



Building the
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Hay harvesting
at Ardenwood

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June 9, 2015

Vol. 14 No. 23

3D printing: *the future is now*

By DAVID R. NEWMAN

Imagine a device that can make anything you want. Just push a few buttons then watch as an object magically materializes before your very eyes. It sounds like a vision of the future, but it's actually technology that is available today. Yes, 3D printers are here right now, and while they can't really make everything (at least, not yet), they are revolutionizing the way we manufacture goods.

What was once the domain of large factories with injection molding, casting, and tooling technology, is now giving way to 3D printing technology, which is less expensive and faster. And the variety of products that can be produced this way is endless, from cell phone cases, bicycle parts, and architectural models to gears, shoes, automobile interiors and jewelry.

3D printing technology has been around since the mid-eighties. It is often referred to as additive manufacturing because the process involves laying down a material in successive layers, building something up

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Photo courtesy of Type A Machines



FREE *Virtuoso* Concert *International* Flute Ensemble

SUBMITTED BY JUDY LAM

The motto of Virtuoso International Flute Ensemble (VIFE) is to serve the community with the gift of music. Since its inception in 2008, VIFE has been actively performing locally as well as in Southern California. Together with a few professional musicians, our goal is to nurture young musicians not only in performance excellence, but also to becoming a contributing member in our community. Whether it is to fundraise for school programs, youth programs, the special needs community, children and hospice healthcare programs, holiday toy drive, or simply visitations to our seniors, all Vifers take great joy to have partnered with various organizations in supporting the many good causes in our community.

VIFE is a full range flute ensemble to include piccolo, "C" flute, alto, bass flutes, and keyboards. Student members are competitive young flautists from 4th grade to high school. Highlights of VIFE's activities this year include performances at the Fremont Education Foundation Gala, District Arts Showcase at Fremont Unified School District, Summer Program Fair at American High School, Citizens for Better Community Gala, and most recently the Fremont Symphony Orchestra Gala on May 30.

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Street Party Season opens with four bands

SUBMITTED BY THE HAYWARD
CHAMBER OF COMMERCE

The 2015 downtown Hayward Street Party season opens its 15th year with bands on four stages, the first of three summer car shows, street entertainers, food, and family fun. The June 18 event kicks off the series of traditional Thursday night street parties, including celebrations July 16 and August 20.

On June 18, the Bank of the West Stage will feature the Bay Area Blues Society Caravan of All Stars, Tablues Blues Band will be on the Newman Park Stage, and the classic rockabilly and old time rock and roll of Mitch Polzak and the Royal Deuces will be at the Bistro Patio Stage. A fourth band, yet to be announced, will play at the Buffalo Bills Stage.

Additional fun will be provided by street entertainers, face-painters, and rides for kids. Adults will enjoy more than 100 hot rods and classics at the car show on Main Street, and great brews will be served in a beer/soda garden.

"It says a lot about Hayward that our participants look at the street parties as a family reunion," said Kim Huggett, president of the Hayward Chamber of Commerce. "These are events that not only are family-friendly, but the coolness factor is there, too."

The street party series is made possible through a partnership of the Downtown Business Improvement Area, the City of Hayward, and the Hayward Chamber of

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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
	06/09/15	06/10/15	06/11/15	06/12/15	06/13/15	06/14/15	06/15/15
12:00 PM 12:00 AM	Community Based Senior Supportive Services	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate	Varicose Veins and Chronic Venous Disease	Vitamins and Supplements - How Useful Are They?	Lunch and Learn:Yard to Table	Prostate Health and Prostate Cancer	Learn Exercises to Help Lower Your Blood Pressure and Slow Your Heart Rate
12:30 PM 12:30 AM		Diabetes Matters:Top Foods for Heart Health			Learn How to Eat Better!	Movement Disorders, Parkinson's Disease, Tremors and Epilepsy	Diabetes Matters:Top Foods for Heart Health
1:00 PM 1:00 AM	Diabetes Matters:Top Foods for Heart Health	What Are Your Vital Signs Telling You?	What Are Your Vital Signs Telling You?	Inside Washington Hospital: The Green Team			
1:30 PM 1:30 AM		Severe Sepsis: Don't Let an Infection Take Over Your Body			Do You Suffer From Anxiety or Depression?	Washington Township Health Care District Board Meeting May 13, 2015	Keeping Your Heart on the Right Beat
2:00 PM 2:00 AM	Reach Your Goal: Quit Smoking	Washington Township Health Care District Board Meeting May 13, 2015	Inside Washington Hospital: Rapid Detection of MRSA	New Treatment Options for Chronic Sinusitis	Women's Health Conference:Aging Gracefully		
2:30 PM 2:30 AM	From One Second to the Next	Superbugs:Are We Winning the Germ War?	Sidelined by Back Pain? Get Back in the Game	Minimally Invasive Options in Gynecology	Learn If You Are at Risk for Liver Disease	Hypertension:The Silent Killer	
3:00 PM 3:00 AM	Heart Healthy Eating After Surgery and Beyond	Your Concerns InHealth: Senior Scam Prevention	Arthritis: Do I Have One of 100 Types?	Varicose Veins and Chronic Venous Disease	Do You Suffer From Breathing Problems? Chronic Obstructive Pulmonary Disease or Asthma		Hip Pain in the Young and Middle-Aged Adult
3:30 PM 3:30 AM		Diabetes Matters:The Diabetes Domino Effect:ABCs	Voices InHealth: Radiation Safety	Skin Cancer	Voices InHealth: New Surgical Options for Breast Cancer Treatment	Voices InHealth:The Legacy Strength Training System	
4:00 PM 4:00 AM	How to Maintain a Healthy Weight: Good Nutrition is Key	Lunch and Learn:Yard to Table	Knee Pain & Replacement	Diabetes Matters: Partnering with your Doctor to Improve Control	Washington Township Health Care District Board Meeting May 13, 2015	Washington Township Health Care District Board Meeting May 13, 2015	Diabetes Matters: Healthy or Hoax
4:30 PM 4:30 AM	Raising Awareness About Stroke	Diabetes Matters:What to Expect When Hospitalized with Diabetes		Deep Venous Thrombosis			Keeping Your Heart on the Right Beat
5:00 PM 5:00 AM	Washington Township Health Care District Board Meeting May 13, 2015	Crohn's & Colitis	Peripheral Vascular Disease: Leg Weakness, Symptoms and Treatment	Meatless Mondays	How to Prevent a Heart Attack	How Healthy Are Your Lungs?	
5:30 PM 5:30 AM		Get Back On Your Feet: New Treatment Options for Ankle Conditions	Diabetes Matters: New Year, New You	Washington Township Health Care District Board Meeting May 13, 2015	Knee Pain & Replacement	Heel Problems and Treatment Options	Turning 65? Get To Know Medicare
6:00 PM 6:00 AM	Minimally Invasive Options in Gynecology	Diabetes Matters: Diabetes Viewpoint		How to Maintain a Healthy Weight: Good Nutrition is Key	Prostate Health and Prostate Cancer		
6:30 PM 6:30 AM	Arthritis: Do I Have One of 100 Types?	Voices InHealth:The Legacy Strength Training System	Your Concerns InHealth: Sun Protection	Voices InHealth: Healthy Pregnancy	Surgical Treatment of Obstructive Sleep Apnea	Living with Heart Failure	Vitamins and Supplements - How Useful Are They?
7:00 PM 7:00 AM	Washington Women's Center: Cancer Genetic Counseling	Kidney Transplants	Diabetes Matters: Manage Your Diabetes SMART Goal Setting	Alzheimer's Disease	Arthritis: Do I Have One of 100 Types?		
7:30 PM 7:30 AM					Inside Washington Hospital: Rapid Detection of MRSA		

Tips To Help You Keep Your Teenager Fit this Summer

Part I of a 2-Part Series on Adolescent Health Concerns

No doubt your adolescent daughter or son is eagerly waiting for the final school bell of the year to ring and the promise of “hot fun in the summertime.” As a parent, however, you’re more likely to be concerned that the “lazy, hazy, crazy days of summer” might turn into your teen overeating junk and fast foods, spending endless hours on video games and social media, becoming bored and developing a case of the “summertime blues.” What’s a parent to do?

“Adolescence, in general, is a time when our kids want to be more independent, and one of the first ways teenagers assert their independence is by making their own eating choices,” says Dr. Steven Curran, a family medicine physician with Washington Township Medical Foundation.

“Good eating habits are often a problem for teenagers,” he notes. “As any parent of teenagers knows, they seem to be hungry all the time, and they tend to satisfy that adolescent appetite with foods that are high in sugar and fats. One way to make sure your teenager is eating a healthy diet is to set a good example with your own eating habits. Stock the fridge and pantry with healthy choices. Maybe try starting a family garden together. Go to farmer’s markets with your teen. Above all, take the time to have family meals together. You’ll not only contribute to a healthier diet with family meals, you’ll also contribute to healthier family relationships. Valuable conversations happen when families take the time for eating healthy meals together.”

Dr. Curran acknowledges that fast-food restaurants are places where teenagers like to gather with their friends, often consuming foods that are high in fat and carbohydrates.

“Fast-food restaurants are here to stay,” he admits. “Many fast-food outlets are

now offering healthier food options, though, and you should encourage your teen to take advantage of those healthy choices. Suggest a chicken fajita or a large salad with low-fat dressing instead of that high-fat burger and fries. Even a pizza can be a healthier alternative if it is topped with vegetables such as tomatoes, mushrooms, olives, onions and peppers instead of with high-fat meats and extra cheese.”

Getting your teen to follow a healthy diet is only one part of the equation. Exercise is the other key to staying fit.

“Summer is really an ideal time for teens to take advantage of warmer weather and take part in healthy activities outdoors,” says Dr. Curran. “Unfortunately, these days it can be a challenge to get kids to ‘unplug’ from their various electronic devices, and ‘screen time’ often takes the place of physical activity. Here again, it is important for parents to set the example. Get off the couch and away from the screen yourself. Take a bike ride with your teen. Play touch football or basketball with your kid. Organize a family or neighborhood game of volleyball. Go swimming together at your local pool or at a nearby lake or beach.”

Organized sports for teens are another means of staying fit during the summer.

“If your teen has been active in sports at school, seek out opportunities for continued sports activities during the summer in a community league or teen camp,” Dr. Curran suggests. “Many gyms also have programs geared especially for teens. There are lots of options besides baseball, basketball, football and soccer – including swimming, diving, martial arts, gymnastics,

horseback riding, archery, fencing and golf. Give your teen the freedom to choose activities that might not be available through school sports programs.

“It’s important to keep in mind that not all teens are going to be highly competitive athletes,” he adds. “Regardless of your teens’ natural abilities, encourage their efforts and support them doing exercise, but don’t make the mistake of putting undue pressure on them to succeed in a sport. That kind of pressure might push them to over-exert and risk injuries, or it may make them lose heart and become discouraged to the point of abandoning sports altogether.”

Dr. Curran notes that going “unplugged” may be more of a challenge for some teens than for others. It might help, he suggests, to have your teen use one of the many “apps” for smart phones that are available for monitoring physical activity and diet.

“If you can’t get your kids to completely disconnect, at least try to use the technology to support your efforts at improving

continued on page 5



Teenager's eating habits is important for their current and future health. Just as critical is physical activity that promotes healthy lifestyle choices.

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@whhs.com

Living Longer by Skipping Dessert and Is Knuckle Cracking Bad?

Dear Doctor,
I have a neighbor who always skips dessert. She says it will help her live longer. Is there any truth to this?

Dear Reader,
There actually is some truth to this, or we are soon to find out. It has already been shown in lab rats and monkeys that adhering to a lean diet will increase survival by 30-40%. Tufts University in Boston is currently conducting a similar study on people and though the final conclusions are not yet revealed, preliminarily results appear as though this will also be true in humans.

Dear Doctor,
Is it bad to crack your knuckles?

Dear Reader,
Most joint cracking is due to the collapsing of gases that are dissolved in the fluid around our joints. This occurs because of the decrease in pressure caused in the joint space when the knuckle or joint is cracked. Although there has been much conjecture that this behavior can lead to arthritis, so far there is no evidence to support this.

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.

Could You be at Risk for Diabetes?

Washington on Wheels Mobile Health Clinic Offers Free Screenings

Diabetes is a serious disease that can cause life-altering complications if it goes untreated. Yet nearly one in three people with diabetes do not know they have it, according to the American Diabetes Association. Could that be you?

You can find out with a simple blood test that measures the amount of sugar, also called glucose, in your blood. Can't afford it or don't know where to go? This summer the Washington on Wheels (W.O.W.) Mobile Health Clinic is offering free blood sugar screenings.

“We want to make it easy for local residents to get screened for diabetes,” said Sherrie Kneebone, nurse practitioner for the W.O.W. Mobile Health Clinic. “We will be at different locations throughout the summer so that anyone who wants a screening can get one. There are a lot of people walking around with undiagnosed diabetes. We see it all the time. People don't recognize the symptoms. If left untreated, diabetes can damage the kidneys, eyes and limbs. It can even lead to premature death.”

Diabetes occurs when the body doesn't produce enough – or doesn't properly use – insulin, a hormone that helps the cells throughout your body absorb glucose and use it for energy. This can result in high levels of glucose in the blood, which can damage the arteries.

According to Kneebone, diabetes symptoms include increased thirst and urination, feeling hungry all the time, extreme fatigue, changes in vision, cuts and bruises that won't heal, and tingling in the hands and

feet. You are at higher risk for diabetes if you are overweight, lead a sedentary lifestyle, smoke, have a family history of diabetes, or have high blood pressure.

“We have people come to us with vision problems, and they find out it's really diabetes,” Kneebone added. “It's so important to get tested before diabetes takes a toll on your health.”

Get Tested

If you are at high risk for diabetes or are experiencing any of these symptoms, you should get tested. It just takes a quick finger-prick and the results are provided within minutes. The test will be more accurate if you don't eat or drink anything for 12 hours beforehand, but it's not required, Kneebone explained.

Washington Outpatient Diabetes Center

“When someone tests positive for diabetes, we provide them with educational counseling and information about some of the services that are available to help them keep their diabetes under control,” she said. “Education is critical for managing this disease. Understanding the nutritional aspects and some of the lifestyle changes you need to make can really reduce the chances for serious health problems associated with diabetes. The Washington Outpatient Diabetes Center offers some great programs.”

The Washington Outpatient Diabetes Center features a team of certified diabetes educators who can help you

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People at high risk for diabetes should get tested. The Washington on Wheels Mobile Health Clinic (W.O.W.) will be at different locations throughout the summer months and will be offering free blood sugar screenings. Visit www.whhs/wow or call (510) 608-3203 to learn more about the W.O.W. Mobile Health Clinic.





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continued from page 2

Local High School Students Goals of Health Care Careers Get a Boost from Washington Hospital Service League's Scholarship Program

him and wants to work towards giving people the most precious thing that many take for granted, health, and access to health care.” He wants to be a registered nurse specializing in cardiac care and will be attending the University of San Francisco in the fall.

Nyle Almeida, a student at Washington High School, is the recipient of the Josephine Walton Health Career Scholarship. His Eagle Project entailed building a Science Garden Activity Center for Center-ville Junior High School students. The purpose of the project was to encourage students to learn plant sciences. Last summer he worked at UCSF Benioff Children's Hospital Oakland's Research Institute investigating the effect of novel antibody solutions on melanoma cells. He wants to be a physician and will be attending The University of Oklahoma's Medical Humanities Scholars BSMD Program in the fall.

Bharvee Patel, a student at Kennedy High School, is the recipient of the Anna Elola Health Career Scholarship. Bharvee wants to be a physician assistant and gained an interest in this profession when she required medical attention. She was impressed with the physician assistant who treated her and how he took the time to listen to her. She tries to listen to others because she believes everyone has something to offer. She is compassionate and encouraging. One of her teachers said, “Wherever Ms. Patel sees a need, she is active.” She will be attending UC Berkeley in the fall.

Lin Thura, a student at Irvington High School, is the recipient of the Jeri Klarich Memorial Career Scholarship. He has spent the last two summers at Kaiser Permanente as a volunteer and then as an intern. He worked closely with a pediatric physician three days a week and physical therapists two days a week. He now desires to be a pediatrician. He will be attending UC San Diego in the fall.

Learn more

To find out more about the Washington Hospital Service League, including how you can become a volunteer at Washington Hospital, go to www.whhs.com/volunteer

continued from page 3

Tips To Help You Keep Your Teenager Fit this Summer

their fitness,” he explains. “There really are apps for just about every activity – running, yoga, gym workouts, bicycling, hiking, kayaking, you name it. They also have apps for learning how to cook healthy meals and for calorie counters and diet trackers. Ideally, you could have your teen select apps for activities you could both do together. Take advantage of the upcoming summer months to help reinforce your teenagers’ foundation for leading a healthy lifestyle as they transition into adulthood. And it wouldn't hurt for you to get in shape along with your teens, either.”

Learn More

The following resources may help you and your teens find healthy summer ideas:

- California Farmers' Markets Association, www.cafarmersmkt.com
- Pacific Coast Farmers' Market Association, www.pcfma.com

•Planning a vegetable garden, www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/

• Various summer activity camps and programs for teens in the Bay Area:

<http://www.ymcaeastbay.org/camps>

<http://www.ebparks.org/activities/recreation>

<https://www.510families.com/east-bay-summer-camp-guide-2015/>

<http://www.roughingit.com/horse/>

<http://www.ussportscamps.com/ultimate/nike/nike-ultimate-camp-csu-east-bay/>

http://www.oaklandzoo.org/ZooCamp_Summer.php#GRADES68

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Could You be at Risk for Diabetes? Washington on Wheels Mobile Health Clinic Offers Free Screenings

learn the tools needed to manage your diabetes and stay healthy. Washington Hospital's Diabetes Matters free educational program and support group is held the first Thursday of every month and anyone is welcome. For more information about diabetes services offered, visit www.whhs.com/diabetes or call (510) 745-6556.

Keeping People Healthy

“Our goal is to keep people healthy and out of the hospital,” Kneebone said. “We are able to reach more residents with preventive services through our W.O.W. Mobile Health Clinic. Preventive care, like health screenings, can help with the detection and management of chronic diseases so that people can stay healthy and avoid life-threatening illnesses.”

The W.O.W. Mobile Health Clinic provides a number of free and reduced-price health services to those who don't have medical coverage or have difficulty accessing health care. The 36-foot mobile medical unit serves children, adults and seniors.

In addition to health screenings, the W.O.W. Mobile Health Clinic offers physical exams, immunizations, nutritional counseling and health education, and occupational medicine.

Managing diabetes and other serious illnesses can be difficult without easy access to health care. According to Kneebone, the Mobile Health Clinic sees a number of patients on a regular basis, helping them manage their chronic illnesses and keeping their risk factors in check.

Mobile Health Clinic Locations

The W.O.W. Mobile Health Clinic will be at the following locations from 9:30 a.m. to 3 p.m. during the summer months:

- On Tuesdays at the Family Resource Center, 39155 Liberty Street in Fremont
- The first Wednesday of each month at the Fremont Senior Center, 40086 Paseo Padre Parkway in Fremont
- The third Wednesday of each month at the Ruggieri Senior Center, 33997 Alvarado-Niles Road in Union City

To learn more about the W.O.W. Mobile Health Clinic, including additional locations and hours, visit www.whhs.com/wow or call (510) 608-3203.

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Broadway West Theatre Company

The Diary of Anne Frank

Performance times are 8 pm on Thursdays, Fridays and Saturdays. There are three Sunday matinees: May 24 and 31 matinee performances begin with a continental brunch (included in price of ticket) at 12:15 pm, and the show begins at 1 pm.

In this gripping new adaptation from the original stage play by Goodrich and Hackett, newly discovered writings from the diary of Anne Frank, as well as survivor accounts, are interwoven to create a contemporary impassioned story of the lives of people persecuted under Nazi rule. This is an adaptation for a new generation able to confront the true horrors of the Holocaust.



May 15 – June 13
(510) 683-9218
www.broadwaywest.org
Broadway West Theatre Company
4000-B Bay St., Fremont

School Carnival focuses on literacy



The early childhood literacy intervention at Graham is a result of a partnership among the school, Super Stars Literacy, and the District. Featured in the photo are: Graham Principal Terry Dunn, Super Stars Literacy Executive Director Artavia Berry, and Newark Vice Mayor Maria Sucky Collazo.

SUBMITTED BY DANIEL LAWLOR

Super Stars Literacy, dedicated to empowering all students to enter third grade reading proficiently, celebrated an end of school year carnival at Graham Elementary School in Newark. Artavia Berry, Executive Director for Super Stars Literacy, noted, “When adults work together, we create roads to opportunity for young people.”

City of Hayward seeks Board, Commission, Committee and Task Force applicants

SUBMITTED BY MIRIAM LENS

The City of Hayward is seeking individuals interested in serving Hayward. We currently have openings on the following bodies, which serve in an advisory capacity to the City Council:

Community Services Commission
cancies, 1 potential vacancy)

Council Economic Development
Committee (no vacancies)

Keep Hayward Clean and Green Task Force
(KHC>F) (1 vacancy, 13 potential
vacancies)

Library Commission (1 vacancy, 1 potential
vacancy)

Personnel Commission (2 vacancies,
2 potential vacancies)

Planning Commission (2 vacancies,
1 potential vacancy)

Prospective applicants must be registered voters residing within the Hayward city limits. Applicants for the Council Economic Development Committee must be residents of Hayward, own/operate a business in Hayward, be senior management at a corporate business in Hayward, or be formally affiliated with and represent another entity or agency concerned with economic development in the City of Hayward.

Individuals appointed to the Planning Commission, Community Services Commission and Council Economic Development Committee will need to file a Fair Political Practices Commission Statement of Economic Interests (Form 700).

Interested individuals can apply online at www.hayward-ca.gov, obtain applications from the Office of the City Clerk, 777 B Street, Hayward, or call (510) 583-4400.

