draft EIR. The most beneficial comments include specific alternatives or mitigation measures that would provide better ways to avoid or mitigate any potential environmental effects of the project, concerns that are not addressed in the draft EIR, inaccuracies or missing information, and/or statistical data or facts to support your concerns. If you wish to make a comment on the draft EIR, you may submit your written comments to Caltrans. Please submit written comments to Caltrans District 4, Attn: Elizabeth White, 111 Grand Avenue MS 8B, Oakland, CA 94612, or via e-mail to nilescanyonprojects@dot.ca.gov. All comments must be received by 5 p.m. on Friday, March 20.

Additionally, a public open-forum hearing will be held to solicit comments on the draft EIR. The forum will be held on Monday, February 23 at Niles Canyon Elementary School Cafeteria. A brief presentation on the project will be given at 6:30 p.m.

The meeting facility is accessible to persons with disabilities. Persons requesting special accommodations should contact Caltrans District 4 Office of Public Affairs at (510) 286-4444 or use the California Relay Service TTY number, (800)-735-2929, no later than three days before the meeting.

**Open-Forum Hearing
Monday, Feb 23
6 p.m. - 8 p.m.
Niles Canyon Elementary
School Cafeteria
37141 2nd St, Fremont**

OPINION



WILLIAM MARSHAK

A national campaign called “Healthy Parks, Healthy People,” conceived in 2012, has been embraced by Bay Area regional parks and medical organizations “to provide safe, low-impact physical activity dedicated to improving the health and wellbeing of all Bay Area residents.” Goals of the effort include communicating the value parks and public spaces in a culturally sensitive manner to enhance use, funding and access for all. Outdoor activities are seen as a critical component of community health; find them in the East Bay Regional Park Activity Guide (inserted in this issue of Tri-City Voice) or at: www.ebparks.org and Tideline publication from Don Edwards National Wildlife Refuge or online at: http://www.fws.gov/refuge/Don_Edwards_San_Francisco_Bay/tideline.html.

A concurrent, and equally important, component of community health is mental well being. Recently, a new public service announcement (PSA) video, “Bridges to Behavioral Health,” produced by the Youth and Family Services division of the City of Fremont Human Services Department was released, focused on the widely diverse diaspora of the Chinese American community. But the message is actually much broader. Achievement and success are strong motivations for all of us, but especially difficult when added to the stress of youth trying to fit in and

find a path to fulfillment and happiness. Although first generation immigrants and their children face daunting challenges, we have all experienced the angst of finding a comfortable presence both within ourselves, our families and community. The stigma attached to this struggle is not a new one nor confined to any particular ethnic group.

In the United States presidential campaign of 1972, Senator Thomas Eagleton, a rising political star from Missouri was chosen to anchor as Vice President, George McGovern’s bid for the presidency. These were dark times; a frightening Cold War and Viet Nam War were linked to the mental stability of leadership. Under intense scrutiny, it was revealed that Eagleton had suffered mental anxiety while aggressively pursuing his political ambitions. He faced his detractors directly; “On three occasions in my life, I have voluntarily gone into hospitals as a result of nervous exhaustion and fatigue,” Eagleton told reporters at the time. “As a younger man, I must say that I drove myself too far, and I pushed myself terribly, terribly hard, long hours, day and night.” As a result, Eagleton had been hospitalized for depression. Although decades have passed since this public humiliation of a bright and capable public official who served two more terms as Missouri’s senator, the stigma and challenges of mental health issues remain.

Presently, our cities are inundated by pre-schools and after schools that offer names that evoke images of membership in an elite society. Children are expected to excel in academics leading to an ethereal world of bliss. Schools emphasize advanced placement classes and families dream of entry into a short list of widely

recognized colleges and universities. Reality is pushed aside in favor of the “best” schools and the “best” occupations. Happiness and occupational comfort are secondary. Is this the path to mental stability and growth? Although community support services are available, often they are utilized when patterns are already rigidly in place and inappropriate behavior is evident.

A flyer handed out at the screening of the introduction of Bridges to Behavioral Health offers signs of distress. Those listed include: isolation from friends and family; irritability, anger; loss of interest in usual activities, conflict with peers and friends, sleep problems, fatigue, low self-esteem, frequent headaches, health issues, appetite problems, excessive worrying, hopelessness; poor concentration. Parents should be aware of any changes that seem extreme and take immediate action. The flyer concludes with the thought, “Err on the side of caution. If something feels wrong, take action!”

Help is available... one resource for anonymous help is Youth and Family Services: (510) 574-2100 or <http://www.fremont.gov/index.aspx?NID=1085>.

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Pioneer Softball Report

SUBMITTED BY SCOTT CHISHOLM

Pioneers sweep with comeback victories

Cal State East Bay used timely hitting and a 7-run inning in each game of the February 4th doubleheader to earn 8-7 and 8-3 home wins over Notre Dame de Namur. Ali Cerninara, Allie Kornahrens, and Kelsey LaVaute combined to drive in 13 of the team’s 16 runs on the day.

Cerninara, Kornahrens, and LaVaute drove in 11 of their 13 combined RBI with two outs in the inning. The Pioneers hit .412 (7-for-17) with two outs while the Argos went 3-for-17 (.176) with one RBI.

“Our hitters have been doing great. They are working counts, drawing important walks, and coming up with clutch hits when needed,” East Bay Head Coach Barbara Pierce complimented. “It has been great to see production from all five pitchers with solid defense behind them.”

Win streak snapped

Cal State East Bay won its fifth straight to open the season on February 5th as Sierra Clark tossed a complete game in a 4-3 victory over Academy of Art. The streak would end there as the Urban Knights scored twice in the seventh inning to take game two, 8-6.

ADJUDICATION:

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Obituary

Charlie Loughborough

It is with great sadness that we inform you of the sudden and unexpected death of Charlie Loughborough on Tuesday, February 3.
Charlie was a larger than life member of the Milpitas business Community and will be greatly missed. We extend our heartfelt commiserations to George and Linda Loughborough and family, and to everyone at Huntford Printing.
There will be a Celebration of Life for Charlie on Sunday, February 8 at the Higuera Adobe Park, Wessex Pl, North Park Victoria Drive, 2-5pm.
In Lieu of flowers please send donations to George Loughborough c/o Huntford Printing, 275 Dempsey Rd, Milpitas.
Our thoughts are with the family at this very sad time.
Milpitas Chamber



LIFE CORNERSTONES

Birth

Marriage

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

Obituaries



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(510) 793-8900 FD 1115
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www.fremontmemorialchapel.com