Application submission deadline is 5 p.m. on Wednesday, July 15. Interviews with the City Council are scheduled for Tuesday, July 28. Qualified Keep Hayward Clean and Green Task Force applicants will be required to interview with the Task Force Panel on Wednesday, July 22.

Chabot College gearing up for summer

SUBMITTED BY MELISSA MCKENZIE

Now that graduation is over, Chabot College in Hayward is gearing up for its summer sessions, with six and eight week courses beginning in just under two weeks, and the second five-week session beginning July 6.

On Monday, June 15 Chabot is offering humanities and science courses from introduction to American Government and General Psychology, to Anatomy and Physiology and Beginning and Elementary Spanish, truly making Chabot the perfect place for students needing to check off required humanities courses in a short amount of time.

Courses are geared toward recent high school graduates, university students returning home for summer, and Chabot students. For only \$46 per unit, motivated students can use Chabot's summer courses, which are also offered in five-week sessions to get ahead in their educational goals.

Registration is open and classes are filling up quickly. Interested students must first apply to Chabot College. Once they receive their student identification number, they can sign up for classes. Visit www.chabotcollege.edu to apply and see a full list of available course offerings.

Let's Do Lunch Hayward Program kicks off

SUBMITTED BY HOLLY AMAYA

Together with its community partners, Hayward Unified School District (HUSD) will kick off “Let's Do Lunch Hayward... and Breakfast Too” on Wednesday, June 10 at Harder Elementary School. The program, which is in its fifth year, provides free meals to all Hayward students, many of whom depend on the school district's free or partially subsidized lunch program to eat during the school year. Currently, 70 percent of students in Hayward public schools qualify for free or reduced priced breakfast and lunch. Over the last four years, the program has served more than 650,000 meals to children in Hayward.

“In Hayward, our obligations to our students don't end when school lets out for the summer,” said HUSD Superintendent Stan “Data” Dobbs. “We know that more than half of our students depend on us for free or reduced breakfast and lunch during the school year, and the ‘Let's Do Lunch’ program exemplifies our commitment to taking care of our kids all year long.”

Community partners for the program include former Hayward

City Councilmember Mark Salinas, Hayward Police Department Junior Giants program, and Chabot College, as well as eight local churches, eight Hayward Area Recreation and Park District locations, and two Hayward libraries. For a full list of free summer meals locations, visit <http://haywardusd-ca.school-loop.com/file/1289141219536/1383981958576/1314674735711735419.pdf>.

This year, the school district added “Words for Lunch,” a collaboration between HUSD, Hayward Public Library, and The Kids' Breakfast Club, to its summer programming lineup in an effort to promote literacy when school isn't in session. While enjoying lunch, students will participate in structured reading activities led by high school and college student volunteers. “Words for Lunch” has a goal to distribute 1,000 free books to Hayward youth so they can start their own home library.

Let's Do Lunch Hayward
Wednesday, Jun 10
12:30 p.m.
Harder Elementary School
495 Wyeth Rd, Hayward
www.haywardusd-ca.school-loop.com

Honda secures BART funding

SUBMITTED BY KEN SCUDDER

Congressman Mike Honda (D-Silicon Valley), a senior member of the Appropriations Committee, secured the full \$150 million funding needed for 2016 work on the BART extension to Silicon Valley in the House Transportation, Housing and Urban Development subcommittee's funding bill for fiscal year 2016.

“Extending BART to Silicon Valley will get ease traffic, reduce pollution and car emissions, and allow our residents more flexibility in where they work and how they travel through our area,” Congressman Honda said. “I'm proud to get this funding through the subcommittee, so the project can continue on time and on budget.”

The BART funding is made possible by the full funding for New Starts grants included in the budget. “New Starts grants are critical to the transportation infrastructure of Silicon Valley,” Congressman Honda said. “I'm glad to see them fully funded in this budget. These projects lead to fewer cars on our roads. Investing in transportation is good for business, good for the environment, and good for our way of life.”

However, Congressman Honda was critical of an almost \$300 million decrease of funding for Amtrak. “Cutting the funding for Amtrak is not just foolhardy, it's dangerous,” Congressman Honda said. “We need to be spending more to fix our crumbling infrastructure and protect our passengers.”

The Congressman was also unhappy with the rejection of an extension of the Moving to Work program. “Moving to Work has saved American taxpayers millions of dollars, while helping agencies and investors create local solutions to local housing challenges,” he added. “This is one of the most efficient programs to help families move into better housing. An extension would have shown our commitment to it. I will work with my colleagues to get this extended in the future.”

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Kids In Nature's Defense

BY NANCY LYON

“Any glimpse into the life of an animal quickens our own and makes it so much larger and better in every way” - John Muir

Youngsters have a natural kindness gene towards others and animals, and given the opportunity, they want to express that feeling and help where they can. It's our job as parents and teachers to nurture that inborn inclination so that it becomes a lifelong feel good habit.

Yet each day those wonderful qualities are challenged by what they encounter in an often uncaring and confusing world. With a rising tendency toward aggressive and violent behavior in our society, negative influences are a part of kids' everyday experience; easy access to violent video games and TV, viewing events like circuses, rodeos or marine shows that lack compassion and respect for animals - all have a critical impact on young minds. It shouldn't come as a surprise that viewing or encountering abusive and cruel actions can impact developing attitudes.

Teaching compassion, kindness and respect at an early age is vital and our schools play an important role in the process. When we choose words that reflect a new compassionate example, one that sees animals as ours to share this planet with - not as inferior beings but as co-habitants, our fellow Earthlings, we can literally change the world.

Instilling these values is a very important part of every child's education and it often falls to members outside of the family. Teachers and schools can become the primary source for instilling ethical principles yet budgets can't always stretch to providing the all-important materials that help encourage these virtues.

In an effort to help, for the last 16 years OHS has reached out to teachers in the 42 Fremont,

Union City and Newark public elementary schools and offered free classroom subscriptions for K-6 grade of the KIND News - a nationally recognized award-winning Youth program publication of the Humane Society of the United States (HSUS).

KIND News is an acronym for "Kids In Nature's Defense," a wonderful bi-monthly upbeat newspaper that during the school year provides good news for kids. As an affiliate of the National Association of Humane and Environmental Educators (NAHEE), it has worked to educate young people about kindness and respect for all animals and their natural habitats, non-violent resolution to problems, and activate youth efforts to protect animals by providing teaching materials, professional development, and other support to teachers and humane educators.

KIND Club projects include recycling, making welcome packets for new students, collecting supplies for animal shelters, making earth friendly cleaners, and educating others about responsible animal care. It also provides programs that "develop self-esteem by teaching children that their actions can make a difference, that no act of kindness, however small, is ever wasted."

In May, OHS KIND News Coordinator Pia Marloff mailed sponsorship invitations to every teacher in the Tri-City elementary school system. Included was our promise that no matter the number of students in a classroom, OHS guarantees that each child will receive personal editions of the KIND News to take home and share with family members and friends. It is our sincere wish that this ripple on the pond of awareness will hopefully reach far beyond the classroom.

Enrollment deadline is June 20th and we encourage teachers who may not have received a subscription invitation to contact OHS at 510-792-4587. Please leave after-school contact information.

Technology Solutions

SUBMITTED BY GUY ASHLEY

The Public Technology Institute (PTI) this week announced that Alameda County has won five 2015 PTI Solutions Awards for five County initiatives that leveraging technology to make local government operations more efficient, enhance service to the community and save taxpayer dollars. Winning Alameda County initiatives cited in the annual PTI awards program were:

Open Data Sharing Initiative - A multi-pronged initiative launched in 2012 that makes reams of County data made easily available to the public. More than 200 data sets - including crime reports, health data, and renewable energy information - are currently available in formats to encourage the public to integrate it into web and mobile applications.

SitStat System, Alameda County Fire Department - 'SitStat' is an online GIS mapping application for use by local Fire and Emergency Medical Services agencies. It provides real-time visual presentation of information - such as the location and details of emergency incidents and responder units - to help emergency personnel in the field or station.

Electronic Workflow for Probable Cause Declarations (PC DEC) -The County's Information Technology Department worked with numerous law enforcement agencies in creating this electronic workflow process to eliminate inefficiencies in the steps law officers must take to obtain Probable Cause Declarations. Court approval of these Declarations is required in connection with each and every arrest made in Alameda County.

Shuttle Mobile Web Application - This application makes an innovative Alameda County shuttle service easier to use for people seeking to travel between County facilities and public transportation hubs.

Registrar of Voters Lease Card System - An electronic system that has streamlined the process the County Registrar of Voters Office follows to lease space for as many as 900 polling places it operates during major elections. The system has helped reduce staff time devoted to this process by 75 percent.

PTI, which has operated its Solutions Award program for more than 30 years, also awarded Significant Achievement Awards (SA) to several other Alameda County technology efforts, including:

Assessor Field Canvassing Mobile Application - a mobile technology tool, that has reduced by 50 percent, the effort by County staff involved in the canvassing of business properties.

Electronic Warrants Approval - An electronic process aiding law officers in obtaining court approval of arrest warrants, search warrants and other legal actions.

READY.ACGOV.ORG - The new emergency preparedness website launched by Alameda County in 2014 that provides a step-by-step process to help anyone prepare for the next major emergency.

Urban Shield Mobile Web Application - A new mobile tool that helps participants in the annual Urban Shield first responders exercise.

The Auditor Property Tax Information System (APTIS) - A web-based solution that helps the Alameda County Auditor Tax Analysis team manage over 2 billion dollars in property tax revenue per year.

Election Mobile Apps Suite - a series of mobile applications created by the County that provide important time-sensitive information to voters, poll workers and candidates about local elections.



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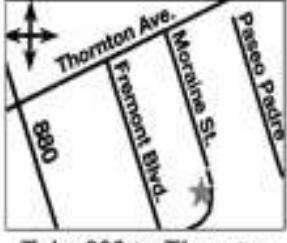
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Summer Reading Challenge

SUBMITTED BY ANNIE SNELL

What better way to spend your summer vacation than to join the Hayward Public Library's Summer Reading Challenge from June 13 to August 8. All ages are encouraged to take on the challenge by signing up in the library or online via <http://library.hayward-ca.gov> beginning June 13. Read your favorite books and magazines. Record your hours spent on reading to win fabulous prizes, including gift cards, free meals from local restaurants, free or discounted entry to museums and sporting events, and more. For more information, call (510) 293-8685.

A Night of Hilarity

SUBMITTED BY
INDIA COMMUNITY CENTER

India Community Center (ICC) Theater Group presents "Ishq Mein Risk," a hilarious comedy revolving around an old man's infatuation with a younger woman, on Friday, June 26 and Sunday, June 28. Directed by Ravi Chopra, the play is adapted from a Gujarati play by Praveen Solanski. Early bird tickets are available until Wednesday, June 10 and cost \$15 for general admission, \$20 for middle section, and \$25 for VIP. Additional \$5 will be charged after the early-bird purchase deadline. For more information, call (408) 934-1130 or visit www.indiacc.org/ishqmeinrisk.

Ishq Mein Risk
Friday, Jun 26
8 p.m.
Sunday, Jun 28
5:30 p.m.

India Community Center
525 Los Coches St, Milpitas
(408) 934-1130
www.indiacc.org/ishqmeinrisk
Early bird (ends Jun 10): \$15 (general); \$20 (middle section); \$25 (VIP)
Additional \$5 after deadline

A deal for a Cause

SUBMITTED BY STEPHANIE SULLIVAN

Premier Nissan of Fremont is hosting a fundraiser event on Sunday, June 14 to help the Tri-City Animal Shelter address its needs. Enjoy a day of barbeque, music, and \$1,000 in raffle prizes. All items and money donations of \$5 or more will qualify for raffle tickets toward various prizes on the day of the event. A pet adoption event will take place onsite as well. Currently, the shelter is in need of items such as pet food (Diamond Naturals), baby food (first stage), heating pads, collars (extra small and small), chicken jerky treats, toys (cat toys, Nyla bones, Kongs and rope toys), blankets, towels, small-medium crates, travel carriers and monetary donations. The dealership will accept donations prior to the event and match monetary donations up to \$1,000.

Fundraiser to benefit Tri-City Animal Shelter

Sunday, Jun 14
11 a.m. – 4 p.m.

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Apple Watch: Soon available for sale in stores

BY BRANDON BAILEY
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP), Soon you'll be able to buy an Apple Watch like you'd buy most other watches – in a store. Two months after Apple began taking online orders for its newest product, the company said Thursday it plans to begin selling some models in its retail stores in two weeks. Apple also said it's cutting through a backlog of online orders, with most watches ordered by end of May shipping within two weeks. The smartwatch has been on display in Apple stores in the United States and eight other countries, where customers could examine and try them on. But they couldn't buy one and wear it out the door. Apple has said that was because supplies were limited. Just how many watches Apple has sold is up for debate. The Cupertino, California, company hasn't released any sales figures, prompting some industry analysts to speculate demand was lower than expected. Others cite reports of manufacturing problems in Asia as evidence that supplies were unexpectedly constrained. Apple also said Thursday that it will begin selling the watch in more countries later this month, adding Italy, Mexico, Singapore, South Korea, Spain, Switzerland and Taiwan. In a statement Thursday, Apple Senior Vice President Jeff Williams said "the response to Apple Watch has surpassed our expectations in every way." He did not offer details.

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Reflections on Water Tap Water Made Me Smarter!

BY FRANK JAHN

Not long after talking to a class of junior high students about the differences between tap water and bottled water, I received the following thank you note:

Dear Mr. Jahn,

I just wanted to thank you for coming to our school. My dad and I stopped drinking bottled water for two months and I think I am getting smarter.

Sincerely,
Gebru, 8th grade

Now, I can’t vouch for bottled water’s impact on your I.Q., but I can tell you this: there are a lot of great reasons to choose tap water over bottled water. Let’s look at a few of them.

Price

Here in the Bay Area, on a gallon per gallon basis, bottled water costs approximately 1,000 times more than tap water. While bottled water is great to have on hand in the event of an emergency, there are few other reasons to spend so much on such a vital necessity. Not even taste or convenience can stand the cost test, as we’ll see in a moment.

Safety

Many people mistakenly believe that bottled water is safer to drink than tap water. In reality, tap water is more stringently regulated by the Environmental Protection Agency than bottled water is by the Food and Drug Administration. That means the water that flows from your faucet may actually be safer to drink than bottled water!

Taste

Some people complain that the taste of tap water isn’t to their liking. Minerals, such as calcium carbonate, are what give water its taste. These minerals are beneficial to your health, but they may give water a taste you find unpleasant. If this is the case, try a simple experiment. Run some water from your tap into a pitcher and put it in the refrigerator before you go to bed. In the morning, do a blind taste test. Taste the refrigerated water and taste some bot-

tled water. When both are cooled to the same temperature, most people can’t tell the difference between the two.

Convenience

From the standpoint of convenience, bottled water is great because you can take it almost anywhere. But wait, the same holds true for tap water! Once you’ve cooled your tap water in the refrigerator, simply pour it into a reusable stainless steel or aluminum bottle that you can carry with you throughout the day. In this way you’ll save money as well as benefit the environment by reducing the number of plastic bottles that find their way into landfills.

When I finish a presentation on the differences between tap water and bottled water, I like to share the results of an experiment performed by one of ACWD’s water quality scientists a number of years ago. He took a water sample from a classroom drinking fountain and another from the water cooler in the teachers’ lounge. He tested both for bacteria and returned to the classroom a couple of days later with the results.

What did he find?

The water from the drinking fountain had no colonies of bacteria growing in it. It was just good, pure drinking water. The water from the water cooler had thousands of colonies of bacteria growing in it.

The possible reason?

The interior of a water cooler is a wonderful moist breeding ground for bacteria that probably seldom, if ever, gets disinfected.

The moral of the story? Just because it came from a bottle doesn’t necessarily mean it’s pure. I’ll leave the last word to another student:

Dear Mr. Jahn,

Thank you very much for donating your own time to educate us about water. Now I know that tap water is good for me, so I don’t have to waste my money on bottled water. Tap water rules... bottled water drools!

Sincerely,
Candi, 8th grade



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Governor Brown announces appointment

SUBMITTED BY GOVERNOR’S OFFICE

Governor Edmund G. Brown Jr. announced the following appointment on June 4, 2015. Joseph Zammuto, 59, of Fremont, has been reappointed to the Osteopathic Medical Board of California, where he has served since 2012. Zammuto has been a partner and physician at Center Medical Group Inc. since 1997. He was a physician at MedPartners-Mullikin Medical Group from 1995 to 1997, a physician and partner at Zammuto and Zinni Medical Inc. from 1991 to 1995 and was owner at Joseph A. Zammuto, D.O. from 1984 to 1991. Zammuto earned a Doctor of Osteopathic Medicine degree from the Chicago College of Osteopathic Medicine. This position does not require Senate confirmation and the compensation is \$100 per diem. Zammuto is a Democrat.

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BUSINESS

California's drought spurring
water recycling at home

By ELLEN KNICKMEYER
ASSOCIATED PRESS

BERKELEY, Calif. (AP),
Showering during California's
drought is a guilt-free experience
for homeowners Catarina Negrin
and Noah Friedman.

The Berkeley couple – she
runs a preschool, he's an architect
– are early adopters of a home
plumbing do-over that's becom-
ing more popular during Califor-
nia's record four-year dry stretch.

California, like many states,
long required all water used in
homes to be piped out with the
sewage, fearing health risks if
water recycling is done clumsily.

Since 2010, however, the in-
creasingly dry state has come
around, and now even encourages
the reuse of so-called gray water,
which typically includes the gen-
tly-used runoff from bathroom
sinks, showers, bathtubs and
washing machines.

As mandatory conservation
kicked in statewide this month,
forcing many of California's 38
million people to face giving up
on greenery, these recycling sys-
tems have become attractive op-
tions in new homes, right along
with granite countertops. Califor-
nia Building Industry Association
executive Robert Raymer rattles
off the drought-conscious top
builders that now routinely offer
in-home water recycling.

And California's building
codes are catching up as well, al-
lowing owners of existing homes
to create the simplest systems for
the safest gray water without a
permit.

So while others think about
hauling buckets to catch stray
drips from their sinks and tubs,
Negrin and Friedman can relax:
Each gallon they use in the shower
means another for the butterflies
that duck and bob over their veg-
etable garden, for the lemon tree
shading the yard, and for two
strutting backyard chickens busily
investigating it all.

"I love a lush garden, and so it
seems like why not, right? I could
have a lush garden if it doesn't go
into the sewer system," Negrin

said. "So, yes, "I'm going to take
a shower."

Because pathogens swimming
in untreated gray water can trans-
mit disease if humans ingest
them, most modern health and
building codes have long made
recycling it impractical. Many
families did it anyway, without
official oversight or permits.
Greywater Action, a group that
promotes household water recy-
cling and trains families and in-
stallers on the do's and don'ts,
estimates that more than a mil-
lion Californians had illegal sys-
tems before plumbing codes were
updated.

But interest in doing it the
right way has soared since April
1, when Gov. Jerry Brown or-
dered a 25-percent cut in water
use by cities and towns. Palo Alto
gray-water system installer Sassan
Golafshan saw his website crash
within a day from the surge in
traffic.

"There's huge interest," said
Laura Allen, a co-founder of
Greywater Action. Contractors
"told us they're getting so many
more calls than before."

Water savings could be signifi-
cant. A 2009 study by the Uni-
versity of California at Los
Angeles found that if everyone in
the southern part of the state re-
cycled the water that currently
goes down drains from their
showers and washing machines,
there would be enough to satisfy
Southern California's entire out-
door residential water use needs.

At the California Water Re-
sources Board's recycled water
unit, chief Randy Barnard is
fielding many calls from home-
owners desperate to save their
beloved lawns and gardens. "If
they've got a prize fruit tree
they've been babying for years,
they don't want to lose that tree,"
he said.

But for many, he has some bad
news to share. Recycling water at
home is not as easy as just hooking
your shower up to the lawn sprin-
klers, and recycled water probably
won't save the lawn.

"Just like there's no one sure
way to fight the drought, there's

no one sure way for gray-water
treatment," the state gray-water
chief said. "Everybody has to look
at all the options and figure out
what works for them."

Water from toilets is consid-
ered "black" water and sent
straight to wastewater treatment
plants. Many states also bar water
from kitchen sinks, since home-
owners may have contaminated it
by washing raw meat.

In California, homeowners are
now allowed to irrigate with un-
treated water straight from bath-
room sinks, washing machines
and bathtubs, as long as – among
other requirements – the water
lines run beneath soil or mulch,
so as not to come in contact with
people. That rules out using un-
treated gray water on lawns,
which typically need above-
ground spray heads or sprinklers.

Gray water can even go to veg-
etable gardens like Negrin's and
Friedman's, as long as it doesn't
touch root vegetables or any
other plant part that's eaten.
Tomatoes are fine, but forget
about carrots.

The latest plumbing-code
changes have enabled families to
install these straightforward laun-
dry-to-landscape systems without
a permit, sending wash water into
the yard with a valve to divert it
back into the sewage system
when needed. A handy home-
owner can do it with no more
than a couple hundred of dollars
of piping and parts.

More complicated systems, in-
volving automation, filters and
pumps, can top out at \$30,000,
contractors said.

About 20 states now allow
gray-water recycling, and around
the country, Arizona has some of
the friendliest laws. California
still has more to do, Allen and
other advocates say. Raymer, at
the building trade group, hopes
for more legal changes in the
coming years to align state gray-
water codes with the rules of
hundreds of cities and towns.

AP Video journalist Haven
Daley contributed to this report.

Sundt expands
Northern California
team at Ohlone

SUBMITTED BY JOSH SKALNIAK

Sundt Construction, Inc. (www.sundt.com) recently
added two new members to its Northern California team.

Mike Whittaker and Kathleen Worden join the
team constructing the \$110 million Ohlone Commu-
nity College – Academic Core project in Fremont. The
project, which includes three multi-story buildings to-
taling 188,000 square feet, is expected to be completed
in late 2017.

Whittaker, rehired as a senior project manager, returns
to Sundt after working as a project director for one of
Nevada's top general contractors. Whittaker's construction
experience spans more than 22 years, seven of which he
previously spent with Sundt. Working out of Sundt's
Sacramento office, Whittaker is the project's technical
source of information, providing expertise in construction
engineering, codes and standards. Whittaker is a member
of the Associated General Contractors, Design-Build Insti-
tute of America, Lean Construction Institute and the U.S.
Green Building Council.

Worden joins Sundt's San Jose office field team as its
newest field engineer I. She earned a bachelor's degree
in construction management from California Polytech-
nic University's College of Architecture and Environ-
mental Design and is currently completing her thesis
for a Master of Science degree in architecture. Skilled in
a variety of BIM-related software programs, she was a
member of the 2010 California Polytechnic State Uni-
versity team that earned third place in the Associated
Schools of Construction Regions 6 and 7 BIM compe-
tition in Sparks, Nevada. In her initial role with Sundt,
Worden assists the project engineers in providing tech-
nical information to the team, documenting changes
and ensuring the project remains on schedule.

Resources from
Alameda County Flood
Control & Water
Conservation District

SUBMITTED BY CYNTHIA BUTLER

The current drought has everyone con-
cerned about our precious water in California.
Learning more about the water right here in
Alameda County is a great way to honor and
protect it. A new online resource makes it easy
to learn about the geology, wildlife, and recre-
ation possibilities found in local watersheds.

The Alameda County Flood Control and
Water Conservation District (ACFC & WCD)
has created an interactive map of Western
Alameda County watersheds that lets teachers,
students, parents, kids and outdoor enthusiasts
explore, learn, and plan a visit to our wonder-
ful local watersheds.

From Berkeley to Fremont, each watershed
section includes a map, along with facts on
Features, Waterbodies, Recreation, Restoration
and How You Can Get Involved to preserve
and protect our watersheds.

And that's not all! The interactive Google
Earth map lets you zoom in and out, compare
the watersheds at different time periods, see
channels, creeks, and even points of interest.

Whether you are planning a hike, looking
for outdoor activities with the kids, or simply
want to understand more about the watersheds
we depend on, please visit the Explore Water-
sheds website at:

http://acffloodcontrol.org/resources/explore-
watersheds

Here's to an exciting summer of exploring
our watery world!

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Counseling Corner

What Not To Wear (To An Interview)

BY ANNE CHAN, PhD, MFT

Recently, a client was stressed out about what she should wear to an upcoming interview. The place she was interviewing at was not a big corporation, so she was confused about what outfit she should put on. A business outfit? A casual, but not too casual outfit? Or something in between? Of all the things she needed to do to prepare for the interview, this particular question was the most vexing and puzzling.

Like meeting the in-laws for the first time, an interview is a stressful situation. And what stresses my clients out is the question of what to wear. It's a question worth considering because the outfit you put on signals to the employer a little of who you are and what you're all about. We send indirect signals through our clothes – wear loud, bold colors and you might be perceived as being a loud, bold person. Wear a conservative gray outfit and you might be seen as a conservative, boring person. Wear something artsy and creative and you will likely be thought of as artsy, creative, and maybe off the wall. So the choice of what to wear at an interview is a critical one because we are, unfortunately, judged by our appearances.

Just as there is no such thing as a one-size-fits-all pair of pants, there is no one-size-fits-all answer to this question of what to wear at an interview. However, there are a couple of things to consider that will help narrow your choices to the perfect outfit to wear. For starters, I always recommend that you wear an outfit that you are comfortable in and feel great in. This doesn't mean that you show up in your pajama bottoms or ratty sweat pants. You should choose an outfit that fits your body well and feels good. You should be able to walk, talk, and move your arms and legs without any discomfort. Don't go to an interview wearing something that is scratchy, itchy, tight, ill-fitted, and/or is hard to breathe in. Make sure that you feel comfortable in your outfit so that you do not have any wardrobe distractions during the interview. An interview can be mentally uncomfortable; don't add to your discomfort by wearing an uncomfortable outfit.

Some people seize an interview invitation as an excuse to go shopping. "I need a new outfit!" is the thought (or excuse) behind the shopping spree. I don't actually recommend buying and wearing a brand new outfit for an interview unless you have absolutely zero interview-appropriate clothes. Instead, I generally recommend wearing an outfit that you already have and feel good in. If you must get a new outfit, be sure to wear the outfit at least twice for a test-drive before the interview so that you will be comfortable in it.

Assess the culture of the place and wear an outfit that is respectful of the company culture as well as showcases your professionalism and work ethic. If you are into nose rings, belly button piercings, and tattoos, you might want to remove or hide these when you go for your interview (unless you're interviewing at a tattoo shop). Most workplaces are fairly conservative when it comes to interview protocols and expectations – it's best to play it safe and go for the professional look if you are unsure of what to wear.

Keep your outfit simple and understated. You should aim to look professional and eager to work – a stellar employee, if you will. Take a look at the

outfit you are going to wear and ask if it fulfills these criteria. Ask trusted friends for their honest opinions. You should not wear anything that screams too much attention to itself – don't be known as "That girl who wore that crazy dress," or "That guy with that awful orange shirt." Make sure that you are not showing too much cleavage (if at all), that your skirts are not too short, or your pants are too tight. A couple of days before your interview, check that your outfit is clean, well-ironed, and neat. No stains or hanging hems, please. Keep your accessories understated and to a bare minimum. Definitely lay off the loud, jangling stuff – these are distracting and might send off the wrong message. Check your shoes to make sure they are comfortable, professional-looking, clean, and understated. This is not the time to break out your 8 inch heels or your gold pumps.

While we are on the subject of what not to wear, do remember to lay off the perfume and cologne. I know some of you are attached to your signature scents, but you simply do not want to risk turning off your potential employer by assailing them with a strong scent that they might not like. "But I want to make sure I smell good!" I can hear you say. Well, simply take a shower before your interview, make sure your clothes are freshly laundered and you'll smell just fine.

To guide you in your wardrobe choices, I am ending with a interview wardrobe checklist that will guide you to selecting the perfect interview outfit:

Interview Wardrobe Checklist

- How comfortable do I feel in these clothes? Can I move in this outfit with ease?
- What is the culture of the workplace and does my outfit show respect for that culture?
- Do I look like I'm a professional who is ready and eager to work and is serious about work?
- Is my outfit appropriately understated and modest? Is my hemline too short or my neckline too low? Are my pants too tight?
- Is my outfit clean?
- Is my outfit well-ironed?
- Is my outfit well-maintained, e.g. are there any loose hems, holes, missing buttons, or broken zippers?
- Are my accessories understated, modest, and quiet?
- Are my shoes clean and professional looking?
- Am I clean and well groomed?
- Did I forego the perfume and cologne?

You've selected the perfect outfit and you're ready for the big day. Now go out there and get the job!

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.

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Retirement Doesn't Mean Inactive

So, you've punched that 8:00 to 5:00 time clock for the last time and you are ready for retirement. Retirement should mean no more time clocks, but it shouldn't mean you just stop all activity!

Now is the time to do those things you have always wanted to do, make new friends, try new things, associate with like-minded men, catch up on the things that interest you.

Why not join your local SIR organization?! Sons In Retirement is a state-wide organization of local branches for men to meet and mutually enjoy the benefits of retirement. SIR conducts a monthly luncheon meeting where you can associate with other retired men, listen to topical speakers, sign up for activities of interest, make new friends, and keep happily active.

Fremont/Newark/Union City Branch 59, meets the third Thursday of the month at the Newark Pavilion on Thornton Ave and Cherry St in Newark. Socializing is from 11:00 to 12:00, and there is time to look over an extensive library of books, sign up for activities, and meet new people or shoot the breeze with old friends. The formal meeting starts at 12:00 with club announcements, birthday wishes, a sing-a-long, and lunch, followed by a selected speaker. Meetings usually end about 1:30.

Activities run the gamut from golf, bowling, computers, wine tasting, bridge, bocce, and couples dining out, and more are being added as interest dictates.

There are also activities which can include your wives or girlfriends, and the ladies seem to enjoy getting their retired men out of the house on occasion.

SIR Branch 59 is looking for new members. Visit their website at www.sirinc.org or call Jim Ulam at (510) 797-9357 or email time4golf@snakebite.com for more information.

SAVE's annual volunteer celebration

SUBMITTED BY TINA FERNANDEZ

In observance of National Volunteer Appreciation Month, SAVE (Safe Alternatives to Violent Environments) honored its Volunteer Team members with an appreciation dinner at Papillon Restaurant on April 29.

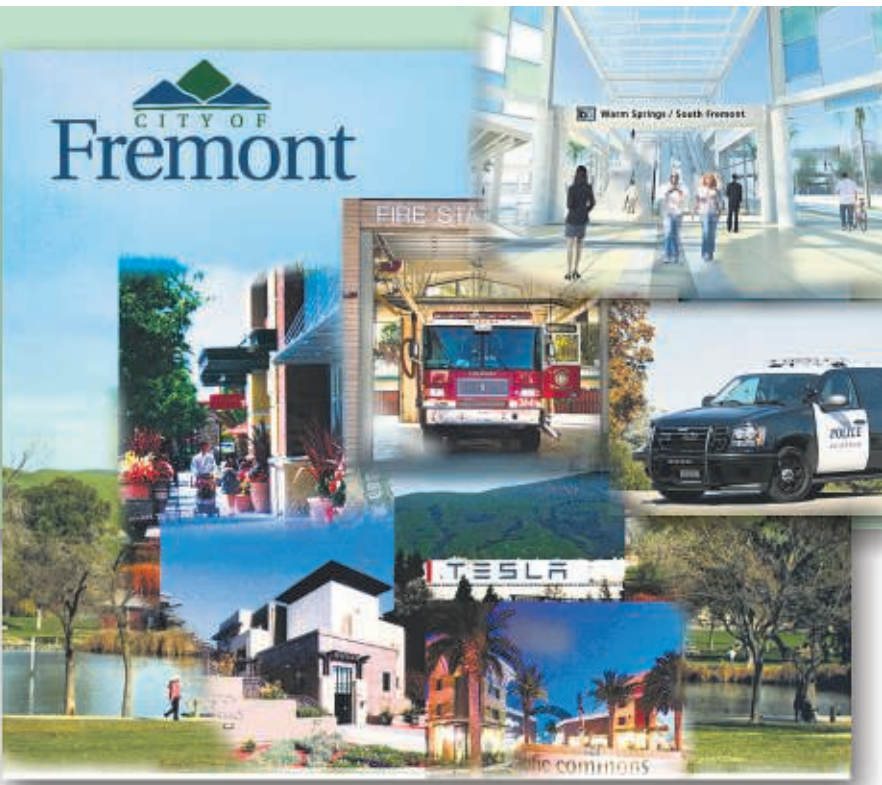
Made possible by a generous grant from the Fremont Bank Foundation and the consideration of Papillon owner Charlie Foreman, the evening included a delicious three course meal, the opportunity for SAVE's dedicated volunteers to share experiences and stories, and the presentation of Certificates of Appreciation and gift bags including artisan soap donated by Pamela Soap of Niles. In addition, the guests were entertained by musician Michael McNevin who donated his time and talent for the evening.

SAVE knows that its success depends on our community's generosity and its dedicated, enthusiastic, energetic, and talented volunteers are key to helping SAVE in many ways. Whether volunteers are helping at The Empowerment Center at SAVE with administrative tasks, leading therapeutic yoga or art classes, or providing daycare, homework assistance, or gardening help at SAVE's Emergency Shelter, they bring incredibly energy, patience, and love to the organization.

"Our volunteers truly are unsung heroes," stated Nina Clymer, SAVE's Executive Director. "They give us their all, day in and day out. This dinner is one way to show our thanks for all they do throughout the year."

SAVE thanks Brian Hughes of the Fremont Bank Foundation, Papillon Restaurant's Charlie Foreman, Pamela Bevans of Pamela Soap, and Michael McNevin for making SAVE's Annual Volunteer Appreciation Dinner a success. For more information, visit www.save-dv.org.

Think Fremont



Spend an Afternoon with Us

Discover the true lake experience by boat with the Central Park's Boat Rentals! Rental boats are available on weekends and holidays through September from 12 p.m. to 5 p.m. The boating hours expand to seven days a week starting mid-June through Labor Day. The paddle boat is easy to operate and a favorite family-oriented activity. Paddle boats can accommodate up to four people and can be rented for \$12 per half-hour. Other boat rentals include kayaks, stand-up paddle boarding, and sailboats. For more information about boat rentals including boat regulations and storage, visit www.Fremont.gov/Boating or email centralpark@fremont.gov.



Fremont Senior Center is looking for Volunteers

Need community service hours or just looking to stay busy? The Fremont Senior Center is looking for 50 volunteers to assist in our Kitchen/Dining Room for the summer. Volunteers will perform various tasks associated with meal preparation, service and clean up. Volunteers will report to the Chef and/or Assistant Chef to determine the day's requirements for meal service. We're looking for friendly, patient people with a good sense of humor and willingness to help. We offer opportunities for various shifts including dining room volunteers who can work 7 a.m. to 10 a.m. or 11 a.m. to 2 p.m., and kitchen volunteers who can work 8:30 a.m. to 2 p.m. The minimum age to volunteer with the Fremont Senior Center is 14 years old. For more information please contact the Fremont Senior Center at 510-790-6600, or email Ljimenez@fremont.gov with "Kitchen Volunteer" in the subject line.



Dedication of Gladys Williamson Memorial, 'Unity' on June 11

The corner of Stevenson Boulevard and Paseo Padre Parkway has a brand new look! Join the City of Fremont for the dedication of the Gladys Williamson Memorial and "Unity" on Thursday, June 11 from 3 p.m. to 4 p.m. "Unity", a sculpture by Bruce Beasley is composed of six intersecting stainless steel rings and measures 22' x 33' x 33' and weighs 3,700 pounds. Beasley, 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., will be on hand during the dedication. According to the renowned sculptor, "Unity" represents the synergy of Fremont—the total combination of the citizens, the elected government, the city staff, the businesses and the physical environment. The sculpture cost \$205,700. Gladys Williamson, a former Oakland Tribune journalist and Fremont resident, worked selflessly for the good of her community. Her contributions accomplished in the spirit of citizenship stand as an example to all and earned her the loving title: Fremont's First lady. To RSVP for the Gladys Williamson Memorial and "Unity" dedication, contact Management Analyst Alina Kwak at 510-284-4014 or akwak@fremont.gov.

Private Video Surveillance Camera Registration

Do you currently utilize private video surveillance at your home or business? If you do, the Fremont Police Department would like to hear from you. Video surveillance is one of the best methods for apprehending criminals and convicting suspects who are caught in the act of committing a crime. Installing private video surveillance is a great example of community-police partnerships and is something the City

highly values as the Fremont Police Department serves a very large community. If you would like to let the Fremont Police Department know that you have video surveillance and allow police officers to contact you should a crime occur in or near where your cameras are installed, please register your camera online. Registration is voluntary. For more information please visit www.FremontPolice.org/CameraRegistration.



City of Fremont Recent Recreation Services Success and Upcoming Projects

The City of Fremont has seen tremendous success within multiple divisions of its Community Services Department this past year, and there is much more to come in the near future. The Recreation Services division has experienced substantial growth among its Fremont Skate Park, Aqua Adventure Waterpark, and Central Park Catering and Event Services. The Fremont Skate Park now receives over 40,000 visitors annually and has educated more than 500 children on skateboarding safety. Aqua Adventure Waterpark experienced a record-breaking year hosting more than 90,000 guests with a 20 percent increase in revenue. Additionally, the Central Park Catering and Event Services began

operations at the Central Park snack bars and has in turn seen revenues exceeding initial projections. With the success of these services, the Recreation Services division is able to grant more than \$100,000 in annual scholarships to low income Fremont families. The City of Fremont has also made improvements to the Central Park and Los Cerritos Community Park picnic areas. These additions include ADA-accessible picnic tables, barbecue pits, shade structures, walkways, and patio areas. Additionally, Fremont's sports parks are receiving major overhauls. Karl E. Nordvik Park has been upgraded with a 100,000+ sq. foot synthetic turf field, lights, and additional parking, and is available for rent to youth and adult

sports groups. The Fremont Tennis Center has also added five new tot and youth tennis courts to make tennis activities easily available for all ages. Central Park Soccer Fields 9 and 10 are being converted into a synthetic turf multi-use cricket and soccer field. This will be the first cricket field in Fremont that meets the standard for Regional Cricket Club competition and is intended to increase usage and rentals while decreasing maintenance costs for the City. Fremont Recreation Services constantly strives to offer a wide variety of exceptional facilities and activities for its community. For additional information about Fremont Recreation Services, please visit www.Fremont.gov/Recreation or call 510-494-4300.





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NAVIGATING THE LONG JOURNEY

FREE EDUCATION & SUPPORT FOR SENIORS



Sampath K. Ramakrishnan, MD will be our guest speaker for this month's Dementia seminar. Dr. Ramakrishnan is a board certified Internal medicine, Hospice and Palliative care MD. With over 20 years of experience in the field, he will discuss stages of Dementia and the effects on person and family.

Wednesday, June 17th at 11AM - 12:30PM

Kindly RSVP: Debbie.Zogarcic@AegisLiving.com or call 510-556-5055.

Aegis Living of Fremont
Assisted Living & Memory Care
3850 Walnut Ave. • Fremont, CA 94538
www.aegisoffremont.com

VCFE 0015000310

continued from page 15

Roofing 101

A homeowner's guide

tion. A little like having surgery – you only want to do it once.”

Don Vincent runs Vincent Roofing Co., Inc. in Hayward, a family-owned company that has been in business for 73 years. He notes that the neighborhood you're in can also influence your roofing choice. “If the whole neighborhood is tile, then you probably want to stick with tile. And some homeowners' associations require a certain look. Although I have seen them mix in composition shingles in a tiled neighborhood because it's a cheaper alternative.”

Vincent also suggests having the old roofing completely removed when installing a new one.

While this can cost more, the results are much cleaner. He also stresses the importance of good attic ventilation, which can affect the longevity of the roofing material. In his experience, most roofing jobs take around two to seven days.

A roof is your first line of defense in protecting all your belongings from nature's wrath. It's important that it's installed correctly and with the right choice of material. And you'll probably sleep better, knowing that what's above you can stand the test of time.

For more information, contact PetersenDean Roofing at 1-877-552-4418 or www.petersendean.com, and Vincent Roofing Co., Inc. at (510) 538-0222 or www.vincentroofingcoinc.com. www.petersendean.com, and Vincent Roofing Co., Inc. at (510) 538-0222 or www.vincentroofingcoinc.com.



Below: Photo courtesy of Vincent Roofing Co., Inc.

continued from page 1

FREE Virtuoso International Concert

Flute Ensemble

At a free community concert on Saturday, June 13, VIFE will present a challenging repertoire which includes “Radetzky March” by Strauss, “London Symphony” by Haydn, “Gypsy Song” by Bizet, and more. Noted music teachers will be performing in this concert, including Emily Moore (Milpitas Unified School District Band Director), Grace Lai (flute teacher in Fremont, San Jose),



Soo Hong (piano teacher in Fremont), Amy Kuo (flute teacher in Milpitas, San Jose), Amberle Mitchell (Washington High School Band Director), Jane Lee (flute

teacher in Fremont), and Barbara Christmass (composer/performer/teacher). Ms. Lena Zee, who is on the Board of Directors for the Fremont Symphony Orchestra, will honor us as the Master of Ceremonies.

VIFE is known for their performance excellence and the concert will be great for parents who have children approaching school band age to give them the opportunity to explore their interest in learning music.