Toshiko Grappone

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RESIDENT OF FREMONT

April 24, 1923 – January 28, 2015

Mark J. Simonetti

RESIDENT OF FREMONT

March 17, 1952 – January 29, 2015

John J. Wankner

RESIDENT OF FREMONT

September 21, 1946 – January 29, 2015

Michael J. Miller

RESIDENT OF FREMONT

March 30, 1957 – January 30, 2015

Donald W. Crawford

RESIDENT OF FREMONT

December 25, 1927 – February 2, 2015

Karen Marie Johnson

RESIDENT OF FREMONT

October 20, 1944 – February 2, 2015

Richard C. Klitzing

RESIDENT OF FREMONT

May 24, 1951 – February 3, 2015

John B. Accinelli

RESIDENT OF UNION CITY

August 3, 1918 – February 4, 2015

Josefina Y. Alansalon

RESIDENT OF HAYWARD

September 19, 1931 – February 6, 2015

William Marshall

RESIDENT OF FREMONT

June 28, 1933 – February 6, 2015

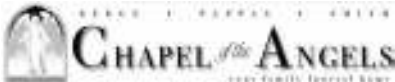
Rochelle "Shelley" Lynn Gould

RESIDENT OF NEWARK

December 31, 1951 – February 7, 2015



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Linda S. Brown

RESIDENT OF FREMONT

May 15, 1934 – January 30, 2015

Ruth E. Bayles

RESIDENT OF FREMONT

April 1, 1914 – February 1, 2015

Mohit Kumar

RESIDENT OF FREMONT

August 17 1915 – February 3, 2015

Demetrio R. Federico

RESIDENT OF PLEASANTON

March 8, 1932 – January 22, 2015

Annette Johnson

RESIDENT OF FREMONT

March 20, 1940 – February 3, 2015

Geraldine F. Klarich

RESIDENT OF FREMONT

February 6, 1928 – February 4, 2015

Salvador Velasquez

RESIDENT OF SAN FRANCISCO

October 19, 1932 – February 5, 2015

Karen P. Steckler

RESIDENT OF FREMONT

January 3, 1946 – February 5, 2015

Barry G. Moore

RESIDENT OF CASTRO VALLEY

June 25, 1965 – February 7, 2015

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Obituary

Toshiko Grappone (Kamei)



Toshiko Grappone (Kamei) of Newark passed peacefully on
January 28, 2015 at the age of 82.

Toshiko is survived by her loving husband Alfonso of 62 years;
son's Stephen (Debbie) and Tommy (Barb), daughter's Shirley and
Linda (Mark); Grandchildren, Jennifer (Jason), Katie, Andrea
(Robert), Ryan, Stepy, Nicole, and Michael; Great-grandchildren,
Molly, Landon, Alex, Tyler, and Zachary.

Her interests and hobbies included cooking, sewing, swim-
ming, puzzles and high fashion. Her peaceful singing often filled
the house with songs from her childhood of her native Japan.

A private family service was held in remembrance of Toshiko.

her knowledge of antiques with others. She had a special eye for
decorating and many people would complement her on the de-
signs in the store, especially the Christmas season decorating that
she and Rae do annually.

Besides her husband, Craig, Casey leaves her daughter Rae,
son-in-law Marcus, three step children, Terri, Suzanne and Mark,
and ten grandchildren.

Casey was an incredible woman and loved to travel and vis-
ited several countries always buying antiques for the store and
home. Her favorite were the Paris flea markets most especially
Les Puces de Saint-Ouen and Marche aux Puces de la Porte de
Vanves where she spent days browsing and buying at antique
stores and booths.

Services will be held Friday February 20, 2015, at Corpus
Christi Church, 37891 2nd Street in the Niles District of Fre-
mont at 3:00 PM. There will be a celebration of her life after the
services at The Vine restaurant on 37553 Niles Blvd. in Fremont.

Memorial contributions are welcome and should be mailed to
Wounded Warrior Project, 8880 Rio San Diego Drive, Suite
900, San Diego, Cal 92108



Obituary

John Joseph Wankner

Sept. 21, 1946 - Jan. 29, 2015

Known to all as Jack, John J. Wankner was a musician, entomologist, environmental and human rights activist, father, and physician's assis-
tant at the Fremont Urgent Care Center for 24
years. Born in Pennsylvania, Jack moved to
Southern California at a young age. He received a
BS from Long Beach State University, and later a
Graduate degree from USC's medical school. He
traveled the world for 3 years, spending long
stints in both Africa and India. Jack loved Indian
music, and moved his family to Fremont in 1984
to be closer to the Ali Akbar Khan School of
Music. Survived by his two children, Galen
Wankner and Valerie Burk, and former wife
Susan Harrison, Jack was very proud of his fam-
ily. He often spoke of Valerie and Galen as evi-
dence of his life's greatest accomplishment. At
each of their wedding receptions he stood up and
declared, "My heart soars like a hawk!" Jack was
never shy to tell it like it was, and will always be
admired for that. Eight years ago, cancer forced
an early retirement. Jack fought through multiple
chemo treatments and a successful stem cell
transplant. Between bouts of treatment, he trav-
eled to Canada, Mexico, and various National
Parks. He even managed a 2-week volunteer pro-
gram in New Orleans to study insects. Jack was
undeterred in his choice to live this life. He will live forever in our hearts, memories, and stories to our chil-
dren. We love you Dad; "Keep Tal!"



Obituary

Karen "Casey" Steckler

Karen "Casey" Steckler, age 69, of Fremont, Cal-
ifornia passed away on Thursday (February 5, 2015)
at home in hospice care with her husband and
daughter after a short battle with cancer. She was
the beloved wife of Craig T. Steckler of Fremont,
and mother of Rae Steckler-Homorody of Fremont.

Casey was born in San Francisco, California on
January 3, 1946 and was an only child. She is the
daughter of the late Raymond and Patricia Martin
her parents who proceeded her in death. Her father
was a career Marine and Casey moved to several dif-
ferent states as is often the case with children of mil-
itary personnel.

Casey began her adult career as a hair stylist and
worked in that profession for over 30 years before re-
tiring and opening an antique store in the Niles Dis-
trict of Fremont. Her love of quality antiques and
decorating are evident in her store The Iron Dog An-
tiques and Such, 37589 Niles Blvd, Fremont.

Casey and her daughter Rae Steckler-Homorody
opened the store from May of 2002 and Rae will
continue operating The Iron Dog. Casey made nu-
merous friends and was known to most people in
the Niles District as a creative, friendly and fun
filled woman. She was always willing to help other
antique dealers to be successful and shared much of

LETTERS POLICY

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

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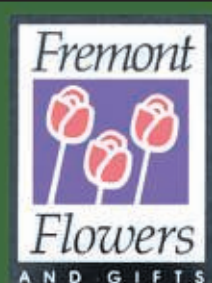
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Scouts visit Tri-City Voice offices



Den 6 Tigers. Left to right: Samuel Lee, Luca Stearns, Griffin Lutes, Jeffrey Liu, and Gautham Viswanathan



Webelos: Left to right: Alex Villegas, Ray Edwards-Heavilin, Jaxon Orluck, Ryder Orluck, Andrew Macy, Chris Cha, Daniel Lee and Dominic Bono.