VIFE Community Concert
Saturday, Jun 13
2:30 p.m. - 4:00 p.m.
Centerville Presbyterian Church
4360 Central Ave, Fremont
(510) 979-9263
Free admission

CASTRO VALLEY TOTAL SALES: 20						
Highest \$:		Median \$:		700,000		
Lowest \$:		391,500		Average \$: 715,025		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
22147 Betlen Way	94546	505,000	3	1098	1953	04-30-15
4357 Edwards Lane	94546	680,000	3	1479	1958	05-01-15
17033 High Pine Way	94546	875,000	3	2467	1968	05-04-15
3511 Jamison VWay	94546	550,000	3	1600	1949	04-29-15
19940 John Drive	94546	850,000	3	2172	1997	04-30-15
4297 Nando Court	94546	690,000	3	1710	1957	05-04-15
21451 Outlook Court	94546	550,000	4	1524	1958	05-01-15
17443 Parker Road	94546	855,000	3	2444	1959	05-04-15
17574 Parker Road	94546	1,000,000	3	2331	1953	04-30-15
2776 Pineridge Road	94546	750,000	3	1976	1941	05-04-15
4991 Seaview Avenue	94546	700,000	3	1577	1955	04-30-15
3564 Somerset Avenue	94546	475,000	2	1113	1949	04-28-15
17617 Trenton Drive	94546	575,000	2	2032	1966	05-04-15
17663 Trenton Drive	94546	734,000	4	1997	1969	05-01-15
21306 Tyee Street	94546	391,500	3	1342	1947	04-28-15
5321 Willow Glen Place	94546	1,080,000	4	4484	2003	05-01-15
20269 Woodbine Avenue	94546	730,000	5	2251	1949	04-29-15
20808 Glenwood Drive	94552	855,000	3	2197	1994	05-01-15
6112 Mt. Rushmore Circle	94552	605,000	2	1563	1988	04-29-15
7807 Pineville Circle	94552	850,000	4	2340	-	05-01-15

FREMONT TOTAL SALES: 43						
Highest \$:		Median \$:		825,000		
Lowest \$:		346,000		Average \$: 882,837		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
37261 2nd Street	94536	600,000	2	1032	1915	04-30-15
4100 Ardo Street	94536	825,000	3	1557	1971	04-30-15
559 Barcelona Drive	94536	1,000,000	4	2092	1968	04-29-15
35798 Blair Place	94536	885,000	4	1811	1968	04-30-15
4674 Cambio Court	94536	525,000	3	1214	1954	04-30-15
4684 Cerritos Avenue	94536	640,000	3	1106	1954	05-01-15
3733 Dunbar Place	94536	970,000	4	1503	1977	04-30-15
36125 Easterday Way	94536	975,000	3	1706	1984	04-30-15
38270 Farwell Drive	94536	785,000	3	1362	1959	04-29-15
38428 Fitzgerald Circle	94536	580,000	2	1300	1965	04-29-15
2478 Harrisburg Avenue	94536	1,320,000	4	2173	1986	04-30-15
570 Lambert Terrace	94536	674,000	3	1543	2008	05-01-15
36806 Limeta Terrace	94536	420,000	2	988	1971	04-30-15
36194 Magellan Drive	94536	721,000	3	1445	1954	05-04-15
3498 Peralta Boulevard	94536	683,500	3	1642	1910	05-04-15
3536 Peralta Boulevard	94536	1,580,500	4	1726	-	05-04-15
3550 Peralta Boulevard	94536	1,675,000	3	924	1906	05-04-15
39170 Cindy Street	94538	765,000	3	1632	1961	04-30-15
5529 Farina Lane	94538	653,000	3	1078	1962	04-30-15
39224 Guardino Dr #102	94538	469,000	2	1077	1990	04-28-15
40423 Laiolo Road	94538	346,000	3	1207	1955	05-04-15
40488 Laiolo Road	94538	700,000	3	1207	1955	05-04-15
5677 Lemke Place	94538	415,000	3	1508	1966	04-30-15
4452 Ogden Drive	94538	730,000	4	1427	1962	05-01-15
41664 Sherwood Street	94538	950,000	3	1747	1959	05-01-15
40332 Vivaldi Rose Cmn	94538	899,000	4	2574	2010	04-30-15
2332 Abaca Way	94539	898,000	2	1230	1971	04-30-15
775 Alston Court	94539	1,353,500	5	2139	1957	05-01-15
1942 Briscoe Terrace	94539	840,000	2	1392	1972	05-04-15
429 Dana Street	94539	1,055,000	3	1008	1953	04-30-15
318 Morengo Way	94539	1,372,000	5	2138	1961	05-01-15
41777 Murphy Place	94539	1,600,500	3	2053	1963	04-30-15
40159 Santa Teresa Cmn	94539	630,000	2	957	1970	04-29-15
38 Shaniko Common	94539	630,000	3	1214	1986	04-30-15
45410 Sodaville Drive	94539	1,509,000	5	2409	1984	05-04-15
43663 Tonica Road	94539	1,620,000	4	2495	1978	04-30-15
5036 Crandallwood Drive	94555	610,000	2	830	1986	04-30-15
34381 Dobson Way	94555	828,000	4	1544	1972	05-01-15
34351 Eucalyptus Terrace	94555	1,000,000	3	1597	1992	05-01-15
34674 Greenstone Cmn	94555	450,000	3	1166	1970	04-30-15
5996 Roxie Terrace	94555	1,039,000	3	1727	1988	04-28-15
34252 Sward Drive	94555	820,000	4	1249	1984	04-29-15
5928 Via Lugano #141	94555	921,000	4	1969	2012	05-01-15

HAYWARD TOTAL SALES: 39						
Highest \$:		Median \$:		470,000		
Lowest \$:		190,000		Average \$: 488,564		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1717 B Street	94541	431,000	2	780	1944	05-01-15
2219 Beckham Way	94541	635,000	5	2811	1964	05-01-15
1633 C Street	94541	600,000	2	832	1947	05-01-15
802 Cherry Way	94541	575,000	3	1929	1925	04-29-15
22523 Colton Court	94541	290,000	2	1080	1987	05-01-15
1105 Grove Way	94541	572,500	3	1477	1941	05-01-15
225 Grove Way	94541	510,000	2	1467	1936	04-30-15
2535 Hermosa Terrace	94541	430,000	2	775	1949	04-29-15
1809 Hill Avenue	94541	545,000	3	2135	1938	05-04-15
2548 Jacobs Street	94541	535,000	3	1574	1953	04-29-15
2823 Kelly Street	94541	603,000	4	2876	1938	04-29-15
19277 Medford Court	94541	330,000	2	800	1947	04-29-15
23632 Odom Drive	94541	435,000	3	1070	1951	04-29-15
675 Veranda Circle	94541	459,000	3	1381	2003	04-29-15
21577 Western Boulevard	94541	470,000	2	884	1946	04-30-15
28846 Bailey Ranch Road	94542	1,049,000	7	3705	2000	04-30-15
25799 Bel Aire Drive	94542	402,000	3	1050	1950	05-01-15
25814 Bel Aire Drive	94542	460,000	3	1170	1950	05-01-15

25422 Del Mar Avenue	94542	295,000	3	1032	1956	05-01-15
25912 Hayward Blvd #217	94542	350,000	2	1328	1983	04-29-15
2116 Thistle Court	94542	500,000	3	1399	1997	05-04-15
25102 Angelina Lane #23	94544	380,000	2	1274	2002	05-01-15
415 Culp Avenue	94544	388,000	3	1020	1950	05-01-15
677 Dartmore Lane #148	94544	190,000	1	643	1988	05-01-15
699 Dartmore Lane #172	94544	244,000	2	894	1988	05-01-15
30553 Flossmoor Way	94544	560,000	3	1134	1955	05-01-15
1255 Gomer Street	94544	490,000	3	1210	1956	04-29-15
714 Lilly Avenue	94544	420,000	2	853	1950	04-30-15
88 Middleton Place	94544	611,500	-	-	-	05-04-15
90 Middleton Place	94544	668,500	-	-	-	05-01-15
149 Orchard Park Place	94544	615,000	4	2089	2000	04-29-15
337 Shepherd Avenue	94544	384,500	3	1000	1959	04-30-15
26034 Tarragon Street	94544	641,000	4	1804	1992	04-29-15
252 West Harder Road	94544	420,000	3	1101	1952	05-01-15
829 West Tennyson Road	94544	410,000	-	1108	1953	04-30-15
687 Woodland Avenue	94544	650,000	4	1748	1960	04-30-15
26729 Campeche Street	94545	630,000	6	2169	1959	05-01-15
26713 Contessa Street	94545	360,000	3	1128	1957	04-30-15
1310 Homestead Lane	94545	515,000	3	1285	1956	05-01-15

MILPITAS TOTAL SALES: 11						
Highest \$:		Median \$:		656,000		
Lowest \$:		250,000		Average \$: 677,500		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
2119 Blue Ridge Drive	95035	250,000	4	3181	1988	05-01-15
701 Erie Circle	95035	750,000	2	1350	1984	04-30-15
1260 Gingerwood Drive	95035	950,000	3	1705	1991	04-30-15
917 Luz Del Sol Loop	95035	656,000	2	1300	2007	05-01-15
96 Marylinn Drive	95035	642,000	2	1378	1983	04-30-15
257 Mazey Street	95035	610,000	3	1152	1958	05-01-15
692 North Abbott Avenue	95035	700,000	3	1253	1960	05-01-15
325 North Temple Drive	95035	455,000	2	976	1970	05-01-15
1859 Shenandoah Avenue	95035	906,000	3	1249	1966	04-30-15
600 South Abel St #510	95035	430,000	1	932	2007	05-01-15
895 Valencia Drive	95035	1,103,500	4	2390	1984	04-30-15

NEWARK TOTAL SALES: 10						
Highest \$:		Median \$:		520,000		
Lowest \$:		311,000		Average \$: 595,550		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
7521 Birkdale Drive	94560	520,000	5	1584	1963	04-29-15
35316 Blackburn Drive	94560	880,000	4	1866	1963	05-01-15
36428 Blackwood Drive	94560	865,000	4	1908	1971	04-30-15
6185 Honeysuckle Drive	94560	750,000	3	1776	1965	04-29-15
6148 Joaquin Murieta Avenue	94560	311,000	2	1132	1981	04-30-15
36670 Leone Street	94560	417,500	3	939	1953	05-01-15
37136 Magnolia Street	94560	417,000	2	832	1915	05-04-15
6444 Moores Avenue	94560	725,000	4	1642	1963	04-30-15
36913 Newark Blvd #A	94560	435,000	2	1166	1987	04-30-15
37243 Walnut Street	94560	635,000	6	2185	1963	05-01-15

SAN LEANDRO TOTAL SALES: 11						
Highest \$:		Median \$:		476,000		
Lowest \$:		270,000		Average \$: 487,545		
ADDRESS	ZIP	SOLD FOR	BDSSQFT	BUILT	CLOSED	
1477 Brookside Drive	94577	400,000	2	872	1942	04-29-15
610 Cascade Road	94577	270,000	2	863	1948	04-29-15
2506 Galleon Place #116	94577	475,000	2	1596	1988	04-29-15
512 Lewis Avenue	94577	520,000	2	1008	1925	04-30-15
3405 Monogram Street	94577	600,000	3	1577	2000	05-01-15
14235 Tiburon Road	94577	435,000	3	1126	1962	04-29-15
2552 Williams Street	94577	602,000	4	1915	1948	04-30-15
2120 Altamont Road	94578	395,000	2	1248	1937	04-30-15
3748 Anza Way	94578	476,000	3	1108	1954	05-01-15
795 Chico Drive	94578	500,000	3	1139	1954	04-29-15
2231 Mariner Way	94579	690,000	4	2294	1999	05-01-15

</



Hissss!

By Nellie Fly
WORLD'S SMALLEST REPORTER

What's that noise? Is it a snake? No! It's a *Gromphadorhina portentosa* – also known as a **hissing cockroach**.

Found in Madagascar, the hissing cockroach is one big bug. It grows to be three inches (8cm) long! It is also about an inch wide, around the size of a small mouse.

While the hissing cockroach looks a little frightening, it is actually harmless. The only thing it does to protect itself from enemies is to hiss at them.

This dark chocolate brown insect with black edges blends well with the piles of leaves and bark it hides under on the forest floor.

How does it hiss?

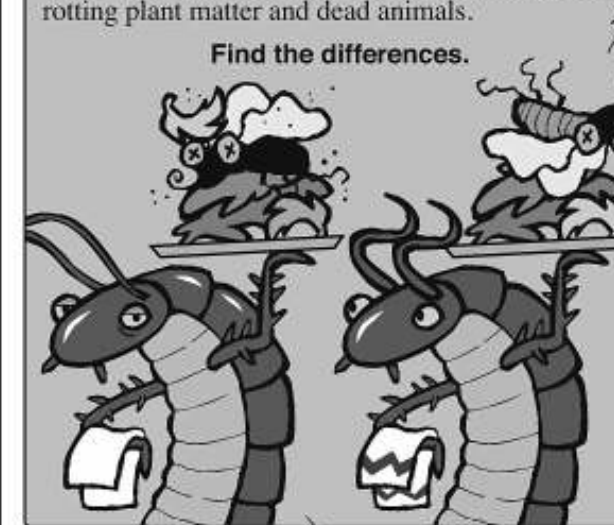
To make the loud hissing sound, the cockroach forces air out of two breathing holes that are underneath its body. The idea is to startle an enemy into leaving the cockroach alone.

Tiny mites live on the bodies of these cockroaches and keep them clean by eating bits of food that cling to the larger bug's body.

Cockroach Lunch

How does a pile of rotting leaves with a side of dead fly sound? For the hissing cockroach that sounds like lunch! A hissing cockroach is a **scavenger**, not a **hunter**. That means it doesn't kill for food, but eats whatever it can find on the forest floor, things like rotting plant matter and dead animals.

Find the differences.



Old Timers

Cockroaches are considered "living fossils" because they have survived on Earth some 250 million years, appearing long before dinosaurs. More than 3,500 species of cockroaches exist today.

How many of each type of cockroach can you find on today's page?



Surprissssssse!

Hissing cockroaches are EFBG.

Write the letter that comes before each letter to find out this surprising fact about the hissing cockroach!

Scavenger

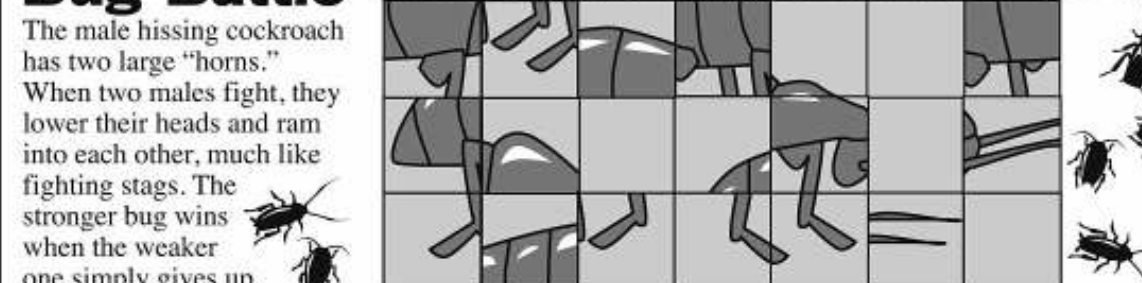
Hissing cockroaches find their food by scavenging along the forest floor. Can you scavenge through today's newspaper and find:

- three adjectives that describe cockroaches
- something the length of a hissing cockroach
- something the color of a hissing cockroach
- something that can hiss

Bug Battle

The male hissing cockroach has two large "horns." When two males fight, they lower their heads and ram into each other, much like fighting stags. The stronger bug wins when the weaker one simply gives up.

Cut out these squares. Rearrange them to reveal a hissing cockroach.



Double Double Word Search

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

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

Catch the Reading Bug at Your Library This Summer!

Martina the cockroach doesn't know coffee beans about love and marriage. Her grandmother, Abuela, gives her some shocking advice!

"You want me to do *what*?" Martina gasps. To find out what Abuela said, read the book.

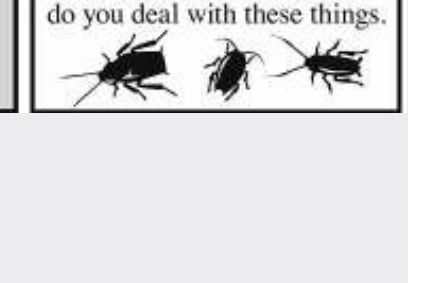


Fill in the missing vowels to reveal the title of this book. Then, check it out at your local library this summer! – Bert Bookworm

Write On!

What "bugs" you?

What things really bother or "bug" you? Write a few paragraphs explaining how do you deal with these things.



FROM THE KID SCOOP LESSON LIBRARY

Bug Battle News

Select a sports article and rewrite it as if it was news about a battle between two male hissing cockroaches. Be sure your rewritten article tells the *who, what, when, where, why* and *how* of the event.

Standards Link: Writing Applications: Write expressive compositions that express ideas.



There were five cockroaches in the kitchen. Which one was the football player?

ANSWER: The one in the sugar bowl.

Kid Scoop Together: Proof It!

Are you an eagle-eyed reader? Read the articles below and correct the 10 grammar and spelling errors you find. The first one is done for you.

Viva la Difference!

Male hissing cockroaches are much larger than females. The male also has larger, featheree antennae.

One male hising cockroach has a group of five or six female partners that he keeps to hisself. He has to fight of other males to keep his mates.

Good Mothers

Female hissing cockroaches are excellent mothurs, at least four insects! The females carry their eggs inside their abdomens to protect them from predators. They then give birth to live yung roaches that look a lot like their parents, but much smaller! A newly hatched nymph eventually grows to way about as much as a mice.

Kid Scoop-doku™

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

	A	H	O	
	C		A	
R	O	A	C	H
O			H	

Kid Scoop VOCABULARY BUILDERS

This week's word: **SCAVENGER**

The noun **scavenger** is an animal that finds and eats dead animals or rotting plants, or a person who finds things.

A hissing cockroach is a **scavenger** that finds its food.

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

Pat Kite's Garden

Figgy

BY PAT KITE

Climate change has gotten my fig tree all excited. Acquired as a mere gift twig some 30 years ago, into the far reaches of time. In the Biblical Genesis, Adam and Eve, having discovered they were naked, "sewed fig leaves together, and made themselves aprons."

antioxidant foods. Because I remember a childhood rhyme about Figgy puddings, I found an old Mrs. Beeton recipe: two pounds of figs, one pound of

TRI-CITY GARDEN CLUB MEETINGS:
Friends of Heirloom Flowers
Work Parties - Every Tuesday - at Shinn Park, 10 a.m. - 12 p.m.
1251 Peralta near Mowry, Fremont (510) 656-7702
Bring gloves and tools. - Social Hour afterward
Every Thursday, 10 a.m. - 12 p.m.
Niles Rose Garden - 36501 Niles Boulevard, Fremont
Bring gloves and tools.
[Across Driveway from Mission Adobe Nursery]
Contact Joyce Ruiz: 659-9396
Meetings are held quarterly. Call for details

Fremont Senior Center Garden Club
First Friday of each month, 1-2 p.m.
Tanya Mendoza, Program Coordinator 510-790-6602

Fremont Garden Club
The Fremont Garden Club meets the third Wednesday of each month, February - October, in members' homes & gardens, 6:30 p.m. - 8:30 p.m. Locations are posted on the Fremont Garden Clubs' web site at www.fremontgardenclub.org or email: fremontgardenclub@hotmail.com



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.

it is now 10-feet tall and rather wide. While I usually get some figs, this summer the tree looks like a Christmas tree with fig holiday ornaments. Oodles of them.

There are many types of fig trees. The figs you see in the supermarket, fresh or dried, are often Black Mission. These store fairly well. The name comes via the Franciscan missionaries of Father Junipero Serra who planted it at the San Diego Mission.

However there is also Brown Turkey, Brunswick, Armenian, Black Spanish, Burgess Dwarf, Ballard's VO5, Black Jack, Adriatic, Early Violet, Hardy Chicago, Italian Honey, Kadota, Lemon, Saint Anthony, etc. My fig tree is most likely White Mar-seilles, with a pale green exterior. Its major handicap is producing 100 ripe figs all in the same week. These figs ripen quickly, so are seldom seen on grocery shelves.

Since one can only eat a fig or maybe two, a day, and since I hate to waste food, I am always trying to give some away. They are super tasty. Figs trace their history back

There is the sacred fig, or peepul (*Ficus religiosa*) of Ceylon, beneath whose branches Guatama Buddha is believed to have become a God. According to



an Abu Darda text, the prophet Mohammed, when presented with figs, soon began distributing them. He said: "Eat it as it cures various diseases." With only 50 calories each, a single fig has 23 mg calcium, 4 mg iron, 2.1 grams of fiber, 50 IU vitamin A, 3 mg niacin and one mg vitamin C.

According to the Fig Advisory Board, figs are rich in antioxidants and rank with other high

suet, one -half pound of flour, one-half pound of breadcrumbs, two eggs and milk. Mash it together, boil for three hours, and serve with melted butter. The

figgy pudding was to be accompanied by a "cup of good cheer." A 1737 good cheer recipe includes steeping figs in brandy along with cinnamon, mace, saffron, nutmeg and licorice.

If all this makes you want to grow a fig tree, apparently a few varieties will do well in large pots or trained against a wall as an espalier. A fig isn't just a fruit; it is an historical taste treat.

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Trouble is no trouble at all! He loves people and cat-friendly dogs. Trouble is talkative, very affectionate, neutered and ready to go home with you. Meet Trouble at the Hayward Animal Shelter. More info: (510) 293-7200.

Kitten season is in full swing and many kittens need loving homes. Sweet, playful kittens of all personalities and colors are waiting for you. Meet all the kittens at the Hayward Animal Shelter. Info: (510) 293-7200.



Enrich Your Life - Become a Volunteer!

Hayward Animal Shelter
www.facebook.com/haywardanimalshelter
510-293-7200
16 Barnes Court (Near Soto & Jackson) Hayward
Tuesday - Saturday 1pm - 5pm

Recent Recreation Services success and upcoming projects

SUBMITTED BY CITY OF FREMONT

The City of Fremont has seen tremendous success within multiple divisions of its Community Services Department this past year and there is much more to come in the near future. The Recreation Services division has experienced substantial growth among its Fremont Skate Park, Aqua Adventure Waterpark, and Central Park Catering and Event Services.

Fremont Skate Park now receives over 40,000 visitors annually and has educated more than 500 children on skateboarding safety. Aqua Adventure Waterpark experienced a record-breaking year hosting more than 90,000 guests with a 20 percent increase in revenue. Additionally, the Central Park Catering and Event Services began operations at the Central Park snack bars and has in turn seen revenues exceeding initial projections.

With the success of these services, the Recreation Services division is able to grant more than \$100,000 in annual scholarships to low income Fremont families.

The City of Fremont has also made improvements to the Central Park and Los Cerritos Community Park picnic areas. These additions include ADA-accessible picnic tables, barbecue pits, shade structures, walkways, and patio areas.

Additionally, Fremont's sports parks are receiving major overhauls. Karl E. Nordvik Park has been upgraded with a 100,000+ sq. foot synthetic turf field, lights, and additional parking, and is available for rent



to youth and adult sports groups. The Fremont Tennis Center has also added five new tot and youth tennis courts to make tennis activities easily available for all ages.