SUBMITTED BY AMBER LUTES AND THERESA MACY

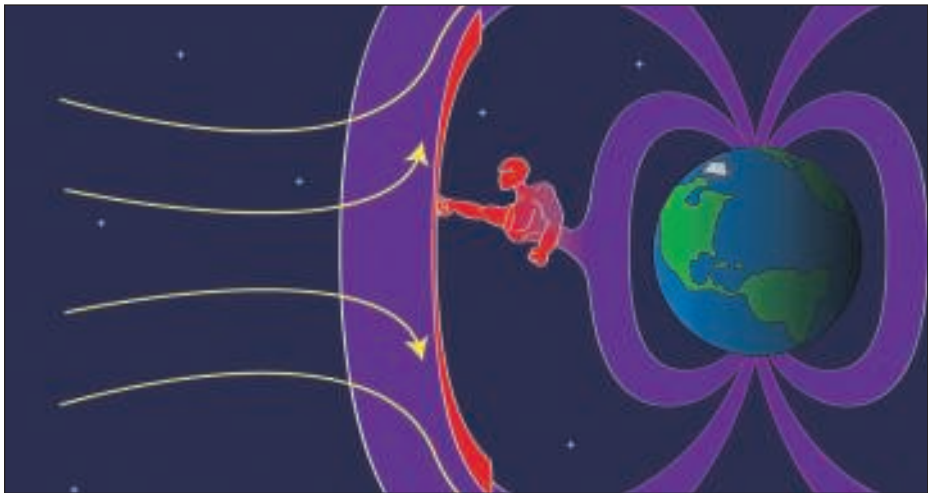
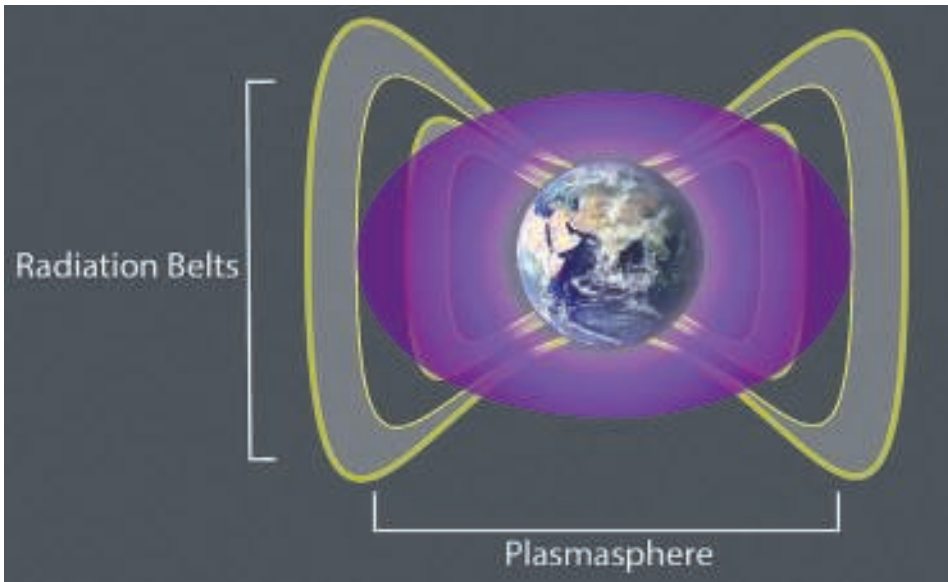
On a recent visit to the offices of Tri-City Voice on Friday, February 6 2015, scouts of Pack 112 (Niles), Den 6 Tigers and Webelos learned about the value of newspapers, how they are produced and help provide accurate news to the community. Each scout was awarded “gold” coins when they completed an exercise in communications.



BY ALEX H. KASPRAK
NATIONAL AERONAUTICS AND
SPACE ADMINISTRATION

Sure, the sun is great. It's nice to not live in a frozen wasteland, after all. But the sun is pretty terrifying, too. It sends a dangerous stream of fast-moving electrons, protons, and other even smaller particles, called photons, toward Earth. You may have heard of one of the ways Earth shields itself—the ozone layer. The ozone layer, which is high in the atmosphere, blocks much of the sun's damaging UV radiation, which comes from the photons. But there's another shield further away. This takes care of larger, fast-moving particles—electrons and protons. And scientists have just discovered how strong this other shield is. Two donut-shaped belts called the Van Allen belts surround our planet. Scientists have known about them for a long time. For the most part, the closer belt contains protons and the further belt contains electrons. Earth's magnetic field shapes them and holds them in place.

Earth's Impenetrable Shield



Now, scientists have new information from a pair of NASA probes sent into orbit back in 2012. The big discovery is about the edge of the outer donut that is closest to Earth. It's pretty much an unbreakable shield against the fastest moving particles thrown at us by the sun. Scientists have even called it “impenetrable.” It's pretty remarkable. These electrons and protons from the sun are traveling at nearly the speed of light. But when they reach the end of the first Van Allen belt, they stop moving toward Earth. Scientists are still not sure how or why this powerful shield exists or even how it works. But we should sure be thankful it's there. Without protection from the sun's damaging particles, Earth would be a different place! Learn more about this sun in Space Place's latest “Space Place in a Snap” <http://spaceplace.nasa.gov/sun-heat>. Check out our great sites for kids: <http://spaceplace.nasa.gov> <http://scijinks.gov> <http://climatekids.nasa.gov>

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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

Rotaract Club of Greater Fremont Community service & business club for young professionals and students ranging from ages 18 to 30. Meetings on 1st & 3rd Wednesdays at 7 pm. Find our events on meetup.com/rotaractfremont	AMERICAN LEGION POST 837 Meets third Tuesday each month - 6:30-8:30pm Social, Program, General Meeting Historic Niles Veterans Hall 2nd & E. Street, Fremont www.POST837.org ALL VETERANS WELCOME	The League of Women Voters invites you to visit our website at www.lwvfnc.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.
TRI-CITY DEMOCRATIC FORUM MEETING Every Third Wednesday 7:00 pm Chandni Restaurant 5748 Mowry School Rd Newark, CA 94560 http://www.tricitydems.com/	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 510-793-6222	Soroptimist International Tri-Cities Improving the lives of women and girls in our community and throughout the world. Meetings: Third Monday every month at 6:00pm Papillon Restaurant 37296 Mission Blvd Fremont Call 510-621-7482 www.sitricities.org
AMERICAN CANCER SOCIETY 100% of our services are *** FREE *** Please contact us at 800-227-2345 RELAY FOR LIFE – UNION CITY Your help with our fundraising *** PRICELESS *** Please contact us via email at jendudley345@gmail.com	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 dla_aarp_4486@yahoo.com	Fremont Cribbage Club teaches cribbage to new players & tournament cribbage to all players of any skill level every Tues. 6:15pm at Round Table Pizza 37480 Fremont Blvd., Centerville Email: Accgr43@gmail.com American Cribbage Congress www.cribbage.org
Come Join Us Tri Cities Women’s Club Meets on the third Tuesday Elk’s Club on Farwell Dr. 9:30 – Cards, 12:00 – Lunch 1:00 – Program and Meeting We also have bridge, walking, Gourmet dining groups, And a book club. For info. Call 510-656-7048	Afro-American Cultural & Historical Society, Inc. Sharing ur culture and history in the Tri-Cities and surrounding area Meetings: Third Saturday 5:30pm in member homes Contact: 510-793-8181 www.aachis.com We welcome all new members	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 No cost program of support for people suffering from the effects of alcoholism in a friend or loved one. Call 276-2270 for meeting information or email Easyduz@gmail.com www.ncwsa.org	The Friendship Force San Francisco Bay Area Travel as a club to many countries to stay with local hosts. Host club members from abroad. Cultural programs and other group events in the Bay Area. March 1--Africa program; August—visitors from Brazil www.ffsfba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857	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 510-754-9595	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	First Church of Christ Scientist, Fremont Sunday Service 10am Sunday School 10am Wed. Eve Service 7:30pm Chld Care is available all services. Reading Room Open Monday - Friday 1-3pm 1351 Driscoll Rd., Fremont 510-656-8161
Painting with Nancy Benton \$40.00, All materials provided experience is not necessary. Held Saturdays 11:30 –1:30 1/24, 2/28, 3/28, 4/25 Registration recommended 37697 Niles Blvd., Fremont www.fremontartassociation.org 510.792.0905	Fremont Art Association Painting with Nancy Benton \$40.00, All materials provided, experience is not necessary. Held Saturdays 11:30 – 1:30 1/24, 2/28, 3/28, 4/25 Registration recommended 37697 Niles Blvd., Fremont www.fremontartassociation.org 510.792.0905	ORIGNAL ARTWORK The Fremont Art Associaation Gallery recently installed new paintings, ceramics, jewelry, fiver arts and more! Visit us at: Fremont Art Association 37697 Niles Blvd., Fremont www.fremontartassociation.org Open Wednesday - Sunday	Alder Ave. Baptist Church 4111 Alder Ave., Fremont Serving GOD Southern Baptist Traditon - Pastor-Randy Walters Sunday Bible Study -9:30am Worship Service - 11am Community Sing-Along First Friday every month 510-797-330 www.Alderavenuebaptist.com	New Dimension Chorus Men’s 4 Part Vocal Harmony In the “Barbershop” style Thursdays at 7pm Calvary Luther Church 17200 Via Magdalena SanLorenzo Contact: ndchorus.org 510-332-2481
QUALITY FREE TAX PREP IRS-Certified Tax Preparers \$53,000 or less household income Other restrictions may apply Saturdays: Feb 7 to Apr 11, 2015 10 am – 1 pm (Closed Mar 14) At Union City Library 34007 Alvarado-Niles Road Union City 510-574-2020 for more info	QUALITY FREE TAX PREP IRS-Certified Tax Preparers \$53,000 or less household income Other restrictions may apply Tuesdays: Feb 3 to Apr 14, 2015 10 am – 1 pm - by Appointment Only At Tri-City Volunteers 37350 Joseph Street Fremont Sara Govea at 510-793-4583	FREMONT COIN CLUB Established 1971 Meets 2nd & 4th Tues 7pm At the Fremont Elks Lodge 38991 Farwell Dr., Fremont All are welcome, come join us www.fremontcoinclub.org 510-792-1511	Little Lamb Preschool Open House Saturday, March 14 Everyone invited - meet staff and see class rooms. Free ice cream sundaes. Information on Fall enrollment. Drop in between 1pm-4pm 505 Driscoll Rd., Fremont www.littlelambpreschoolbcc.org	
QUALITY FREE TAX PREP \$53,000 or less household income Other restrictions may apply Fremont Family Resource Center 39155 Liberty St, Fremont Open: Feb 2 to Apr 15, 2015 Monday & Wednesday: 4 pm - 8 pm Friday: 10 am - 1 pm Closed 2/16/1-President's Day 510-574-2020 for more info	QUALITY FREE TAX PREP IRS-Certified Tax Preparers \$53,000 or less household income Other restrictions may apply Saturdays: Feb 7 to Apr 11, 2015 10 am – 1 pm (Closed Mar 8th) At Newark Library 6300 Civic Terrace Avenue Newark 510-574-2020 for more info	SAVE’s Domestic Violence Support Groups FREE, compassionate support Domestic violence survivors Drop-in, no reservations needed Every Tues & Thurs 6:45-8:45 pm Every Friday 9:15 to 11 am 1900 Mowry Avenue, Fremont (510) 574-2250 or 24-hour Hotline (510) 794-6055 www.save-dv.org	SAVE’s Restraining Order Clinics Free for domestic violence survivors Seeking protective orders Locations: Fremont, Hayward & San Leandro Every Monday, Tuesday & Thursday Call SAVE’s 24-hr Hotline (510) 794-6055 for details www.save-dv.org	SAVE’s Empowerment Ctr. Services FREE for domestic violence survivors. If you’re seeking healing, strength, support or referrals, SAVE can help! Yoga, therapeutic art, advocacy & more 24-hour Hotline (510) 794-6055 Empowerment Ctr (510) 574-2250 1900 Mowry Ave, #201 Fremont. www.save-dv.org
		Soiree Singles For People Over 60 Many Activities! Dancing, Dinners, Luau’s Potlucks. Great Fun! email: lelochmil@att.net or Call: Lois for FREE Newsletter 510-581-3494	Flea Market and Sports Memorabilia Saturday - April 11 9am - 4pm Hayward Veterans Bldg. 22737 Main St. Hayward 510-581-1074 Hosted by American Legion Auxiliary Dorthycastillo61@yahoo.com	Mission SJ High Booster Club Crab & Pasta Feed-All you can Eat Sat - Feb 28 - 6-10pm Mission San Jose High - Main Gym-41717 Palm Ave.,Fremont Vegetarian options available Email ticket requests msjhscrabfeed@hotmail.com Tickets \$50 Proceeds for - Sports & Arts
	Stoic Philosophy in the East Bay The Redwood Stoa Hosts a study group for those interested in the philosophy of the ancient Stoics and how it can be applied to modern life. Learn more at https://redwoodstoa.wordpress.com/ Join at Meet-up.com: http://www.meetup.com/the-Redwood-stoa	Tri-City Society of Model Engineers The TCSME located in Niles Plaza is currently looking for new members to help build & operate an N Scale HO layout focused on Fremont & surrounding areas. We meet Fridays 7:30-9:30pm. Please visit our web site: www.nilesdepot.org		

Hiu Ng, Fremont

LETTER TO THE EDITOR

An article appeared in Tri-City Voice about the Keystone Pipeline that generally advised, don't worry. It is only fair to include a letter (or selections) from the Environmental Protection Agency to the U.S. State Department about their concerns.

Claudette Begin
Union City

In response, the following are excerpts from a letter, dated February 2, 2015, to Mr. Amos Hochstein, Bureau of Energy Resources, U.S. Department of State and Ms. Judith G. Garber, Oceans and International Envi-

ronmental and Scientific Affairs, U.S. Department of State.

Ed

“We note as particularly important the commitment by Keystone to be responsible for clean-up and restoration of groundwater as well as surface water in the event of a release or discharge of crude oil. These efforts will decrease the risk of spills and leaks, and provide for necessary remediation should spills occur. Nonetheless, the Final SEIS [Supplemental Environmental Impact Statement] acknowledged that the proposed pipeline does present a risk of spills which remains a concern for

citizens and businesses relying on groundwater resources crossed by the route.”

“The analysis of climate change issues has also improved from the Draft SEIS. The Final SEIS makes clear that oil sands crude has significantly higher lifecycle greenhouse gas emissions than other crudes. The Final SEIS states that lifecycle greenhouse gas emissions from development and use of oil sands crude is about 17% greater than emissions from average crude oil refined in the United States on a wells-to-wheels basis.”

“Until ongoing efforts to reduce greenhouse gas emissions associated with the production of oil sands are

more successful and widespread, the Final SEIS makes clear that, compared to reference crudes, development of oil sands crude represents a significant increase in greenhouse gas emissions.”