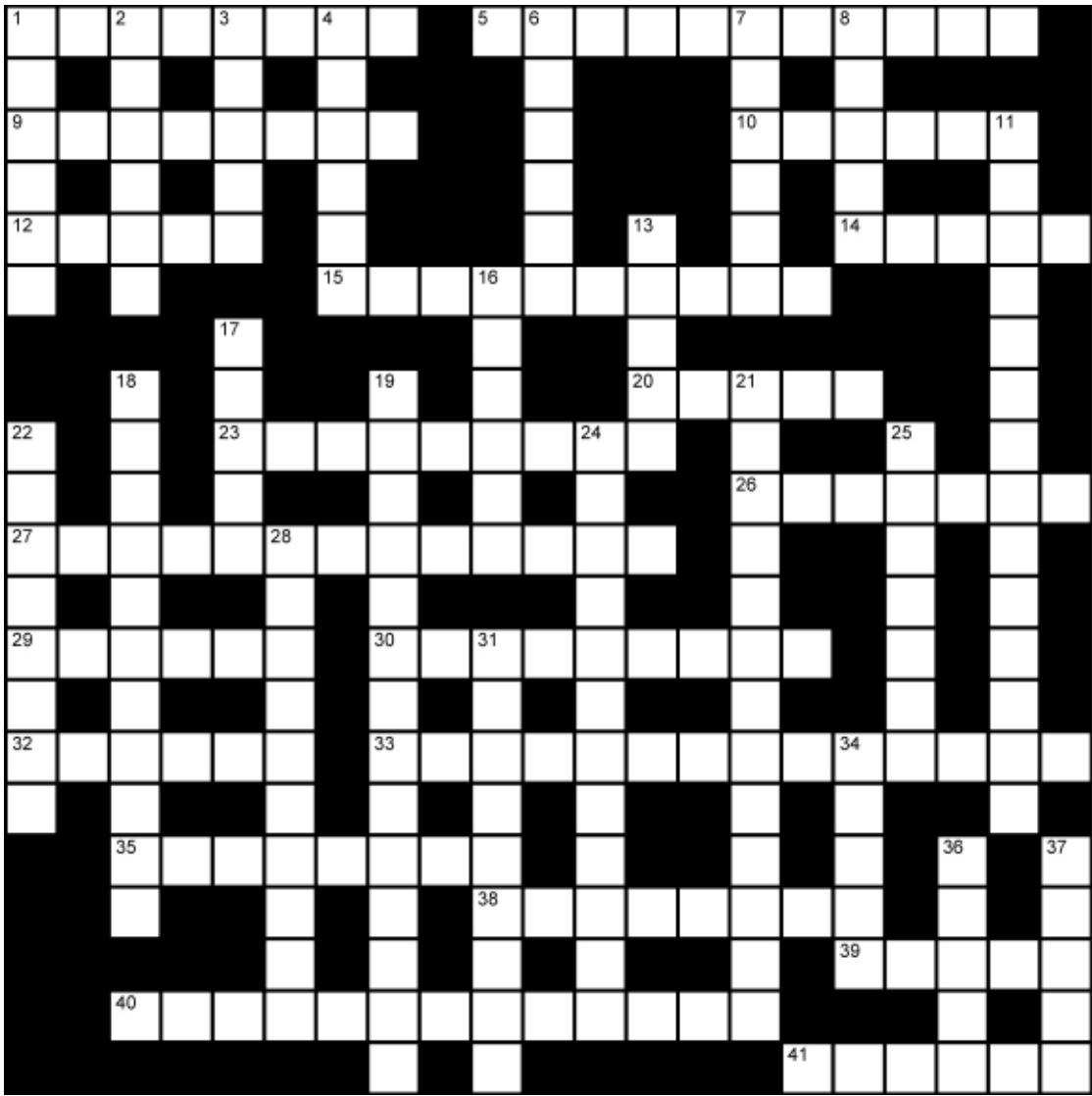
Central Park Soccer Fields 9 and 10 are being converted into a synthetic turf multi-use cricket and soccer field. This will be the first cricket field in Fremont that meets the standard for Regional Cricket Club competition and is intended to increase usage and rentals while decreasing maintenance costs for the City.

Fremont Recreation Services constantly strives to offer a wide variety of exceptional facilities and activities for its community. For additional information, please visit www.Fremont.gov/Recreation or call (510) 494-4300.



Mind Twisters

Crossword Puzzle B 318



- Across

1 Drops off packages to right destination (8)

5 Particular line of study, render very specific service (11)

9 Most fortunate (8)

10 Verse (6)

12 Bailiwicks (5)

14 Foe (5)

15 People going to space (10)

20 Wait on (5)

23 Hospital vehicle (paramedic) (9)

26 Move rhythmically to and fro (7)

27 Producing something (13)

29 Bosom (6)

30 In abundance (9)

32 Kind of box (6)

33 Drivers licence, passport (14)

35 On the other hand (8)

38 Storm with driving snow and intense cold (8)

39 Aerodynamic (5)

40 Out of the ordinary (13)

41 Pleasurably entertained (6)
- Down

1 Currency of USA,Australia (6)

2 Bolted door (6)

3 Carried de-oxygenated blooded (5)

4 USSR (6)

6 Eye site (6)

7 Out (6)

8 Candidate's concern (5)

11 Management of office (14)

13 Bring up (5)

16 Fix (6)

17 Muffler (5)

18 Upkeep, care of machinery etc. (11)

19 Arithmetic operation using times tables (14)

21 Radical idea, sudden change (13)

22 Big shot (8)

24 Fundamental principles of the governance of a state (12)

25 Goods carried by ocean container (7)

28 In all, total (10)

31 All the people present (9)

34 Litmus reddeners (5)

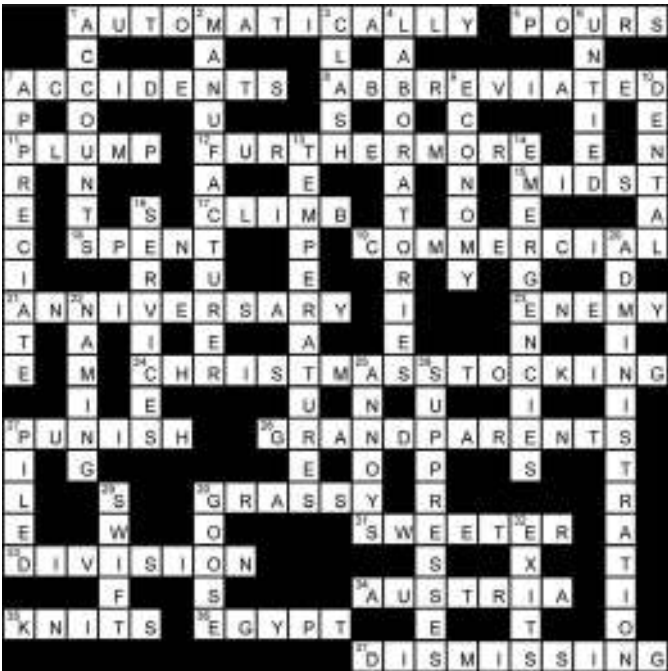
36 Demands (5)

37 Set, as a price (5)

Sudoku:

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

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



B 3017

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

Tri-City Stargazer JUNE 10 – JUNE 16, 2014 BY VIVIAN CAROL

For All Signs: Mercury, ancient god of communications, turns direct once again on June 11. As this planet begins to regain its normal speed, it will be easier to move ahead with plans that have been pending for one reason or another for several weeks. Have patience with the flurry of phone calls and changed appointments that always accompany Mercury's shift in directions. Decisions are also subject to change, so if you experienced a disappointment in the last three weeks you might want to give it one more try after the 11th. The after-shadow period is complete on June 26. After that the old issues are resolved fully or left in the dust so we can proceed.

Aries the Ram (March 21-April 20): An abandonment issue from the past may be reenacted in the present, only in different clothing. The symbolism points toward early issues with siblings or elementary education peers. If you have an overdone sense of rage this week, it is most probably caused by the older issues.

Taurus the Bull (April 21-May 20): You may decide that now is the time to purchase something new and attractive for your home or office. Relationships appear to be strained. Lighten up on your expectations and things will go better. At the same time, refuse to be anyone else's doormat.

Gemini the Twins (May 21-June 20): Give special attention to the lead paragraph because Mercury is your avatar. As it turns direct in your sign, you may be energized to take a fresh initiative. A plan that has been teetering between stop and go becomes clearer so you can make a better decision.

Cancer the Crab (June 21-July 21): Your romantic side is

cooperating well with your nurturing side at this time. This is especially good for female friendships. Make a date for lunch and reconnect with people you like. You may enjoy small gifts or favors this week.

Leo the Lion (July 22-August 22): Relationships to friends, siblings or roommates go well. There may be a sense of pressure involving co-workers or the job in general. Use that Leoneine charm to ease past the rough spots if possible. Otherwise try to stay out of the way.

Virgo the Virgin (August 23-September 22): You likely will have help from a woman with regard to your career or life direction this week. Given that Mercury is going direct, you may be on the verge of a new decision in this sector of life. Test first to see if it suits. If the trial works, you may be onto something.

Libra the Scales (September 23-October 22): Aspects favor travel, learning new things, the Internet, and help shared with friends. Prepare to fend off anyone who wants to control you or

push you around on the weekend. You do not have to prove your affection and it isn't even right for the other to expect it.

Scorpio the Scorpion (October 23-November 21): A child or a lover might scratch an old emotional wound. In the old days it felt like abandonment so this feels more painful than is reasonable. It is important for your mental health to stay in the present moment, lest you overreact to the situation and generate misery for yourself and others. Try not to relive that old history in knee jerk fashion.

Sagittarius the Archer (November 22-December 21): Saturn retrogrades out of your sign this week. By next week you may feel as though a heavy concern or responsibility has backed off for a while. You probably are aware that the thing you must do will return in the fall. But for now you can take a breather while you ponder the next step.

Capricorn the Goat (December 22-January 19): Your ruling planet is Saturn. Since late December it has tiptoed into your

12th house, showing you a preview of things to come. The 12th usually signals a change to the background of life. People in corporate bodies may move out of the mainstream. Others go back to school or take work in non-profit companies. The summer is a breather before you make changes.

Aquarius the Water Bearer (January 20-February 18): You may have been relieved of a few work/career responsibilities last December. It appears this summer puts you back in that saddle again, but it will be thoroughly finished by October. Then you may return to the newer rewards

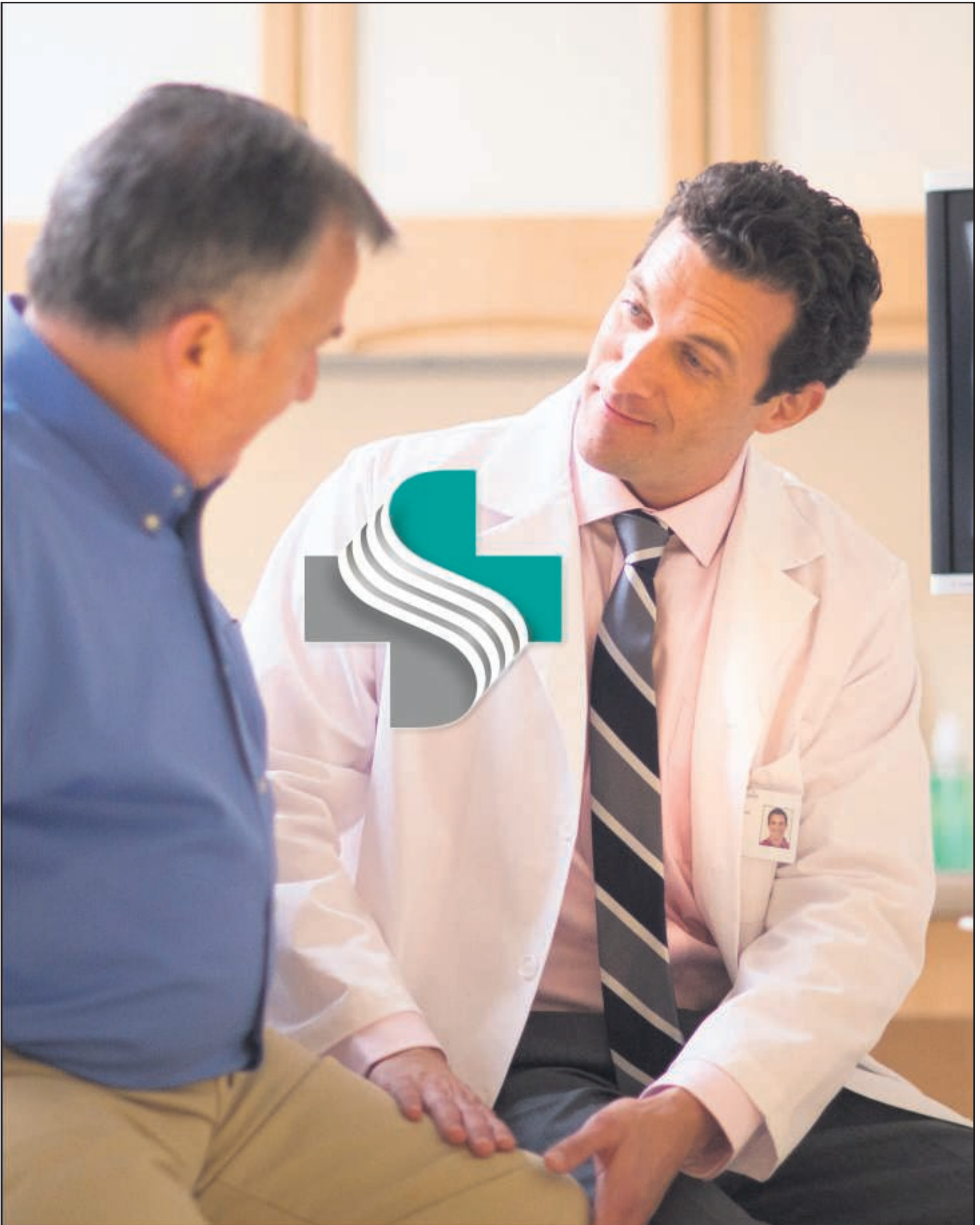
for previous effort that began late in December 2014.

Pisces the Fish (February 19-March 20): Physical health may be the main thing on the agenda for a couple of weeks. If you need helpers in this department, they will serve you well. If what you need is rest, it will be in a beautiful and soothing place, like the beach or a spa, or a mountain cabin.

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



www.horoscopesbyvivian.com



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We understand sometimes you need a doctor fast. That's why we created urgent care so you can get expert, same-day care close to home, whether it's after hours or on the weekend. It's another way we plus you.

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Get one scoop of Ice Cream or Gelato **FREE**
Exp. 6/30/15

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Ice Cream & Gelato
510-565-1881
3623 Thornton Ave Fremont

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ENTER FOR A CHANCE TO WIN A \$1,000 MACY'S SHOPPING SPREE!

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ENTER: JUNE 8 - 15
WINNER ANNOUNCED: JUNE 18

FOR COMPLETE RULES, VISIT NEWPARKMALL.COM



NEWPARK
NEWPARKMALL.COM
ROUSE PROPERTIES



510-793-2772
2720 Mowry Ave. Fremont
(Near Walgreens Pharmacy)

gift gallery



\$99 Sinsational Smile Teeth Whitening
a \$350 value

\$59 exam, x-rays and cleaning
Exp. 7/30/15

Dr. Varundeep Grewal DDS 510-651-7500
www.missionridgedentist.com
43693 Mission Blvd., Fremont
Across from Ohlone College at the intersection of Mission & Pine St.




LIFE can put you in the driver's seat!
ElderCare

Become a VIP Rides volunteer
The easiest and most joyful volunteer work

Volunteers help seniors who need help traveling to appointments, grocery shopping, or errands.
Trips take about 2 hours.
We ask that you do 2 trips a month.
Flexible for your schedule.



Contact Valerie 510-574-2096 - vdraeseke@fremont.gov
LifeElderCare.org



Please Join Us
for Our Upcoming Free Events for Seniors!

Luau
Thursday, June 11
4:00 p.m. – 6:00 p.m.
Seniors and their guest are invited to enjoy delicious luau-themed foods and live entertainment!

Father's Day Barbeque
Sunday, June 21
11:30 a.m. – 1:00 p.m.
Seniors and their guest are welcome to join us for barbeque, live music and a putt putt golf tournament!

Fourth of July Carnival
Saturday, July 4
11:30 a.m. – 3:00 p.m.
Enjoy carnival food, face painting, live music and a car show!

Open to the Public!

Please RSVP to **510-466-1910**

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SAN LEANDRO
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348 West Juana Ave.
San Leandro, CA 94577
www.PacificaSanLeandro.com
License # 015601394

INDEPENDENT LIVING | ASSISTED LIVING

John McCutcheon Returns in "Joe Hill's Last Will"

an inspiring one-man play about the famed labor activist's life and death.



Friday, June 12, 2015, 7:30 P.M.

Joe Hill, Oil Painting by Rob Tomlinson

One Night Only

St. James' Episcopal Church
(37051 Cabrillo Terrace, at Thornton Ave, Fremont)

Suggested Donation:
\$27 Adult, \$15 Child (12 & under)
Children under age 5 admitted free
MasterCard, Visa, Cash or Check
For information or to purchase tickets, contact St. James' Episcopal Church
510-797-1492, ext. 203, or email
events@saintj.com

For more about the artist, go to www.folkmusic.com.



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Banquet Facility

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Call for information **510-797-2121 ext 4**
EventsAtTheLodge@gmail.com
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PIANO LESSONS \$10 per week (1 hour class)	Piano/Keyboard Singing/Vocal	Guitar/Bass Conga/Drums
GUITAR LESSONS \$15 per week (1 hour class)	Flute/Trombone Violin/Clarinet	Sax/Trumpet Ukulele

Hayward Music Center

124249 Hesperian Blvd., Hayward **510-264-9669**

NEWARK

CHAMBER OF COMMERCE

Business Luncheon Awards & Chamber Board Installation

Wednesday, June 10

Recognition...Appreciation...Acknowledgement

It is earned, it is welcomed, and on one special day each year we join in saying "Thank You" to outstanding businesses, individuals, and organizations in the City of Newark!

11:15 a.m. to 12:00 p.m. - Check-In, Socialize, Network
12:00 p.m. to 12:30 p.m. - Luncheon

DoubleTree by Hilton
39900 Balentine Drive, Newark

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.

Birthday, Shower, Corporate - Special Occasion
Cooking Parties - Stress FREE No Clean Up
Let us help you plan your Party

Thai Cooking Classes

Cooking Classes: Mon & Tues 6pm-9pm
(& weekends by appointment)

Authentic Thai dishes with Chinese nuances
In this hands-on class, you will be introduced to fresh, exotic ingredients, master your knife skills, and earn the culinary theory and passion of Chef Kitty's meals.

Monday Cooking Classes from 6-9pm
Call for Reservations

Tom Kha (Thai Coconut Soup)
Salmon Roll
Red Curry Chicken
Pineapple Fried Rice
Drunken Noodle

Kitty's Thai Kitchen is excited to offer custom culinary classes for your next birthday, team bonding, fundraiser or holiday event! Come join this unique way to celebrate a fun occasion cooking, eating, laughing and sharing the meal that you created together.

Gift Cards available
Chef Kitty's Most Famous Dishes!



The classes are located at Cracker Barrel Deli & Thai



Restaurant Hours: Wed, Thurs & Friday 11am-7pm
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

Saturdays, Mar 21 - Jun 20

Self-Empowerment and Economic Development Program -R
9:30 a.m. - 3:00 p.m.
Improve English language skills, financial literacy, computer, career, and health education
Classes are free; includes lunch and childcare
Safe Alternatives to Violent Environments - SAVE
1900 Mowry Ave, Fremont
(510) 444-6068
SEED@Narika.org
www.save-dv.org

Thursday, Apr 16 - June 11

Spring Curling League \$

7:45 p.m. - 9:45 p.m.
Instruction in delivery, sweeping and rules of the game
Registration opens March 19 at 7:00 p.m.
Sharks Ice
44388 Old Warm Springs Blvd., Fremont
(510) 623-7200
membership@bayareacurling.com
www.bayareacurling.com

Saturday, Mar 28 - Sunday, Jun 28

Nature's Duets
10 a.m. - 5 p.m.
Photography of pair relationships
Artist reception Saturday, March 28: 2 p.m. - 4 p.m.
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Monday, Jun 22 - Friday, Aug 13

Ohlone for Kids \$R
8 a.m.
Summer enrichment program for teens
Registration begins April 1
Ohlone College
43600 Mission Blvd, Fremont
(510) 979-7597
www.ohloneforkids.com

Fridays, May 1 - Oct 30

Fremont Street Eats
4:30 p.m. - 9:00 p.m.
Food Trucks offers culinary treats
No smoking and no alcohol
Downtown Fremont
Capitol Ave., Fremont
www.fremont.gov/Calendar

Mondays, Tuesdays and Thursdays, May 4 - Jun 13

Cars
Mon: 5 p.m. - 10 p.m.
Tues & Thurs: 10 a.m. - 1 p.m.
Color plus black and white photos of 1970's autos
Reception Saturday
May 16 at 2 p.m.
PhotoCentral
1099 E St., Hayward
(510) 881-6721
<http://www.photocentral.org/OwensCars>

Arts & Entertainment

Wednesdays, May 13 thru June 10

Ballroom Dance Classes \$
Beginners: 7:00 p.m. - 8:00 p.m.
Intermediate: 8:15 p.m. - 9:15 p.m.
Rumba, 2 Step and Triple Swing
Couples only ages 16+
Ruggieri Senior Center
33997 Alvarado Niles Rd., Union City
(510) 675-5357

Thursday, May 15 - Saturday, Jun 13

The Diary of Anne Frank \$
Thurs - Sat: 8 p.m.
Sun: 1 p.m.
Dramatic play details Holocaust horrors
Broadway West Theatre Company
400-B Bay St., Fremont
(510) 683-9218
www.broadwaywest.org

Thursday, May 22 - Sunday, Jun 14

The Skin of Our Teeth \$
Thurs - Sat: 8 p.m.
Sat - Sun: 2 p.m.
Comedy about the first family of the human race
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Tuesdays, May 26 thru Jul 28

Bridge 1
9:30 a.m.
Introduction to set up, bid play and score keeping
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesdays, May 26 thru Jul 28

Bridge 2
10:30 a.m.
Mastering game strategy
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Thursday, May 28 thru Saturday, Jul 11

Inclinations
11 a.m. - 3 p.m.
Six artists exhibit their work
Artist reception Saturday, Jun 6 from 1 p.m. - 3 p.m.
Adobe Art Gallery
20395 San Miguel Ave., Castro Valley
(510) 881-6735
www.adobegallery.org

Thursdays, May 28 - Jul 30

Bingo \$
1 p.m.
Games, refreshments and door prizes
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Friday, May 29 - Friday, Jul 31

Botanical Works of Art
5:30 p.m. - 7:30 p.m.
Nature captured in pen, ink and water-color
John O'Lague Galleria
Hayward City Hall
777 B St., Hayward
(510) 538-2787
www.haywardarts.org



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Best BBQ

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Friday & Saturday at 9:00 pm

Fri 6/12 Andre Thierry Zydeco

Sat 6/13 Steve Lucky & the Rhumba Bums
featuring Miss Carmen Getit

Fri 6/19 BB King Tribute by Kid Andersen and John Blues Boyd

Sat 6/20 Burnin' Vernon Davis
3340 MOWRY AVENUE FREMONT, CA. 94538
(510) 713-1854

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Menudo every Sunday open at 10:00 am
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Karaoke - Fri & Sat

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Buy one Entree at the regular price
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Holidays Excluded
Must present coupon with order
Exp. 7/30/15

510-770-9572
www.casaroblesrestaurant.com
3839 Washington Blvd., Fremont

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

**Downtown Fremont
Farmers’ Market**

Wednesdays

3 p.m. – 7 p.m.