“Based on that market analysis, the Final SEIS concluded, in January of 2014, that if the Project were not approved, oil sands crude would be likely to reach the market some other way, most likely by rail. The Final SETS acknowledged that the alternative of shipment by rail is more expensive than shipment by pipeline, and would therefore increase the costs of getting oil sands crude to market.’ However, the Final SEIS concluded that

given global oil prices projected at that time this difference in shipment costs would not affect development of oil sands, which would remain profitable even with the higher transportation costs of shipment by rail. Therefore, the Final SEIS concluded that although development of oil sands would lead to significant additional releases of greenhouse gasses, a decision not to grant the requested permit would likely not change that outcome, i.e., those significant greenhouse gas emissions would likely happen regardless of the decision on the proposed Project. This conclusion was based in large part on projections of the global price of oil.”

AMVETS presents Certificate of Appreciation to Chapel of the Chimes



Officers of AMVETS Hayward Post 911 with Reverend Eric Cobbs in the center holding the Certificate.

SUBMITTED BY MICHAEL L. EMERSON

During AMVETS Hayward Post 911’s monthly February meeting the Post’s veterans presented and awarded a framed Certificate of Appreciation to Reverend Eric Cobbs, public relations officer for the Chapel of the Chimes Cemetery in Hayward. This was to thank Chapel of the Chimes for their past support and donations to AMVETS, and also

for flying our National Flag in front of the Chapel of the Chimes every day.

AMVETS meets at 7 p.m. on the first Thursday of the month at the Hayward Veterans Memorial Building in downtown Hayward. All veterans are welcome to attend. For more details about AMVETS log on to our website: www.AMVETS911.com.

Newark Police Log continued from page 33

Wednesday, January 28

0612 Hours: Officer Stone investigated a vehicle theft on Sycamore St. at 6:12 a.m. A white 1970 Chevrolet El Camino (License 6M55805) was taken overnight between 2200 and 0545 hours.

Officer Knutson responded to Ohlone College, located at 39399 Cherry St, at 10:18 a.m. and recovered a bicycle that had been reported stolen out of Fremont.

Officer Arroyo investigated a theft from a carport at 11:09 a.m. Tools were stolen from a storage locker within the past two weeks.

Officer Arroyo investigated a vehicle theft on Magnolia St. at 1:16 p.m. A red Acura Integra, license # 6BTS438, was taken between 7 a.m. and 11 a.m.

Officer Saunders investigated a vehicle theft on Sycamore St. at 1:41 p.m. A white 1993 Jeep Cherokee, license # 6XGH223, was taken between 0100 and 1300 hours.

Officer Lopez investigated a theft of jeans from Macy’s at 3:02 p.m. A suspect entered the store around 2:20 p.m., grabbed \$1500 worth of jeans, and fled.

At 3:32 p.m., Officer Stone investigated a residential burglary that occurred on Brittany Ave.

At 9:27 p.m., Officer Homayoun followed up on his Domestic Violence investigation from the previous day. Officer Homayoun authored a pre-complaint “Ramey” arrest warrant for the suspect, Raul DoradoCasas (Age 24, of Newark). Officer’s Homayoun and Todd conducted surveillance in front of the suspect’s residence. After a couple of hours of surveillance, a vehicle occupied with the suspect pulled up to front the residence. A high-risk stop ensued and all three occupants were detained. The two unrelated passengers were released. Once back at Newark Police Department, Officer Homayoun obtained a confession from DoradoCasas. Officer Todd

transported DoradoCasas to Fremont Jail and booked him for kidnapping, felony domestic violence, and criminal threats.

Thursday, January 29

At 6:39 a.m., Officer Arroyo investigated a theft from four unlocked vehicles at the residence on Abbotford Ct.

Officer Stone responded to Macy’s at 3:34 p.m. for a shoplifter in custody. Officer Stone accepted the citizen’s arrest of Navjit Kuar (Age 32, of Fremont) for petty theft. Kuar was issued a citation and released.

Friday, January 30

Officers responded at 1:59 p.m. to Zumies (at the mall) for a shoplift that had just occurred. Officers Taylor and Johnson contacted and arrested Marcea Lambert, (Age 19, of Lathrop) for burglary. Lambert was issued a citation and released from the location.

Saturday, January 31

Officer Jackman responded to JC Penneys at 4:05 p.m. for a shoplifter in custody. Officer Jackman accepted the citizen’s arrest of Christy Anderson (Age 25, of Santa Rosa) for petty theft. Anderson was issued a citation and released from the location.

Officer Hogan responded at 8:22 p.m. to Macy’s for two shoplifters in custody. Officer Hogan arrested Mayur Tiwari and Sunishtha Sekher (both aged 35, of Fremont) for burglary. Both suspects were issued citation and released at the scene.

Sunday, February 1

At 1:30 p.m., Officer Katz documented a burglary that occurred in the parking lot of BJ’s. Loss was two briefcases containing laptops.

At 5:32 p.m., Officer Arroyo investigated a domestic violence incident that occurred on Ash St. where the husband bit and battered his wife during a heated argument. Officer Neithercutt arrested Michael Killmer (Age 32, of Newark) for felony domestic violence. Killmer was booked at

Santa Rita Jail.

Officer Slater was dispatched at 6:29 p.m. to a residence on Ravenwood Ave. regarding a stolen wallet and set of keys. During his investigation, Officer Slater identified Joseph Martin (Age 27, of Newark) as the suspect. Later that night, Martin called 9-1-1 from his parent’s house wanting to know why Officer Slater was looking for him. Officer Slater located and arrested Martin for petty theft. Martin was issued a citation and released from the location.

Officer Losier responded at 7:28 p.m. to the NewPark Mall Macy’s store for a shoplifter in custody. Officer Losier arrested Lacey Ann Franks (Age 22, of Fremont) for burglary and battery. Franks was booked into Santa Rita Jail.

Monday, February 2

At 12:50 p.m., Officer Neithercutt investigated a petty theft of a Gucci watch from Valliani Jewelry (Newpark Mall).

Tuesday, February 3

At 9:52 a.m., Officer Slater investigated the burglary of a storage shed at Public Storage (38920 Cedar Blvd).

Wednesday, February 4

At 2:33 p.m., Officers investigated a residential burglary on Edith St.

Officer Schwerin accepted a Citizen’s Arrest at 2:32 p.m. from JC Penney’s of Sujata Warange, age 52 of Milpitas, for shoplifting. Warange was cited and released.

Officers responded at 3:36 p.m. to a Domestic Battery that had just occurred. Officer Slater arrested Marek Kozak, age 61 of Newark, for Domestic Battery. Kozak was booked at Santa Rita Jail.

Thursday, February 5

NPD Officers responded at 3:21 p.m. to a report of domestic violence in the 36000 block of Ruschin Avenue. Ashley Cassata, age 27 of Newark, was arrested for Domestic Battery. Cassata was booked at Fremont PD Jail.

Help Wanted: Public Safety Dispatcher

The City of Newark is now accepting applications for Public Safety Dispatcher. Job requirements and additional information can be found at: <http://www.newark.org/images/uploads/humres/pdfs/Public%20Safety%20Dispatcher%202015.pdf> Applications are accepted online at: <https://www.calopps.org/ViewAgencyJob.cfm?ID=19735&kw=dispatcher>

Free tax preparation and e-filing you can trust

SUBMITTED BY
RAYMOND GRIMM

Trained IRS-certified VITA tax preparers from the SparkPoint Fremont Family Resource Center (FRC) Volunteer Income Tax Assistance (VITA) Program will be providing free quality tax preparation with e-filing for qualified individuals and families with household income of \$53,000 or less annually. Since 2002, FRC VITA has helped over 16,000 families and individuals to receive over \$25 million in refunds. You may qualify for up to \$6,044 of additional refund through the Earned Income Credit.