May thru October
Capital Ave. between Liberty St.
and State St.
www.westcoastfarmersmarkets.org

**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**

Wednesday

10 a.m. - 2 p.m.

June 11, 2014 to
December 31, 2014
2500 Merced St, San Leandro
www.cafarmersmarkets.com

MILPITAS:

**Milpitas Farmers’ Market at
ICC**

Sundays

8 a.m. – 1 p.m.

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

NEWARK:

Newark Farmers’ Market

Sundays

9 a.m. - 1 p.m.

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

Bayfair Mall

Saturdays

9 a.m. - 1 p.m.

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

East Plaza Farmers’ Market

Saturdays

9 a.m. – 1 p.m.

Year-round
East Plaza
11th Ave. and Decoto Road
Union City
(925) 825-9090
www.pcfma.com

Mondays, Jun 1 - Jul 27

Bunco

10 a.m.

Dice game

No experience necessary

Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Wednesdays, Jun 3 - Jul 8

Healthier Living

9:45 a.m. - 12:15 p.m.

Tips to manage pain, stress and anxiety

Fremont Senior Center
40086 Paseo Padre Parkway,
Fremont
(510) 574-2057
mdominguez@fremont.gov

Saturdays, Jun 20 - Jul 25

**Summer Toastmasters Youth
Leadership Program – R**

9 a.m. - 12 noon

Practice public speaking and leadership

RSVP by 5/31

Friends of Children with Special Needs

2300 Peralta Blvd, Fremont
(510) 739-6900
http://www.cbcsfbay.org/2015-
toastmasters-youth-leadership-
program/

Tuesdays, Jun 2 thru Sep 29

Street Eats

5 p.m. - 9 p.m.

Variety of food trucks and entertainment

San Leandro Street Eats
Davis St. and Hayes St.,
San Leandro
thefoodtruckmafia@gmail.com
www.thefoodtruckmafia.com

**Wednesdays, Jun 3 thru Sun-
days, Jul 5**

**Unaccompanied Youth Artwork
\$**

10 a.m. - 4 p.m.

*Alameda County immigrant youth art
display*

Hayward Area Historical Society
22380 Foothill Blvd., Hayward
(501) 581-0223
www.haywardareahistory.org

Thursdays, Jun 4 thru Sep 24

Food Truck Mafia

5 p.m. - 9 p.m.

Variety of food trucks and entertainment

San Lorenzo Street Eats
Hesperian Blvd. and Paseo
Grande, San Lorenzo
thefoodtruckmafia@gmail.com
www.thefoodtruckmafia.com

Fridays, Jun 5 thru Jun 26

Toddler Ramble

10:30 a.m. - 11:15 a.m.

Science activities for ages 1 -3

Hayward Shoreline Interpretive
Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

**Tuesdays & Wednesdays, Jun
9 thru Jul 29**

Cribbage Club

6:20 p.m.

Tues: Beginner Night

Wed: Intermediate Night

Round Table Pizza
37480 Fremont Blvd, Fremont
(510) 793-9393
http://www.accgrassroots.org/

Sundays, Jun 14 thru Jun 28

Hay Harvesting \$

1 p.m. - 3 p.m.

Load the hay wagon and take a ride

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

**Wednesday, Jun 17 thru Sun-
day, Jul 5**

Alameda County Fair \$

11 a.m. - 11 p.m.

*Carnival, food, exhibits and entertain-
ment*

Alameda County Fairgrounds
4501 Pleasanton Ave., Pleasanton
(925) 426-7600
www.alamedacountryfair.com

**Tuesdays, Wednesdays and
Thursdays, Jun 23 thru Jul 23**

Citizenship Class \$R

12:30 p.m. - 3:00 p.m.

*Discuss American Government and pre-
pare for interview test*

Fremont Adult School
4700 Calaveras Ave., Fremont
(510) 793-6465
www.face.edu

THIS WEEK

Wednesday, Jun 10

**Milpitas Historical Society
Meeting**

7 p.m.

Discuss Warm Springs history

Milpitas Library
160 North Main St., Milpitas
(408) 320-9597

Wednesday, Jun 10

**Fabulous Fashion for Women
Over 50**

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

Tips to enhance your style

Union City Branch Library
34007 Alvarado Niles Rd.,
Union City
(510) 745-1464
www.aclibrary.org

Wednesday, Jun 10

**Multifamily Building
Enhancements Information**

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

*Discuss energy enhancements for older
dwellings*

City of Fremont
39550 Liberty St., Fremont
(510) 891-6553
http://www.multifamilygreen.org

Thursday, Jun 11

Luau - \$R

4 p.m. - 6 p.m.

Luau themed food and entertainment

Pacifica Senior Living
348 West Juana Ave, San Leandro
(510) 466-1910
www.pacificasanleandro.com

Friday, Jun 12

Joe Hill’s Last Will \$

7:30 p.m.

One man play about life and death

St. James Episcopal Church
37051 Cabrillo Terrace, Fremont
(510) 797-1492 x203
events@saintj.com

HEALTH SEMINAR Chronic Knee Pain

Saturday, June 20

9am - 10:30am

An Integrative Approach to Pain Management

www.FremontRheumatology.com
http://www.fremontholistic.com



Dr. Shibuya, MD

Are you tired on relying on pain medications
which gives you side effects or stop working?
Have you wondered about making lifestyle
changes: eating healthier, getting better quality
of sleep or taking supplements for pain?

Dr Shibuya will review simple strategies for you to incorporate
in your daily life, to improve your pain, decrease your dependence
on and side effects from pain medications, prevent your need for
expensive and dangerous pain procedures and surgery and to pro-
mote overall health.

If you have chronic knee pain, Dr Shibuya will also explain how the
lovera Focused Cold Therapy injection works and how appropriate
candidates are selected for the procedure.

Cost: \$10 per person

Space is limited
Register now!

www.DrShibuya.com
click on the “EventBrite
Registration link”

510-791-1300

**Fremont Rheumatology
& Fremont Holistic Center**
3775 Beacon Ave. Ste.100-120, Fremont



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of Fremont*

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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**

*Come,
experience...*

Heartfulness
A Spiritual Adventure

Meditation Workshop

Thursday June 11th, 4pm

Natural Path Meditation Center
585 Mowry Ave. Fremont CA
meetup.com/HeartfulnessCA ~ heartfulness.org

Saturday, Jun 13

Skate Park Dedication Ceremony

11 a.m.
Honoring Harry R. Francis
Adobe Art Center
20395 San Miguel Ave.,
Castro Valley
(510) 881-6735
www.haywardrec.org

Saturday, Jun 13

League of Women Voters Meeting

10 a.m.
Congressman Eric Swalwell speaks
Castro Valley Library
3600 Norbridge Ave.,
Castro Valley
(510) 667-7900
www.aclibrary.org

Saturday, Jun 13 - Sunday, Jun 14

Afternoon Fun and Games \$

11:30 a.m. - 12:30 p.m.
Stilts, tug-of-war and spoon races
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Jun 13

Wonderful Wool \$

10:30 a.m. - 12 noon
Transform fur into yarn
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Saturday, Jun 13

We All Scream for Ice Cream \$

1 p.m. - 2 p.m.
Make your own tasty treat
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org



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Sat: 9 AM to 7 PM
Sun: 10 AM to 5 PM

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dermalogica
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5174 Mowry Ave., Fremont

Saturday, Jun 13 - Sunday, Jun 14

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, Jun 13

Do It Yourself Bird Feeders

11:00 a.m. - 11:30 a.m.
Use recyclables to create feeders
Ages 5-12
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparks.org

Saturday, Jun 13

Canine Capers Dog Walk

9 a.m. - 11 a.m.
Explore nature with your dog
Ages 8+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Saturday, Jun 13

Movie Night \$

7:30 p.m.
The Extra Girl, Giddap, The Dumb-waiter
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Saturday, Jun 13

Connections to Pier Fishing – R

9 a.m. - 12 noon
Catch-and-release, includes poles and tackle
Ages 5+
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x476
http://donedwardsfishing.eventbrite.com

Saturday, Jun 13

Twilight Marsh Walk – R

7:30 p.m. - 9:15 p.m.
Easy 1.3 mile stroll along tide lands
Not suitable for young children
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x362
http://donedwardstwillight.eventbrite.com

Saturday, Jun 13

Beginning Leatherwork – R

10 a.m. - 12 noon
Create a craft outdoors
Alviso Environmental Education Center
1751 Grand Blvd., Alviso
(408) 262-5513 x194
http://leathereec.eventbrite.com

Saturday, Jun 13

Supper Club: Love and Libations \$

6 p.m. - 9 p.m.
Food and color changing drinks
Ages 21+
Chabot Space & Science Center
10000 Skyline Blvd., Oakland
(510) 336-7300
www.chabotspace.org

Saturday, Jun 13

Bird Walk

1 p.m. - 3 p.m.
Tranquil stroll thru parklands
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Fathers Day Brunch

Sunday - June 21 - 9am - 1pm

Menu Includes:

Adults
\$19.00
Children 5-12
\$14.00
Children Under 5
Free



Carving Station—Prime Rib,
Pork Loin and Ham
Eggs Benedict
Custom Omelets
Scrambled Eggs
Belgian Waffles
Linguica and Bacon
Biscuits and Gravy
Breakfast Potatoes
Seasonal Fruit
Homemade Pastries and Desserts
Coffee, Tea and Orange Juice

Reservations Required
510-797-2121 ext. 2
Fremont Elks Lodge
38991 Farwell Drive, Fremont

Sunday, Jun 14

Hot Rod Car and Bike Show

11 a.m. - 5 p.m.
Cars, food and music
The Cobblers
22443 Foothill Blvd., Hayward
(510) 582-7761
www.thecobblersboots.com

Sunday, Jun 14

Corny Cooking \$

10:30 a.m. - 11:30 a.m.
Cook on a wood burning stove
Ardenwood Historic Farm
34600 Ardenwood Blvd.,
Fremont
(510) 544-2797
www.ebparks.org

Sunday, Jun 14

Ohlone Village Site Tour

2:00 p.m. - 4:30 p.m.
Visit 2,000 year old Tuibun Ohlone village
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparks.org

Sunday, Jun 14

Berry Picking Basket \$R

10 a.m. - 12 noon
Use Tule to create mats and baskets
Ages 18+
Coyote Hills Regional Park
8000 Patterson Ranch Rd.,
Fremont
(510) 544-3220
www.ebparksonline.org

Sunday, Jun 14

Sunday Stroll

10 a.m. - 12 noon
Moderate 2.5 mile nature hike
Chabot Park
1754 Estudillo Ave., San Leandro
(510) 577-3462
www.sanleandrorec.org

Sunday, Jun 14

Tri-City Animal Shelter Benefit

11 a.m. - 4 p.m.
Pet adoptions, BBQ, music and raffle
Premier Nissan
5701 Cushing Pkwy, Fremont
(510) 668-8700

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Renew books by phone
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For more information
about the Bookmobile call
(510) 745-1477 or visit
www.aclibrary.org.
Times & Stops subject to change

Tuesday, Jun 9

9:15 – 11:00 Daycare Center
Visit – FREMONT
2:30 – 3:25 Cabrillo School,
36700 San Pedro Dr.,
FREMONT
4:45 – 5:30 Baywood Apts.,
4275 Bay St., FREMONT
5:50 – 6:30
Jerome Ave. and Ohlones St.,
FREMONT

Wednesday, Jun 10

1:00 – 2:00 Del Rey School,
1510 Via Sonya,
SAN LORENZO
2:30 – 3:00 Eden House Apts.,
1601 165th Ave.,
SAN LEANDRO
3:30 – 4:00 Baywood Ct.,
21966 Dolores St.,
CASTRO VALLEY
6:00 – 6:30
Camellia Dr., & Camellia Ct.,
FREMONT

Thursday, Jun 11

9:50 – 10:20 Daycare Center
Visit – FREMONT
10:40 – 11:30 Daycare Center
Visit - NEWARK
1:15 – 1:45 Stellar Academy,
38325 Cedar Blvd., NEWARK
2:00 – 3:00 Graham School,
36270 Cherry St, NEWARK

Friday, Jun 12

9:45 – 11:15 Fame Charter
School, 16244 Carolyn St,
SAN LEANDRO
11:35 – 12:05 Daycare Center
Visit – CASTRO VALLEY

1:45 – 3:00 Hillside School,
15980 Marcella St.,
SAN LEANDRO

Monday, Jun 15

9:20 – 10:00 Daycare Center
Visit - FREMONT
10:15 – 11:15 Daycare Center
Visit – FREMONT
1:45 – 2:45 Pioneer School,
Blythe St., & Jean Dr.,
UNION CITY
3:05 – 3:25 Alvarado Elementary
School, Fredi St. & Smith St.,
UNION CITY
4:15 – 4:45
Greenhaven Apts., Alvarado Blvd.
& Fair Ranch Rd.,
UNION CITY
5:15 – 6:45 Forest Park School,
Deep Creek Rd. & Maybird Cir-
cle, FREMONT

Tuesday, Jun 16

10:00 – 11:15 Daycare Center
Visit – UNION CITY
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

Milpitas Bookmobile stops
Renew books by phone
(800) 471-0991
For more information
(408) 293-2326 x3060

Wednesday, Jun 10

3:15 - 4:00 Friendly Village
Park, 120 Dixon Landing Rd.,
MILPITAS

YOGA & Meditation

Benefits of Yin Yoga:
✓ Lubricate joints
✓ Increase mobility & agility of hips and spine
✓ Alleviate anxiety, stress & depression
✓ Lower blood pressure & prevent heart disease
✓ Relieve lower back pain, headaches & migraines
✓ Ease chronic fatigue syndrome
✓ Stimulate parasympathetic nervous system to maintain proper digestion and sleep
✓ Develop awareness
✓ Sense of well being
✓ Calm and balance the mind

NEW Gentle Yoga
Every Saturday
9:00am



FREE Meditation Workshop
Sat. June 27th, 2015
1:00 - 3:00pm
Space limited. Please register on line.

Benefits of Meditation:
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✓ Reduce stress
✓ Emotional balance
✓ Develop concentration
✓ Improve awareness
✓ Objective perception
✓ Improve response to daily ups and downs of life
✓ A path to spiritual well being

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(Formerly known as Mission Hills Tennis and Swim Club)

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Sun. 1pm - 6pm



510-493-5569
37769 Niles Blvd.
Fremont

Senior LGBTQ Prom for ages 50 and over

SUBMITTED BY LAURA CORREA-HERNANDEZ

Hayward Area Recreation and Park District's (H.A.R.D.) Senior programming will be hosting a "Senior LGBTQ Prom" on Friday, June 19 at the Hayward Area Senior Center.

Many LGBTQ (Lesbian, Gay, Bisexual, Transsexual, Questioning) seniors did not have the opportunity to attend their high school prom with their partner due to criticism and condemnation. This special event, for LGBTQ ages 50 years plus, welcomes and supports all attendees and their partners.

Guests of the special event, whose theme is "Black, White and Bling", will enjoy DJ Music, a unique Mocktail Bar, a professional photo booth and awards for Best Dressed Couple and Lifetime Achievement Award.

The unique aspect of this event has gathered much community support and special thanks goes to the following sponsors: Castro Valley Pride, Steve Montes Special Events, Project Eden, Saul Bromberger & Sandra Hoover Photography.

Advance tickets are available for purchase at the Hayward Senior Center for \$20 and will also be available at the door for \$25.

If you would like to support or volunteer for the event, please contact Recreation Supervisor Daniela Keiffer at (510) 881-6768 or keid@haywardrec.org

For additional information, please call (510) 881-6766, email hardsenior@haywardrec.org or visit www.haywardrec.org/seniors

Senior LGBTQ Prom (Ages 50+)
Friday, June 19
6 p.m. - 10 p.m.
Hayward Area Senior Center
22325 N. Third Street, Hayward
(510) 881-6766 / (510) 881-6768
hardsenior@haywardrec.org
www.haywardrec.org/seniors
\$20 Advance / \$25 Door

National Night Out registration is now open

SUBMITTED BY GENEVA BOSQUES, FREMONT PD

Join Fremont Police staff along with community organizations, neighborhood groups and City leaders in celebrating the 32nd Annual National Night Out on Tuesday, August 4, from 7 p.m. – 9 p.m.

The typical way to participate in National Night Out is to organize a block or neighborhood party. Many will organize barbecues or ice cream socials where neighbors share good food, laughter and updates on what is happening in the neighborhood. National Night Out provides the opportunity for neighbors to get to know each other a little better and sends a strong message to criminals that our community will look out for each other by reporting suspicious activity in their neighborhood. Throughout the night, city staff will make visits to the parties where they will share information, network and answer questions that community members may have.

Fremont community members can begin registering their parties now to participate in this year's event. You can register your event with the Fremont Police Department by visiting www.fremontpolice.org and clicking on "National Night Out." The registration deadline is 5 p.m. on July 24, to be considered for a visit by the police or fire department. If you plan to block off your street for your celebration, you will need to obtain a block party permit from the City of Fremont by contacting Teresa Garcia at (510) 494-4523 or tgarcia@fremont.gov. The deadline to file for a permit is Friday, July 3 at: http://www.fremont.gov/index.aspx?NID=578. The cost of the permit is \$20.

To request a party visit from Fremont Fire, please register your party and then contact Pam Franklin at (510) 494-4299 or pfranklin@fremont.gov. Our goal is to provide each party with one visit from city staff, but it will be dependent upon the number of parties and staff who sign up to participate.

To learn how other communities celebrate National Night Out, visit the National Association of Town Watch online at www.natw.org.

If you have questions about National Night Out in Fremont, please call the Community Engagement Unit at (510) 790-6740.

Guardians of the Flame: Special Olympics Torch Arrives

SUBMITTED BY SGT GENE SMITH, MILPITAS PD

Beginning Friday, June 12, law enforcement officers and Special Olympic athletes will carry the Special Olympics Torches through the streets of Monterey, Santa Cruz, San Benito, Santa Clara, San Mateo, and San Francisco Counties. On June 26, the torches will reach UC Davis for the opening ceremonies to the 2015 Special Olympics Northern California Summer Games.

Officers from the Milpitas Police Department will join over 120 other participating agencies by running with Special Olympic athletes through the City of Milpitas on June 18 from 2 p.m. to 3 p.m. With over 17,000 persons with developmental disabilities in Northern California, the Special

Olympics offers all eligible persons the opportunity to participate in the summer games, which is made possible by support from volunteers and community members.

For more information, visit: http://sonc.org/events/law-enforcement-torch-run

Torch Run in Milpitas
Thursday, June 18
2 p.m. - 3p.m.
(Torch handed off to Milpitas PD)
Location: South Main @Montague Expressway
Run continues north on Main to Abel St and N. Milpitas Blvd.
http://sonc.org/events/law-enforcement-torch-run



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5:00 pm DOORS OPEN
6:30 pm 4 WARM-UP BINGO GAMES \$150 prize
7:00 pm 15 REGULAR BINGO GAMES \$300 - \$400 prizes

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Southern Alameda County Buddhist Church
32975 Alvarado Niles Rd
Union City, CA 94587
t: 510-471-2581 www.sacbc.org/bingo



Sunday, Jun 14
Laurel and Hardy Talkie Matinee \$
4 p.m.
Night 'n Gales, Blotto, Any Old Port
Niles Essanay Theater
37417 Niles Blvd, Fremont
(510) 494-1411
www.nilesfilmmuseum.org

Sunday, Jun 14
Nature Yoga – R
10:00 a.m. - 11:30 a.m.
Enjoy short hike and yoga outdoors
Bring a mat
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x362
<http://natureyogaspring.eventbrite.com>

Sunday, Jun 14
Geology Walk – R
1 p.m. - 2 p.m.
Examine rocks and wetlands
Family-friendly 1.3 mile walk
SF Bay Wildlife Refuge
1 Marshlands Rd., Fremont
(510) 792-0222 x141
<http://hqgeo.eventbrite.com>

Sunday, Jun 14
You Can Save Our Earth
2:30 p.m. - 4:00 p.m.
Games and environmental education
Ages 6+
Hayward Shoreline Interpretive Center
4901 Breakwater Ave., Hayward
(510) 670-7270
www.haywardrec.org

Monday, Jun 15
Playwrights' Cagematch: On the Boardwalk
8 p.m.
Playwrights vie for top honor
Douglas Morrison Theatre
22311 N Third St., Hayward
(510) 881-6777
www.dmtonline.org

Monday, Jun 15
Coyote Cubs: Fabulous Fathers
10:30 a.m. - 11:30 a.m.
Preschoolers play games and make a craft
Ages 3 – 5
Coyote Hills Regional Park
8000 Patterson Ranch Rd., Fremont
(510) 544-3220
www.ebparks.org

Monday, Jun 15
Nature Day Camp Training for Day Camp Leaders – R
10:00 a.m. - 1:30 p.m.
Activities, games and skills for science

camp curriculum
Sunol Regional Wilderness
1895 Geary Rd., Sunol
(510) 544-3249
www.ebparksonline.org

Tuesday, Jun 16 & Friday, Jun 19
SAVE Talks – R
Tues: 12 noon - 1 p.m.
Fri: 8 a.m. - 9 a.m.
Discuss domestic violence assistance
Breakfast or lunch provided
Safe Alternatives to Violent Environments
1900 Mowry Ave, Fremont
(510) 574-2250
www.save-dv.org

Tuesday, Jun 16
Father's Day BBQ Lunch \$
11:45 a.m.
BBQ and live music
Newark Senior Center
7401 Enterprise Dr., Newark
(510) 578-4840
www.newark.org

Tuesday, Jun 16
Weekday Bird Walk
7:30 a.m. - 9:30 a.m.
Tranquil walk thru parklands
All levels welcome ages 12+
Quarry Lakes
2250 Isherwood Way, Fremont
(510) 795-4895
www.ebparks.org

Tuesday, Jun 16
Over-The-Hills-Gang
10:00 a.m. - 12:30 p.m.
Nature hike for ages 55+
Chabot Park
1754 Estudillo Ave., San Leandro
(510) 544-2233

Wednesday, Jun 17
Summer Algebra Enrichment – R
7 p.m.
Parent meeting for grades 6 – 9
South Bay Community Church
47385 Warm Springs Blvd., Fremont
(510) 490-9500
dcampbell@sobcc.org

Friday, Jun 19
Frank Sisk Golf Tournament and Dinner \$R
11:30 a.m.
Benefits LOV's free summer program for Tri-City youth
Poppy Ridge Golf Course
4280 Greenville Rd., Livermore
(510) 793-5683
www.lov.org

Overcoming acid reflux

SUBMITTED BY INDIA COMMUNITY CENTER

Do you suffer from recurrent heartburn or acid reflux? India Community Center in Milpitas will host a discussion on Ayurvedic medicine, a system of Hindu traditional medicine, on Friday, June 12. In this talk, you will learn about the Ayurvedic treatment of this digestive disorder

called amlapitta (hyperacidity), what its causes are, and how it is treated. To register for the event, visit www.indiacc.org/Ayurveda1506.