COME TO ONE OF OUR

MAIN LOCATIONS:

Fremont Family Resource Center
through Wednesday, Apr 15
closed Monday, Feb 16
Mondays & Wednesdays: 4 p.m. - 8 p.m.
Fridays: 10:00 a.m. - 1 p.m.
39155 Liberty St, Bldg EFGH, Fremont

Union City Library
through Saturday, Apr 11
closed Saturday, Mar 14

Saturdays only:
10 a.m. to 1 p.m.
34007 Alvarado-Niles Rd,
Union City
Holly Community Center
through Saturday, Apr 11
closed Saturday, Mar 14
Saturdays only:
10 a.m. to 1 p.m.
31600 Alvarado Blvd,
Union City

Tri-City Volunteers
through Tuesday, Apr 14
Tuesdays only: 10 a.m. to 1 p.m.
37350 Joseph St, Fremont
By appointment: Call Sara at (510) 793-4583

Newark Library
through Saturday, Apr 11
closed Saturday, Mar 14
Saturdays only: 10 a.m. to 1 p.m.
6300 Civic Terrace Ave, Newark

VITA is sponsored by the United Way of the Bay Area’s Earn It! Keep It! Save It! Coalition and the IRS. For more information on what to bring, visit www.fremont.gov/241/SparkPoint or call SparkPoint Fremont at (510) 574-2020.

SparkPoint offers free financial services

SUBMITTED BY
RAYMOND GRIMM

Would you like to meet with a financial coach? Increase your income and savings? Manage your debt? Create a savings and spending plan for you and your family? If you said “yes,” then we invite you to attend a SparkPoint Information Session and learn how you can work with a financial coach to help reach your financial goals.

SparkPoint at Fremont Family Resource Center (FRC) brings together community financial resources to help individuals and families become financially self-

sufficient. Come to a SparkPoint Information Session every third Thursday of the month from 6 p.m. – 7 p.m., and learn more about the programs and services to help build a secure future for you and your family.

Dates for 2015: February 19, March 19, April 16, May 21, June 18, July 16, August 20, September 17, October 16, November 19, December 17

To reserve your space, please contact SparkPoint Fremont FRC at (510) 574-2020. Fremont FRC is located at 39155 Liberty St. For other SparkPoint locations, visit www.sparkpointcenters.org.

Union City Police Log

SUBMITTED BY UNION CITY PD

Thursday, January 29

Around 7:30 p.m., Officers Seto and Olson were dispatched to the 2600 block of Parkside Dr. on reports of a carjacking. Ultimately, it was determined that a known suspect brandished a handgun and then intentionally rammed a victim’s vehicle during a confrontation. The suspect fled the scene prior to police arrival.

Tuesday, January 27

Around 5:40 p.m., Officers Geldermann and Ramos were dispatched to an apartment in the 34800 block of 11th St. on reports of a spousal battery. It was determined that no physical battery had taken place, but that the suspect had threatened to kill the victim. The sus-

continued on page 38

Shape Our Fremont

Where Fremont residents can learn about shaping proposed housing developments

Residents often ask why so many new houses are being built in Fremont and why they are being built where they are. Here's our understanding of the whys and wherefores.

811 new residential units - 152 houses, 246 townhouses and 413 apartment/condo units - in sixteen developments have been approved since February 2013. There are 433 more units currently being considered and nearly 5,000 more are in the pre-application phase. Eight of the approved developments were old homesteads and four were previously church properties.

The State's Push

The state mandates that cities add housing units if they want certain state funding. If a city doesn't need the state funds, it can choose not to abide by those mandates, but The City of Fremont is not one of them.

The State of California sends housing need estimates to each state regional Council of Governments. This allotment is called the Regional Housing Needs Allocation or RHNA Numbers (pronounced Reena.) The Association of Bay Area Governments (ABAG) covers Alameda County which, in turn, covers The City of Fremont. Each city is assigned its share of the housing needs based on projected local job and household growth. The housing allotments are divided

up by income level needs - both 'affordable' and market rate units.

The state encourages infill of underdeveloped or 'skipped over' sites that are already served by infrastructure. It strongly discourages the conversion of open space or underdeveloped land on the fringes of the city to urban uses.

The City's Pull

Where does the state get its data on a city's available land, projected local job and household growth? The City submits those numbers through reports and its General Plan.

When Fremont decided to become "strategically urban," it changed its housing growth plans. The 2011 General Plan added Urban areas of very high density such as in the new Downtown City Center and along the Fremont Blvd. spine.

The city has promoted itself as "Silicon Valley East" and wants to be a place that attracts both jobs and the housing for those employees. It has created the Warm Springs - South Fremont special plan which calls for 4,000 housing units in the area near the Warm Springs BART station.

It also defined Transit Oriented Development (TOD) areas which "will generally have more intense development". These TODs extend in a half-mile circle around the three BART stations and the Center-ville train station.

What's Driving All This Housing Development?

The City of Fremont's 2011 General Plan states "All of the growth projected for Fremont over the next 20-25 years is anticipated take place within the existing urbanized area. By growing more compactly, the City can preserve its hills and Baylands as open space."

The Economy's Ups and Downs

When the economy is down, the city wants to attract more tax revenues either from new businesses or new housing development fees. That can drive the city to loosen restrictions. Building costs for the developers may be lower.

When the economy improves, more jobs open up and more people want to, and can afford to, live close to their place of employment. That can drive the city to designate more areas of higher residential density. More new houses may sell for higher prices.

So, up or down, the economy can drive new housing.

The School District's Draw

In the 1980's and 1990's, the Fremont Unified School District schools became some of the top in the state. That now attracts families who want the best education for their children. Developers know that new houses in the best performing school attendance areas will sell the best.

The Developers' Drive

Developers are only going to build

where they can make a profit. Where are the jobs? Where are the schools? Where is there cheap available land? Where can they build the "product" they are best at building and selling? How tough are the city's development regulations? And finally, what has the city recently been approving?

Consequences of Growth

Fremont may gain tax revenues from the new housing, but, along with infrastructure costs, there will be the costs of maintaining the amenities that draw people to move here. Schools, libraries and parks may be more crowded. Police and fire services may be strained. Traffic and parking may be more difficult to navigate.

If the city wants more urban population growth than can be accommodated in the Downtown City Center or Warm Springs BART areas, all the other small infill parcels will be developed with high-density housing. Will the character of the community change when 3-story townhouses are packed into in every free acre?

Before this happens, let's slow down and reexamine growth and urbanization. Fremont residents need to speak up and voice their opinions.

For information about proposed residential developments, and more discussion of the issues, go to: www.ShapeOurFremont.com

District awards contracts for classroom additions



Warm Springs Elementary School Principal Scot Iwata (third from right) and Assistant Principal Kimberley Pedrotti (fourth from right) meet with the Design-Build Team of WLC Architects and JLM Construction to discuss the new classroom building project, funded through the Measure E Bond (Series A)

**SUBMITTED BY
ROBIN MICHEL**

At the January 14 Fremont Unified School District Board of Education meeting, the Board awarded design-build contracts for the classroom addition projects at Azeveda Elementary, Mat-tos Elementary, Warm Springs Elementary and Irvington High School. The classroom additions will be funded through Measure E, the \$650 million school facilities bond approved by Fremont voters in June 2014. These projects are high priority projects needed to reduce overcrowding at each of the schools.

"We are excited about the project, which will give us twelve more classrooms," said Warm Springs Principal Scott Iwata. Additional classroom space is critically needed at the elementary school, where enrollment for the current school year is 861 students.

"Last year, our enrollment was 990 students," said Mr. Iwata. This year, five of the school's three third grade classrooms are temporarily housed in portable buildings at nearby Leitch Elementary School. Once the new permanent classroom building is built, Warm Springs' students will be returning."

"We continue to grow," said Mr. Iwata. "Within two years, our third grade classrooms will have a student/teacher ratio of 24:1." He added that projections are based on a seven-year trend of new families continuing to move into the Warm Springs area as older families continue to move out. This expansion does not take into account any new housing that is planned or currently being built.

"Warm Springs Elementary is one of four schools bursting at the seams," said Therese Gain, FUSD Facilities Director, "which is why the classroom addition projects are high priority."

The District is using a Design-Build delivery method in order to complete the projects within the required timeline, with the goal of having classrooms at the four sites completed during the 2015-2016 academic year. Azeveda and Mattos Elementary Schools are to be completed by August 2015. Warm Springs Elementary and Irvington High are to be completed December 2015.

"More districts are moving towards the Design-Build method, as it saves time and money," said Measure E Program Manager Serafin Fernandez. "It provides greater flexibility during construction and reduces risk to the district."

The \$6.6 million contract for

the Warm Springs Additional Classrooms project was awarded to the Design-Build team of JLM Construction and WLC Architects. Alten Construction, teamed with HKIT Architects, was awarded the \$4.4 million contract for classroom addition projects at Azeveda and Mattos Elementary Schools; and the \$9.4 million contract for classroom additions at Irvington High School went to the team of Rodan Builders, Inc. and SVA Architects. At its November 12, 2014, meeting, the FUSD Board of Education approved the Classroom Additions projects, which are included in the Measure E Bond Implementation Plan (Series A).

The first bond issuance took place November 18, 2014. The District successfully sold \$140 million in general obligation bonds (Series A) from Measure E, which is funding the classroom addition projects. Other Series A 2015 projects include technology infrastructure upgrades at Ardenwood, Brookvale, and Vallejo Mill Elementary Schools and at Kennedy High School.

To see the Series A Implementation Plan, which includes all Series A Bond Projects, please visit the District's website at www.fremont.k12.ca.us and click on Measure E Bond Update.

School District launches centralized enrollment for new students

**SUBMITTED BY
ROBIN MICHEL**

The San Leandro Unified School District (SLUSD) announced that beginning February

23, the District will be launching centralized enrollment for students new to the District for the 2015-2016 academic year. Families registering new students will be able to make appointments at

the new offices of the Student Services, Special Education and Community Wellness Department, which will open in February and is located at 2255 Bancroft Avenue, directly across

Union City Police Log continued from page 37

pect refused to comply with police demands and exit the residence. He finally exited after several hours. He also threatened to kill a prisoner transport officer on his way to jail. Arrested was 27-year-old Louis Ortiz, a Union City resident.

Sunday, February 1

Around 6:20 p.m., Officer Blanchard was dispatched to Parkside Apartments, 1501 Decoto Rd., on reports of an assault with a glass bottle. The suspect was going through dumpsters in the apartment complex. When confronted by the victim, the suspect threw a glass beer bottle at him (but missed) and began threatening him and cursing at him in an aggressive manner. William Mayes, a 49-year-old male, Union City resident, was arrested for criminal threats.

Residential Burglaries:

• 2600 block of Central Ave.: Occurred on Friday, Jan. 30th, between 9 a.m. and 3:30 p.m. Entry was made via a kick to the front door. The loss is unknown at this time.

• 2600 block of Royal Ann Dr. (attempt only): Occurred Tuesday, Jan. 27th, around 10

a.m. The victim was home when someone attempted entry via a bathroom window. The suspect fled, but was apprehended by police and positively identified by the victim. The 16-year-old male, Hayward resident, was charged with attempted burglary and released to his father.

Auto Burglaries:

From Monday, Jan. 26th through Sunday, Feb. 1st, there were seven reported vehicle thefts. As of the time of this report, five of the vehicles have been recovered.

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

Employee Highlights:

On Thursday, January 29th, the Union City PD had a swearing-in ceremony for its newest officers. Chief Darryl McAllister administered the oath of office to Officers Ninja Allen, Terrence Olson, Nicolas Perry, Ryan Ramos, and Ronny Ziya.

the street from San Leandro High School and adjacent to the new San Leandro Health and Wellness Center, currently under construction. (Funding for the renovation is through the Measure B and Measure M school facilities bonds. Measure B also supplied some funding for the Health and Wellness Center.)

"We are excited about bringing our families the benefits of centralized enrollment, which allows one-stop shopping...with resources at their fingertips," said Victoria Forrester, Director of Student Services, Special Education and Community Wellness, "Although our school office man-

agers do a phenomenal job registering new families, it is impossible for every school to know which resources are available throughout the district."

Currently, SLUSD enrollment occurs at all of the school sites, with 1300 new students projected for the 2015-2016 school year. Not only will centralized enrollment streamline and improve the process for families, said Ms. Forrester, "it will provide consistency and outstanding customer service—part of the District's Strategic Plan."

For more information, please call Student Services at (510) 667-6427.



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Celebrating Black Life, History and Culture

The year 2015 began by celebrating the legacy of a prominent leader during the 1960s civil rights movement – Dr. Martin Luther King, Jr. His great works and sacrifices were remembered along with those of the many leaders and activists who joined the movement. The celebration continues with Black History Month in February.

Historian Carter G. Woodson and other African-American leaders sponsored a “Negro History Week” in 1926 to promote the achievements by African Americans and their contributions in U.S. history. Other local communities and schools were inspired to organize celebrations of their own, which eventually led to the official recognition of Black History Month in 1976.

San Leandro Main Library, Hayward Area Historical Society’s (HAHS) Center for History and Culture, and the Afro-American Cultural and Historical Society Tri-City and Hayward Area will host a series of exhibits and events in honor of the month-long celebration.

Black History Month exhibits highlighting civic responsibility, social consciousness and the history of local African-American churches are open at several venues in the Greater Tri-City area:



“Celebrating Black Life, History and Culture” presented by Palma Ceia Baptist Church and the Eden Rose Chapter of The Links, Inc. Explore the new exhibit in the Community Gallery on Free Admission Day, sponsored by Paradise Road Ranch, KMS Unique Angels and Gifts, Dolores J. Ward and Dr. Mia Kelly.

Celebrating Black Life, History and Culture Exhibit

Through Sunday, Mar 1
Wednesday – Sunday: 10 a.m. – 4 p.m.

Free Admission Day
Sunday, Feb 15
9 a.m. – 4 p.m.

HAHS Center for History and Culture
22380 Foothill Blvd, Hayward
(510) 581-0223



info@haywardareahistory.org
www.haywardareahistory.org

Admission: \$5 adults, \$3 students and seniors, free for children 4 and under and members

Visit the temporary Black History Museum inside NewPark Mall, located on the lower level across from Sears. The museum is sponsored by the Afro-American Cultural and Historical Society Tri-City and Hayward Area.