Talk on Ayurveda
Friday, Jun 12
6 p.m.

India Community Center
525 Los Coches St, Milpitas
(408) 934-1130
www.indiacc.org/Ayurveda1506
Free (registration required)

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Join local Writers

SUBMITTED BY ANNIE SNELL

Get feedback on your original writing and join local writers at a peer writers' group on Wednesday, June 17 at Hayward Main Library. Get the support you need to help you stay on track with your writing, whether it's fiction, non-fiction or poetry. Bring 5-10 copies of the piece you wish to share with the group. Facilitator Dani Clark has an M.F.A. in Creative Writing from St. Mary's College of California and a Bachelor of Arts in English Literature from UC Davis. Excerpts from her forthcoming debut novel have appeared in Pure Coincidence Magazine and

Misplaced Book. She works as a journalist and teaches for the East Bay-based nonprofit, Reading Partners. The event is sponsored by the Friends of the Hayward Public Library.

Peer Writers' Group
Wednesday, Jun 17
6:30 p.m. - 7:30 p.m.
Hayward Main Library
835 C St, Hayward
(510) 293-8685
<http://www.library.hayward-ca.gov/>
Free

New Arts & Culture Video

SUBMITTED BY TERESA MEYER

Mayor Pauline Russo Cutter recently premiered a new video entitled, "San Leandro - Cultivating Art!" at the Alameda County Mayor's Conference that was hosted at the newly-opened 21st Amendment Brewery in San Leandro. The video can be found online at www.sanleandronext.com/san-leandro-cultivating-art and on the City of San Leandro YouTube channel at http://youtu.be/XG1_kWB4Ems. The new video provides a survey of the latest projects throughout the City, along with commentary from the artists. Featured projects include: Rigo 23's "Migration of the Monarch Butterfly" mural on the St. Leander Parish Gymnasium wall. The mural features San Leandro's Portuguese cultural heritage, as well as the environmental significance of the monarch butterfly migration throughout North America; The Gate's growing artist community and their impact in revitalizing the former Dodge/Chrysler Manufacturing Plant with art; One the region's largest murals on the Preferred Freezer building, by artist George Mead; A fast-growing utility box art program. "San Leandro has always cherished its artistic and cultural heritage," noted Mayor Cutter. "We are therefore so proud that we are able to showcase through our new video some examples of the major public and private artwork that is now coming on line in our community." "San Leandro's art scene is growing and the City is well positioned to accommodate this growth. Art inspires creativity and community engagement, which helps make San Leandro such a great place to live and do business," added Dina Herrera, Chairperson of the recently formed San Leandro Arts Commission. For more information, please contact Justin Proffitt, Development Specialist, at (510) 577-3327 or jproffitt@sanleandro.org.

Building the Arc of Alameda County

By LINDA-ROBIN CRAIG
PHOTOS COURTESY OF RICHARD FITZMAURICE

Like many enjoyable stories, the tale of Arc of Alameda County has a scary beginning and a happy ending. In the 1950s, parents who had Down syndrome babies, cerebral palsy, fetal alcohol syndrome (FAS) and other similar disabilities were soberly advised to find a custodial institution, tell the neighbors the baby didn't survive, forget the one that didn't "turn out right," try again, and get on with their lives.



Arc client Steve at the driving range

However, many parents of the '50s were rebels, a generation born to upheaval and change. They began to say "no" to that advice. They knew their kids were slower than others in the race to grow up, but these parents believed their children would learn and become productive citizens who contributed to their communities. They began lobbying for special services close to home.

Those parents, raised enough funding not only for services, but to build the Walpert Center in Hayward, a facility still used today. The Association for Retarded Children, The ARC, began to take shape from that rebellious beginning. Children grew strong through loving attention, living much longer than doctors predicted, and the organization had to change its name. The ARC became The Association of Retarded Citizens.

A couple of decades later, the voices of these fierce ARC parents were heard by wise leaders, and in 1969 California passed landmark legislation that guaranteed services for people with intellectual and developmental disabilities (I/DD) and their families. This was known as the Lanterman Act, became the framework for The ARC and remains in operation.

Along with other changes spurred by the "Not if I have anything to say about it!" generation, in the '50s the word "retarded" came to be used in a derogatory way. No longer acceptable, it was dropped from any reference to ARC. Over time, though, people abbreviated the name as the word Arc, which alludes to both a sound vessel able to weather any storm and the rainbow that follows the deluge. Arc added the tag line: For People with Developmental Disabilities, and the transformation was complete – no longer an acronym, rather the beginning of happily ever after. Today, Arc of Alameda County has parent groups at four locations: San

Leandro, Hayward, Union City, and Livermore. The board of directors is made up primarily of parents.

Richard Fitzmaurice, president of Arc of California, has been associated with Arc of Alameda County for over 20 years. He had a son, Scott, with Cerebral Palsy and seizure disorder who was severely disabled and passed away in 1994. Shortly after that Fitzmaurice joined the Arc board of directors where he has served for 15 years.

Fitzmaurice tells people, "The day your child is diagnosed with a developmental disability, you become part of a world you never really knew existed. Without the



Labeling products in San Leandro

Dishing food for Meals on Wheels



Graffiti removal crew at work in Union City

people at Arc of Alameda County, I'm sure my wife and I never would have figured that world out."

Arc clients are mostly adults learning through a range of programs that take them from basic life skills to finding a full-time job. Arc never charges for services to the client or family. Their programs are designed to teach clients the skills necessary to function in their communities, from proper behaviors and visiting local restaurants or shopping malls, to travel skills enabling clients to safely use the bus system or BART to money management and doing mundane things such as laundry. Clients also participate in work groups performing jobs in the community including washing city-owned vehicles for Pleasanton and Livermore as well as the Livermore-Pleasanton Fire Department, and graffiti removal crews working in Union City.

Alternative Ventures Programs (AVP) (San Leandro, Hayward, and Union City)

are for older clients transitioned from workshops. Community Options of the Eastbay, SCOPE, (San Leandro and Union City) focuses on basic life skills for people with severe or profound I/DD. Arc also serves 30 preschool children at the First Step Children's Center (FSCC) located on the Walpert campus.

Families are impressed with the skills their adult children continue to learn, from table manners, to hitting a golf ball or exhibiting artwork and photographs at a community gallery. Family members report amazing progress; especially at FSCC. Arc believes that "sheltered workshops" are outdated and is working to replace their existing program with one that results in job placements outside an Arc facility. "Such a move is dependent on the willingness of businesses and governments to hire Arc clients," stresses Fitzmaurice.

Arc's annual Achievement Awards Dinner is designed to honor clients who have made exceptional progress, and also recognize others in the community who helped



Arc client Donna displays art at Paddy's Coffee House

during the previous year. Fitzmaurice points out, "Non-client honorees might be a fire department that conducted a series of fire safety programs, a banker who explained checking accounts to clients, a local business owner who went out of the way to ensure an Arc client got a job, or a musician who conducted a series of on-campus concerts. There are endless ways to support Arc clients."

In addition to financial aid, Arc needs people to serve on their board of directors and/or board committees. Volunteers help with LifeLinks-Golf Programs in Livermore, San Leandro and Hayward, which helps clients improve balance and hand-eye coordination, get some exercise and learn the values of golf such as integrity, honesty, and perseverance. Volunteers also help staff during trips with Arc clients into the community. Arc welcomes assistance in planning and executing their golf tournament and other fundraising events as well as any opportunity to meet with local businesses to discuss employment opportunities for clients.

Learn more about Arc of Alameda County by visiting www.arcalameda.org or call (510) 357-3569. Donations can be made online.

Hayward Arts Council's art awards



CSUEB art student Brett Dotson has received the HAC art award two years in a row; this time for his piece "Seven Seconds." Pictured with Grace Munakata and Michael Wallace.



Michael Wallace presented CSUEB art student Diana Manriquez with the HAC art award for her piece "Grrrl."

SUBMITTED BY WINDA SHIMIZU

At the California State University, East Bay (CSUEB) Annual Student Awards Exhibition on Tuesday, May 12, Hayward Arts Council (HAC) president Michael Wallace presented students Diana Manriquez and Brett Dotson with the Hayward

Arts Council Awards. Both students received a free HAC membership.

"It is sponsors like Hayward Arts Council that help us support the hard work and creativity of our art students," said Phil Hofstetter, CSUEB Art Department Chair.

HAC congratulates Diana and Brett for their accomplishment

Boat Tour's Maiden Voyage

SUBMITTED BY OFFICE OF SANTA CLARA COUNTY SUPERVISOR DAVE CORTESE

Whether they like it or not, many of the dozen harbor seals who make the Alviso Slough their home now have names, thanks to a group of students from George Mayne Elementary School who helped launch the new Alviso Boat Tour education program on Friday, May 29. They're dubbed Juanita, Juan, Oreo, Gary and Cecelia, just to name a few. The seals were part of the students' dis-

nature, the environment and our changing climate." Creating a pilot tourism program from the boat ramps at the Alviso Marina County Park was a promise Board President Dave Cortese made at his January State of the County event. The boat tour is a collaboration of Supervisor Cortese's Office, the Sheriff's Department, the County Parks and Recreation Department and the U.S. Fish and Wildlife Service. "The Alviso Marina and our Bay front can become the crown jewels of our County parks system," Cortese said. "Let's show Silicon Valley that there really is a



Bay in the South Bay. These tours could become a mainstay of this park." After patiently listening to comments from Cortese, Sheriff Laurie Smith, County Executive Jeff Smith, National Wildlife Refuge Complex Manager Anne Morhill and County Parks Deputy Director Janet Hawks, the fifth-graders helped Cortese cut the ribbon stretched across the entrance of the boat ramps before headed down the boat ramps. The student also got to explore the trails in the park with staff from the U.S. Fish and Wildlife Service. During Cortese's time on the Board, the waterway has become navigable with the addition of boat launch ramps and two floating docks. In 2013, it was designated as the first site on the San Francisco Bay Area Water Trail and is used by hundreds

of boaters and kayakers who navigate through the marshes to the open waters of the Bay. Alviso, which was incorporated into San Jose in 1968, was historically the major commercial shipping point for the entire South County, transporting hides, redwood and quicksilver from the new Almaden mines all over the world until the railroads took over. Alviso was also a regular stop for steamboats and stagecoaches and the town bustled with taverns, hotels and stores. For more information about the tours, visit www.supervisorcortese.com or call Vanessa Turner at (408) 299-5030.



covery as they took an 8-mile boat trip past the marshes alongside the Alviso Slough out to where Coyote Creek meets the open waters of San Francisco Bay – and back. In boats navigated by Sheriff's Deputies, the passengers also saw herons, terns and many other migratory and resident birds. The Alviso elementary school students kicked off a new program from the Office of Supervisor Dave Cortese to showcase the Alviso Marina County Park, which provides a water way to the Bay. The program also features a land tour guided by U.S. Fish and Wildlife Service staff. "These boat tours are floating classrooms for students eager to learn about this unique ecosystem," said Cortese. "What better way to teach students about



The Bookworm

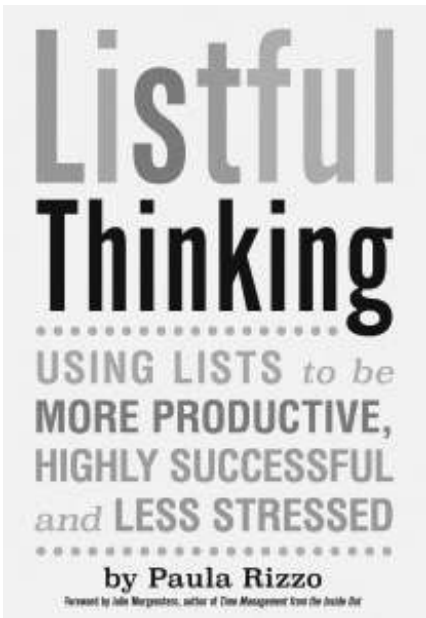
The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books.

“Listful Thinking” by Paula Rizzo

It's no wonder that sometimes you're cross. Your schedule is overloaded, and so is your memory: phone numbers, grocery needs, calls to return, client wants, prospects to call on, arguments to make. Blink, and there's a new restaurant to try. Blink, and it's time for that meeting. How can you possibly be expected to remember everything? Write this down: "Listful Thinking" by Paula Rizzo. Every day, sometimes before you even get out of bed, your mind races, thinking about the tasks you need to finish. When you forget something or you have to squeeze more into your day, that can be stressful. Author Paula Rizzo says that learning the art of listmaking can help. By creating a list system that works for you, tasks can be prioritized and ideas remembered, you'll more easily focus on immediacies, and you'll feel a sense of accomplishment when you check off what you've finished. To get started, know what kind of list you need. What you'll add to a packing list, say, will be different than what you'll want to remember for work. Pros-and-Cons lists are perfect for decision-making, while lists of restaurants you want to visit someday can be more informal. Remember that lists and checklists are very different things.

Next, decide where you'll put your list, so it best serves its purpose. For a "fun list," a pocket-sized journal may be perfect. Rizzo says she keeps a spiral-bound notebook for ideas at work. You can go digital or plaster the walls with sticky-notes. Whatever works for you – and "You know yourself better than anyone can" – the first step is to "Just write it down." Get the task out of your head and onto paper, then organize and prioritize. Be realistic, and rewrite the list if you feel overwhelmed or hate messiness. As issues occur, you can add them to your list; conversely, you'll feel good when you eliminate tasks and see your progress. Finally, before you leave work for the day, write a new list for tomorrow, so you won't stress about forgetting things. Refresh it first thing in the morning. Your day will thank you.

As someone whose life is run by scraps of paper, I was eager to see what was inside "Listful Thinking." I was pleased... and I was puzzled. Author Paula Rizzo has "glazomania" (a passion for listmaking) and it shows in this enthusiastic book filled with ideas and suggestions. What you'll find here is easy-to-understand, approachable, and methodical. On the other hand, there are some odd points made here – things that probably won't fly at work: wasted time on repeated list re-writes, making lists of frivolous things to do on break, and not answering phone calls without prior appointment are just a few of the head-scratchers I found. I could make a list... Still, the hopelessly overwhelmed will surely find help inside "Listful Thinking," and it could get new employees up to speed quicker. If you're on top of your game or already know how to make lists, though, just cross this one off. c.2015, Viva Editions \$15.95 / \$21.50 Canada 228 pages



SOCIAL SECURITY

Let Social Security help jazz up your retirement plan

BY MARIAELENA LEMUS
SOCIAL SECURITY PUBLIC AFFAIRS
SPECIALIST IN SAN JOSE

April is Jazz Appreciation Month, a perfect time to move your feet and revel in the smooth beats of one of America's most beloved musical genres. Ella Fitzgerald, the "Queen of Jazz," known for her scattling style, had a vocal range spanning three octaves. Other great jazz icons include Dizzy Gillespie, Benny Goodman, Louis Armstrong, Herbie Hancock, and Wynton Marsalis. These jazz greats not only have music in common, but they either received, receive, or will be eligible to receive Social Security retirement benefits. Wynton Marsalis, at age 53, is approaching retirement. Herbie Hancock, at age 74, is already old enough to receive full Social Security retirement benefits. A lot of planning and preparation made these artists successful. If you want to be successful in your retirement years, financial planning is important for hitting all the high notes. You don't have to scat like Ella, or blow your horn like Wynton, Dizzy, and Louis, to plan for retirement. If you're making retirement plans, you'll want to visit Social Security's website to use our retirement planner at www.socialsecurity.gov/retire. You'll find detailed information about your Social Security retirement and what you may want to consider as you prepare for your future. Our Retirement Estimator at www.socialsecurity.gov/estimator will give you an instant, personalized estimate of your future benefits. You can plug in different retirement ages and scenarios to help you make a decision. If you're ready to apply for retirement benefits, just go online at www.socialsecurity.gov/applyonline. Creating a secure my Social Security account at www.socialsecurity.gov/myaccount is another way to fine tune your retirement. Your account will allow you to verify your posted earnings and get retirement estimates for ages 62, 67, and 70. Opening a my Social Security account is safe, easy, and only takes a few minutes. Louis Armstrong's "What a Wonderful World" may come to mind as you visit our website at www.socialsecurity.gov to jazz up your retirement planning!



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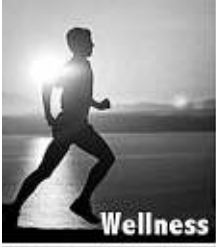
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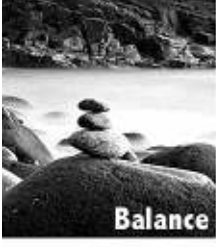
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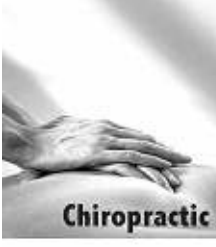
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SPORTS

Walker and Kochan named East Bay Charnofsky Memorial Award recipients

SUBMITTED BY SCOTT CHISHOLM

Student-athletes Micah Walker of women's basketball and Ryan Kochan of baseball were announced as the Cal State University East Bay (CSUEB) recipients of the Dr. Hal Charnofsky Memorial Award at the 2014-15 Athletics Student-Athlete Advisory Committee Ceremony held May 30.

Walker becomes the third straight member of the Pioneer women's basketball team to earn the Charnofsky award following her former teammates Lauren Lucchesi two years ago, and Brianna Terrance last year. All three were four year members of the East Bay program and earned the honor under current head coach Suzy Barcomb.

Walker picked up two awards herself at Saturday's event after earning the Female Career Pioneer award as voted upon by fellow student-athletes. The women's basketball program won a combined 13 individual and team awards on the day.

Kochan arrived at Cal State East Bay for the final two seasons of his collegiate career by way of Diablo

Valley College. He was named to the All-West Region Second Team, All-CCAA First Team, and Academic All-District Team honors.

Kochan was a finalist for multiple SAAC Ceremony awards including Best Male Individual Performance and Male Most Improved. The baseball team won the Men's Best Moment award after earning a 13-inning victory on "Senior Day" to send all nine of its seniors, including Kochan, out with a victory.

Each year, 24 student-athletes from California Collegiate Athletic Association (CCAA) schools are selected to receive the CCAA Dr. Hal Charnofsky Memorial Award. The award recognizes CCAA student-athletes who have distinguished themselves in the classroom and in their sport.

Recipients are selected by their respective athletics department members in consultation with the school's Faculty Athletics Representative (FAR). The award is named after the late Dr. Hal Charnofsky, a long-time faculty athletics representative from Cal State Dominguez Hills, who passed away in December 2002.

East Bay Women's Soccer to host camp

SUBMITTED BY SCOTT CHISHOLM

Cal State University East Bay (CSUEB) women's soccer will host its next College I.D. Camp on Monday, June 22, inside Pioneer Stadium. Head Coach Amy Gerace and Associate Head Coach Zlatan Sahmanovic will host two instructional sessions intended for female soccer players between the ages of 14 to 25.

Two sessions will take place from 10 a.m. to 1 p.m., and 3 p.m. to 5 p.m. Training will include a technical session with emphasis on dribbling, passing, heading, and finishing topics, and game play with a tactical focus on positional play, awareness and reading the game, off the ball movement, and combination play. Goalkeeper training is also included.

Everyone will have the opportunity to work one-on-one with both Cal State East Bay coaches. Instruction and evaluation will be given by the current coaching staff.

All participants will need to submit a completed registration form and camp waiver. Both documents can be downloaded at the College I.D. Camp website:
http://eastbaypioneers.com/sports/2011/1/14/WSOC_011411119.aspx?path=wsoc

Or call (510) 885-4190 for more information.

Women's Soccer Camp

Monday, June 22

10 a.m. – 1 p.m. / 3 p.m. – 5 p.m.

CSUEB, Pioneer Stadium

25800 Carlos Bee Blvd, Hayward

(510) 885-4190

Register at:

http://eastbaypioneers.com/sports/2011/1/14/WSOC_011411119.aspx?path=wsoc
zlatan.sahmanovic@csueastbay.edu

\$125

Cross Country, Track & Field Teams earn SOLAR Award

SUBMITTED BY SCOTT CHISHOLM

The Cal State University East Bay (CSUEB) cross country and track and field programs won the Student Organization Leadership And Recognition (SOLAR) Pioneer Award at the SOLAR awards ceremony on June 2.