Black History Museum
Through Saturday, Feb 28
Wednesday – Saturday: 11 a.m. – 6 p.m.
Sunday: 1 p.m. – 6 p.m.
Closed Saturday, Feb 14

NewPark Mall (across from Sears)
2086 Newpark Mall, Newark
(510) 793 – 8181
(510) 792 – 3973
www.aachsi.com
Free

Join the community as we celebrate the “41st Annual Black History Month Observance” with the national theme, “A Century of Black Life, History and Culture,” featuring educational displays, vendors, entertainment, arts and crafts, keynote speaker Wanda

Lee-Stevens, and a panel discussion about “Saving Our Young Men.”

41st Annual Black History Month Observance

Saturday, Feb 14
12 p.m. – 6 p.m.

Newark Community Center
35501 Cedar Blvd, Newark
(510) 793 – 8181
(510) 792 – 3973
www.aachsi.com
Free

In celebration of Black History Month, renowned performer Unique Derique will discuss the African-American art of Hambone body music in a fun, all-ages program featuring physical comedy, circus arts, and body drumming. Refreshments will be served after the show. All ages are welcome.

Hambone Body Music with Unique Derique

Wednesday, Feb 25
7 p.m.

San Leandro Main Library
300 Estudillo Ave, San Leandro
(510) 577-3960
www.sanleandro.org
Free

THEATRE

Three Sisters

SUBMITTED BY BOB MILLER
PHOTO BY TERRY SULLIVAN

The Douglas Morrisson Theatre (DMT) is excited to announce the regional premiere of Anton Chekhov’s “Three Sisters” in a new version by playwright-actor Tracy Letts. Based on dramaturgical translations by Charlotte Hobson and Dasia N. Posner, Letts’ adaptation brings vivid new life to Chekhov’s 1901 masterpiece, a dark human comedy about the yearnings of three sisters.

Trapped in a provincial Russian town after the death of their father, an army general stationed there, three sisters, Olga, Mash and Irina, cling to memories of the bright and bustling Moscow they left behind as children. Together with their brother Andrey, they long to return to a place where they imagine their lives will be transformed and fulfilled. During the course of the play, which unfolds over several years, we are introduced to a village of pipe-dreamers all trying to an-

swer the big questions: why is there suffering? How will they be viewed by future generations? What is the purpose of life? Turning melodrama inside out, “Three Sisters” is a story of ordinary life, where nothing much seems to happen, but everything is revealed.

“Three Sisters” is Tracy Letts’ response to people who don’t like Chekhov – or think they don’t like Chekhov,” says Susan E. Evans, DMT’s Artistic Director. In an interview with fellow Chekhov adaptor Sarah Ruhl (whose own version of “Three Sisters” played at Berkeley Repertory Theatre in 2011) in American Theatre magazine, Letts says: “...as an audience member, I don’t much like going to see Chekhov. They start talking about name days and using the patronyms, and everybody’s got a big beard, and I check out early and often. ... So my guiding principle was, I’m going to try to eliminate for the audience any further act of translation; they’re going to have direct communication with the ideas and the characters...”

Letts is an American playwright, screenwriter and actor. As a playwright, his work includes “Man from Nebraska,” “Bug,” “Killer Joe,” “Superior Donuts,” and “August: Osage County,” for which he was awarded the 2008 Pulitzer Prize for Drama, a Drama Desk Award, and a 2008 Tony Award for Best Play. Letts wrote the screenplays for three films adapted from his own plays: “Bug,” “Killer Joe” and “August: Osage County.” He is an ensemble member at Steppenwolf Theatre, and his television acting credits include “The District,” “The Drew Carey Show,” “Seinfeld,” and “Homeland.”

Susan E. Evans has directed the DMT productions “Private Lives,” “Dividing the Estate,” “All My Sons,” “Eurydice” and “An Ideal Husband.” She is the former Artistic Director of Easterners Repertory Company and has also collaborated with solo artist Carolyn Doyle on productions at the Marsh and the SF Fringe Festival, and regularly directs for Actors Reading Writers in Berkeley.

Tickets are \$10 for the preview on Thursday, February 12; \$32 for Opening Night, Friday, February 13; and \$29 for all other performances. Discounts are available for seniors, students,



TBA, KQED members, and groups (10+). A pre-show talk will be held at 7:10 p.m. on Friday, February 20, and a post-play discussion after the Saturday, February 28 matinee. Tickets are available through the Box Office at (510) 881-6777 or online at www.dmtonline.org.

Three Sisters
Thursday, Feb 12 – Sunday, Mar 8

8 p.m., Sundays at 2 p.m.
Douglas Morrisson Theatre
22311 N. Third St, Hayward
(510) 881-6777
www.dmtonline.org
Tickets: \$10 - \$32

Different Visions



SUBMITTED BY SUSAN HELMER

The Fremont Art Association presents a February mini show, “Different Visions,” running February 15 through 28. The exhibit features “Cuba and its Peoples,” showcasing the work of photographer Robert Hills, and “Fantasy Animals,” acrylics by Tammy Landon.

“When I point my camera at a subject, whether it be a person, place or landscape, something happens between the lens, the camera and my brain that I cannot explain, but I seem to be able to catch a mood that evolves into an image that tells a story,” says Hills. “In this exhibit, that story reflects not only the incredible vistas, but Cuba and its people as I have seen them since my first of four trips to our nearest large island neighbor.”

Landon says, “My initial works were to design custom tattoos on canvas for my immediate family – dubbed ‘tattoo art.’ My ‘empty nest’ hobby slowly

evolved into more intricate and complicated fantasy animals. As an artist, I enjoy creating paintings that are both colorful and whimsical. They are intended to be unique, and sometimes quite complicated. As part of my process before I begin a painting is to research the subject animals to be as specific as possible when creating the fantasy animals on canvas. I do not want to merely capture an image; rather to create animals that do not exist, or to arrange animals in a non-traditional manner.”

Different Visions
Sunday, Feb 15 –
Saturday, Feb 28
Tuesday: 11 a.m. – 3 p.m.
Wednesday, Friday - Sunday: 11 a.m. – 5 p.m.
Thursday: 1 p.m. – 4 p.m.

Artist Reception:
Sunday, Feb 22
2 p.m. – 4 p.m.
Fremont Art Association
37697 Niles Boulevard
(510) 792-0905
www.fremontartassociation.org

Nowruz
Celebration

SUBMITTED BY FARAH KHALILI

Please join us in Nowruz Celebration 2015 on Saturday, February 28 at Fremont Main Library, featuring dance performance by Shahrzad Dance Academy and Persian music by Ebrahimi brothers. Nowruz is the celebration of the New Year (spring equinox) in Afghanistan, Iran and Tajikistan.

The Fremont Main Library, a branch of the Alameda County Library system, is wheelchair accessible. The Library will provide an ASL (American Sign Language) interpreter for any event with at least 7-working day notice. Please call (510) 745-1401 or Teletype (888) 663-0660.

Nowruz Celebration 2015
Saturday, Feb 28
2:30 p.m. – 4:30 p.m.
Fremont Main Library, Fukaya Room
2400 Stevenson Blvd, Fremont
(510) 745-1401
TTY: (888) 663-0660
www.aclibrary.org
Free



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