"The Pioneer Pride Award is very significant and meaningful to our program. We aspire to be the trailblazers in the department and raise the level of pride our student-athletes have for Pioneer athletics," said East Bay Head Coach Ralph Jones.

This is the second time the track and cross country program has been recognized by the SOLAR committee. Jones and his four programs earned the Pioneer Pride Award at the 2012-13 ceremony. "Coach Murphy and our student-athletes displayed the kind of pride and passion that we expect from a Pioneer. We are truly honored and humbled for this recognition," added Coach Jones.

Pioneers recognize athletic achievements

SUBMITTED BY SCOTT CHISHOLM

Cal State East Bay held its annual Athletics Student-Athlete Advisory Committee Ceremony on Saturday, May 30th. A tremendous year in Pioneer athletics was capped off at the event with student-athletes Stephanie Lopez of women's basketball and Marquise Cherry of men's track and field announced as the Cal State East Bay Athletes of the Year.

Lopez was also announced as the winner of the Best Female Individual Performance and Overall Best Record-Breaking Performance awards. Individually she contributed to three of the 11 different awards women's basketball took down at the event.

Cherry was voted the winner of the Male Newcomer of the Year, Overall Best Blowout Victory, and Best Male Individual Performance awards at the banquet. His four individual awards were the most by any student-athlete at this year's event.

Awards voted on by more than 140 Cal State East Bay student-athletes are:

Coach of the Year: Suzy Barcomb (Women's Basketball)

Team of the Year: Women's Basketball

Most Supportive Team: Women's Soccer

Most Improved Team: Men's Golf

Most Scholastic Team: Volleyball

Female Freshman: Claire Beaty (Swimming)

Male Freshman: Alex Vesia (Baseball)

Female Newcomer: Shannon Bland (Basketball)

Male Newcomer: Marquise Cherry (Track & Field)

Most Improved Female: Remy Puou

(Basketball)

Most Improved Male: Jacari Whitfield (Basketball)

Female Career Pioneer: Micah Walker (Basketball)

Male Career Pioneer: Jacari Whitfield (Basketball)

Record-Breaking: Stephanie Lopez (Women's Basketball)

Best Comeback Win: Women's Basketball

Best Blowout Victory: Marquise Cherry (Men's

Track & Field)

Best Upset Victory: Women's Basketball

Best Female Individual: Stephanie Lopez (Women's Basketball)

Best Male Individual: Marquise Cherry (Track &

Field)

Women's Best Moment: Women's Basketball

Men's Best Moment: Baseball

Marty Valdez Pioneer Spirit: Joanna Giron

(Women's Soccer)

*Dr. Hal Charnofsky Award: Micah Walker (Women's Basketball) and Ryan Kochan (Baseball)

* Cal State East Bay Athletes of the Year:

Stephanie Lopez (Women's Basketball) and Marquise Cherry (Men's Track & Field)

* - Not voted on by student-athletes

Undefeated Life West Gladiators make it to USA Rugby national final

SUBMITTED BY
DIANA ROHINI LAVIGNE

The 2015 USA Rugby DII National Championship semi-final match between California’s Life West Gladiators and Arizona’s Tempe Old Devils on Sunday, May 31 was a game that had all the twists and turns of an epic showdown. Eventually, the Life West Gladiators went on to win in overtime after trailing for most of the game. When standout scrum-half, Dev-

ereaux Ferris kicked an 80th minute conversion of teammate OreneAii’s last gasp try, the Gladiators did a near impossible task to draw level and force the Western Conference Championship game into extra time. With the Gladiators behind 27-15 with fewer than nine minutes left in regulation play, they tied the game. The tenacity and attitude of the Arizona team was admirable as they tackled and fought the Gladiators like no team has done all season. The Old Devils made sure their defensive line was near impenetrable

all game. Yet in acts of audacious bravery and unwavering self-belief, the Life West players continued to throw themselves into the fray and take advantage of a tiring opposition. In the end, Life West crossed for two late tries with a final score of 41-32. The physical conditioning and preparation of the Gladiators was evident by the ability of the team to drive home their competitive advantage in overtime scores by Captain NiliLatu and Flanker Zack Tannous, to take the Western Conference title. Gladiators Head Coach, Adriaan Ferris was pleased with the result but praised the Tempe team for their efforts. He added, “There were two teams out there today that desperately wanted to win and both played positive, attacking, and entertaining rugby. My thoughts are with the Tempe team - to lose a game like this, after the way they played, and led on the scoreboard all game.” When asked what made the difference between the two sides, Coach Ferris mentioned that players, over the past three months, had additional fitness sessions in the college gym on a Monday evening. “What started out as a compulsory video review session, quickly turned into an extra conditioning sessions before watching film. The players drove it and this grew our team bond,” Ferris added.

According to Dr. Bruce Chester, Club President and the head of team’s medical staff, the additional sessions combined with the customized nutritional supplement program supplied by major sponsor Standard Process and the regular chiropractic care was instrumental in prepping the players for such an occasion. The game was a heart-racing match. While it was a team effort, 7th quarter student, Tannous delivered a standout performance. Due to injuries to fellow teammates and student players, John-Austin Colvill and Chris Walker, Tannous was thrown into an unfamiliar position to him as Blindside Flanker. He thrived with monstrous tackling and energetic ball carries. In the end, a courageous effort from Tannous, Ferris, Aii and company and superb leadership by Captain Latu, helped cap an unbelievable come-from-behind victory that seemed unachievable. The win against Tempe Old Devils propelled the Gladiators to an undefeated season (19-0), with the final game to be played against Wisconsin Rugby Club in Denver, Colorado on June 14. For more information on Life West Gladiators, please visit them at www.lifewestrugby.com. To support the Gladiators, consider making a monetary donation at <https://www.gofundme.com/lifewestrugby>.



Lady Colts make it to finals



Softball

SUBMITTED AND PHOTOS BY MIKE HEIGHTCHEW

The James Logan Lady Colt softball team beat Monte Vista 5-0 to gain a place in the finals of North Coast Section (NCS) play. In a convincing win, the Lady Colts did not allow an opposing run when they faced Monte Vista in Division 1 action on June 2nd. The win earned a meeting with Amador Valley and an opportunity to claim the championship for the fourth time in the last six years. Logan’s pitcher, Allison Pelland, in a complete game, gave up only five hits with a lot of help from Colt offense that made the best of their chances to score. Michaela Burpee Adriana Sanchez and Deanne Garza combined for 10 hits at just the right times to bring five unanswered runs. The Colt offense got started early as they pummeled Mustang pitcher Mackenzie Murphy with three big hits in first inning and never looked back. Colt Lacey Sandoval helped by taking a ball deep into the left field and the hitting show continued when Logan’s Deanne Garza doubled, hitting a hard ball to center field, making the score 3-0. In the fifth inning, Lady Colt Adriana Sanchez hit a triple to put the game out of reach. **Colts stumble in Section Finals** The Amador Valley Dons beat the James Logan Lady Colts 5-1 for the North Coast Section Division I championship at Saint Mary’s College on June 6th as Amador Valley’s left-hander Danielle Williams gave up only four hits and threw nine strikeouts. The Dons took control early as they scored the first four runs of the game on five hits in the bottom of the first inning. Even with a good effort, the Lady Colts could not find enough firepower to retaliate. Fighting back in the fifth inning, Lacey Sandoval kept hopes alive as she started things off for the Colts with a triple deep into to right field with just one out. Unfortunately for the Colts, Dons ace pitcher Danielle Williams struck out the side to end the threat. Logan shortstop Sierra Mello was a bright spot in the game with a great play at second base to keep the Colts in the game and a single resulting in their only run of the game.



Alameda County recognizes Golden State Warriors



(Left to right): Supervisors Richard Valle, Wilma Chan, GSW Rick Welts, Supervisors Scott Haggerty, Keith Carson, GSW Adonal Foyle, Supervisor Nate Miley.

SUBMITTED BY OFFICE OF ALAMEDA COUNTY SUPERVISOR SCOTT HAGGERTY

On June 2, the Alameda County Board of Supervisors recognized the Golden State Warriors basketball team with a commendation for winning the 2015 Western Conference Championship trophy. Rick Welts, president and chief of operations for the Warriors organization accepted the commendation on the team’s behalf. Joining him was Adonal Foyle who played 10 seasons for the Warriors. The Boardroom chamber was filled with excited employees attending the meeting to be recognized for 30 years of service with the county. “The Warriors are a source of great pride for Alameda County and the Bay Area, setting a franchise record with 67 wins during the 2014-15 NBA season and winning the NBA Pacific Division,” said Supervisor Scott Haggerty, president of the board as he read the commendation. “With a breathtaking run of 12 wins and only 3 losses during the first three rounds of the NBA Western Conference Playoffs, clinching the trophy with a 104-90 point victory over the Houston Rockets on May 27, this Board of Supervisors congratulates the Golden State Warriors, salutes them for advancing to the 2015 NBA Finals and expresses its support and best wishes for the team as it seeks to win the NBA Championship, its first since 1975.” Mr. Welts accepted the commendation expressing the team’s appreciation for the recognition and its desire to continue to inspire pride for Alameda County and the Bay Area. Scott Haggerty represents the First District communities of Dublin, Fremont, Livermore and unincorporated eastern Alameda County.

CDPH launches new bike-safety curriculum

SUBMITTED BY ANITA GORE

The California Department of Public Health (CDPH) recently announced the release of the California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5. The free curriculum for schools will be the first of its kind in California and was jointly developed by CDPH, the California Department of Education (CDE) and the California Department of Transportation (Caltrans). “We want to encourage California students to walk and bike to school so they can be more physically active, but we want them to do it safely,” said Dr. Karen Smith, director of CDPH and state health officer. “This curriculum motivates kids while teaching safe walking and bicycling behaviors. It’s a fun way to get the entire family to be more active outdoors in their community.” The California Pedestrian and Bicycle Safety Curriculum for Grades 4 and 5 is intended to teach students the importance of pedestrian and bicycle safety skills as well as physical activity. The lessons available to students encourage them to develop healthy habits that benefit both their physical development and academic performance. The free curriculum is available for teachers at: <http://californiahealthykids.org/product/9718>

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.slzsd.org

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

Fremont City Council

June 2, 2015

Mayoral Announcements:

Openings still available on George W. Patterson House Advisory Board and Senior Citizens Commission. Contact City Clerk or visit www.fremont.gov for more information.

Consent Calendar:

- Second reading of ordinance amending licenses and regulations regarding places of entertainment.
- Second reading of ordinance rezoning property at 4186 Central Avenue.
- Second reading of ordinance regarding City Center districts.
- Second reading of ordinance regarding nonresidential subdivisions.
- Award contract for on-call surveying consultant services to Kier & Wright Civil Engineers & Surveyors, Inc. for a not-to-exceed \$300,000 for an initial term of three years and Towill, Inc. for a not-to-exceed \$300,000 for an initial term of three years.
- Approve Master Programs funding agreement with Alameda County Transportation Commission for Measure BB.
- Authorize purchase of two aerial ladder trucks in an amount not-to-exceed \$2,550,000.
- Approve high friction surface

project for Grimmer Boulevard.

- Delegate authorize to City Manager to maintain liability reserve funding.
- Approve investment policy and authorize City Treasurer to manage investments.

Ceremonial Items:

- Proclaim June 2015 as Immigrant Heritage Month
- Proclaim June 2015 as Pride Month including film showing on June 20 and parade in San Francisco on June 28. Parade entry is privately funded.

Public Communications:

- Resident of Palm Avenue neighborhood urged City to restrict two-story home construction in their neighborhood.
- Citizen urged City to consider alternate usage of Sequoia property for Alzheimer complex.

Scheduled Items:

- First public hearing on FY 2015/16 proposed Operating Budget
- First public hearing on FY 2015/16-2019/20 Capital Improvement Program.

Other Business:

Declare results of special election of Pacific Commons CFD 1 for rates, apportionment, tax bonds and related agreements.

Mayor Bill Harrison	Aye
Vice Mayor Suzanne Lee Chan	Aye
Vinnie Bacon	Aye
Lilly Mei	Aye
Rick Jones	Aye

Milpitas City Council Meeting

June 2, 2015

Consent:

- Consider request from Hindu Swayamsevak Sangh to waive fee in the amount of \$680 for rental of outdoor park to celebrate International Yoga Day on June 21, 2015.
- Approve a new capital improvement program project and approve a budget appropriation for Disadvantaged Community Americans with Disabilities Curb ramps in the amount of \$100,000 with \$60,648 in Community Development Block Grant money.
- Adopt a resolution approving purchase of the advanced digital audio collection system 4 from SyTech corporation for the police department in the amount of \$26,739.38 and approving the maintenance and support agreement at an annual cost of \$10,308.
- Adopt a resolution authorizing the purchase of breathing air compressor system from Bauer Compressors for the fire department for a total of \$64,351.76.
- Adopt a resolution supporting the mechanism for cost recovery associated with mutual aid requests made through the California Fire Department for a total of \$64,351.76
- Approve agreement with Data Compliance Services for transient occupancy tax audit services for fiscal year 2015-16 in an amount not to exceed \$20,500.
- Approve amendment to the agreement with HMM Inc. for additional design services and increasing compensation in the additional amount of \$36,000 for Montague Expressway widening project.
- Approve amendment with ID Modeling, Inc. for hydraulic modeling of the recycled water system and a budget appropriation of \$49,980.
- Approve amendment to the master agreement with the Santa Clara Valley Transpiration Au-

thority relating to the Silicon Valley Rapid Transit Berryessa Bay Area Rapid Transit project and the Montague widening project and authorize payment of \$2.7 million to VTA for city infrastructure upgrades.

Public hearings:

- Adopt a resolution approving the annual engineer's report and levying of assessment for landscaping and lighting maintenance assessment district with a net amount of \$290,738 to be assessed.
- Adopt a resolution approving the annual engineer's report and the levying of assessment for landscaping and lightning maintenance assessment with a net amount of \$38,053 to be assessed.
- Adopt a resolution approving issuance of the California municipal finance authority multifamily housing revenue bonds in an aggregate principal amount not to exceed \$45,000,000 to refinance acquisition, construction, improvement and equipping of the crossings at Montague Apartments and certain related matters.

Unfinished Business:

- Per request of Mayor Esteves, consider establishing an ethics hotline.
- Per request of Mayor Esteves, discuss and consider options to require affordable housing units on current and future development projects prior to completion of a nexus study.

Report of Mayor and Commission:

Per request of the Recycling and Source Reduction Advisory Commission and Mayor Esteves, consider a new request to the city council to discuss possible ban on single-use plastic shopping bags.

New Business:

Receive drought status report and water conservation program measures from officials of the Santa Clara Valley Water District.

Agreements:

Approve amendment extending the agreement with Jensen Landscape Services, Inc. for services in the McCarthy Ranch landscape and lighting maintenance district and increasing the contract by \$18,219.75.

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.
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Fremont's Redevelopment Agency is officially out of business

By DAN SCHOENHOLZ,
DEPUTY COMMUNITY DEVELOPMENT DIRECTOR

Earlier this month, California's Department of Finance notified the City of Fremont that the former Redevelopment Agency was officially out of business.

This is a major milestone for Fremont. The State has acknowledged that all debts and obligations of the former Agency have been satisfied, and that the oversight committee appointed to oversee the Agency's dissolution has completed its work. As best we can tell, Fremont is one of the first mid- to large-size cities in California (based on population) to successfully navigate the complicated and confusing process established by the State to unwind the financial affairs of a large Redevelopment Agency.

California's 400 Redevelopment Agencies were a major funding source for important infrastructure improvements, neighborhood revitalization, and affordable housing in cities throughout the state. We did not want to see our Agency dissolve. However, when the State eliminated Redevelopment in 2012, we moved as quickly as possible to close the financial books.

Now that we've succeeded in that effort, the time spent by policy makers and staff on the necessary but unproductive task of closing the Agency can be put toward more rewarding activities, including City priority projects in the Downtown and in the South Fremont/Warm Springs area.

Given the circumstances, the official end of Redevelopment in Fremont is something to feel good about.

The Redevelopment chapter is closed, but Fremont remains committed to its vision for Strategic Urbanism and utilizing new tools and creative partnerships to realize that vision.

Hayward City Council

June 2, 2015

Presentation:

- Proclamation acknowledging the month of June as Elder Abuse Awareness Month, in lieu of World Elder Abuse Awareness Day on June 15, was presented by Mayor Barbara Halliday.
- A certificate of commendation was presented to Moreau Catholic High School's Mock Trial Team.

Consent:

- Council adopted ordinance levying a special tax within Community Facilities District No. 3 in South Hayward BART area.
- Council approved plans and specifications, and call for bids for the Industrial Boulevard Pavement Rehabilitation Project.
- Council approved plans and specifications for the Community Development Block Grant received from the U.S. Department of Housing and Urban Development, and call for bids for the Hayward Promise Neighborhood Street Improvement Project. According to staff report, the following streets were selected for pavement improvement: Cody Road, Culp Avenue, Custer Road, Frederick Avenue, Joyce Street, Lander Avenue, Landley Way, Mardie Street, Muir Street, Sublett Drive, Sycamore Avenue, Thomas Avenue, and Tioga Road. Estimated total cost is \$1,387,328. (Lamnin – Abstention)
- **Work Session:**
- Council provided feedback on the proposed FY 2016 operating budget as well as City Council priorities and performance measures. The public will have opportunities to provide input and comments on the proposed operating budget on the June 9 (work session), June

16 (public hearing) and June 23 (adoption) City Council meetings. The proposed FY 2016 operating budget may be viewed at www.hayward-ca.gov/city-government/departments/finance/documents/2015/FY16_Proposed_Operating_Budget.pdf.

- Council provided comments on the recommended FY 2016 – FY 2025 Capital Improvement Program (CIP) presented by Public Works – Engineering and Transportation Director Morad Fakhrai. According to staff report, the FY 2016 – FY 2025 budget for CIP is \$507 million, with \$304 million in unfunded needs. Major projects include various fire facilities improvement; construction of the new library and community center; completion of Fire Station 7 and Firehouse Clinic; roadway improvements and more. For the full report, visit www.hayward-ca.gov/city-government/departments/public-works-et/documents/2015/FY16-25_CIP_Book_with_Bookmarks.pdf. A public hearing of this item is scheduled on the June 16 City Council meeting.

Legislative Business:

Council approved the resolution to establish a Poet Laureate Pilot Program and appoint Bruce Roberts as the first Poet Laureate for the City of Hayward. Roberts was recommended by Mayor Barbara Halliday and agreed to serve voluntarily. Councilmember Al Mendall did not vote on the item and had to leave early due to medical reasons. (Mendall – Absent)

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

OPINION



WILLIAM MARSHAK

If there is a universal mantra in the real estate community, it is “location, location, location.” A most important consideration when buying property is where it is located in relation to local amenities the buyer desires. People pay premium prices for property located in the “right” area. Highly desirable and of paramount concern when considering “low income” housing, is proximity to products and services. Although infill situations make this problematic, it should still be a primary factor for development. How close is the property to mass transit? Schools? How close to shopping without using (and discarding) store shopping carts? Is there adequate parking? If not, is a variance based on an assumption of less use of automobiles and reasonable walking distances to recreation and services? Is one type of amenity more valuable than others?

Location, Location, Location

Two out of three low income housing proposals are destined for approval at the June 9, 2015 Fremont City Council meeting. One, MidPen's Stevenson Place Family Apartments will probably receive immediate funding of \$11.91 million while staff recommends that \$6,970,000 be held in reserve for Eden Housing's Parc 55 Senior Apartments on Mission Falls Court. A third proposal for apartments at the old Schoeber's site on Capitol Avenue did not receive approval from staff.

Although reasons for each decision were clearly delineated in the staff report (ID #2424), site access to shopping and activities was not addressed. An argument can be made that each parcel is within “walking” distance of such amenities, but what is appropriate walking distance? Can the same number be used for elderly and disabled occupants? The best direct access was represented by the rejected “Schoeber's site on Capitol Avenue. More expensive and with density issues, it is a site still worth a second look because of its location. It can be argued that favored proposals are within walking distance to some amenities, but which ones? Is an industrial or office park the right location for residential development?

Except for vast acreage near the new South Fremont/Warm Springs BART station, most residential developments are targeting infill. In these cases, location can still be criti-

cal for those who rely on pedestrian access and mass transit. Developments in proximity to transportation hubs - Transportation Oriented Development (TOD) - are given preferential treatment due to an accessibility bias. But should developments outside a TOD area, especially for tenants assumed to be without reliable modes of personal transport, be given variances for parking? How are tenants of these developments expected to reach necessary services if they are many blocks or even miles away?

Each of the projects listed have above have a strong argument for support and reasonably priced rental and for sale units are desperately needed in our area, but when awarding housing funds, the realtor's mantra should be an important consideration... location, location, location.

William Marshak
PUBLISHER

ADA Reform Bill passes Senate floor

SUBMITTED BY KAITLYN JOHNSON

SB 251 by Senator Richard Roth (D-Riverside) and principal co-author Senator Cathleen Galgiani (D-Manteca) passed the Senate floor on June 4 by a vote of 40 to 0. SB 251 will make a number of changes to assist small businesses in complying with ADA (American Disability Act) requirements.

SB 251 would enact tax credits for eligible access expenditures for businesses with annual gross receipts of less than \$1 million or fewer than 30 full-time employees for the 2016 through 2022 taxable years, based largely on the current federal credit.

SB 251 would require local agencies to expedite their review of an application for a project to modify a public building if the building is inspected by a CASp and complies with construction-related standards and to develop materials on the ADA, and to provide those materials to project applicants,

along with a notice stating that approval of the permit does not mean that the project complies with the ADA. These two requirements apply to all cities and counties.

The bill would amend the Construction-Related Accessibility Standards Compliance Act to import the definition of microbusiness into the Act, and provides that a defendant meeting that definition shall not be liable for statutory damages for more than one offense if they corrected the violation before the lawsuit was filed.

It also provides that any business inspected by a CASp that corrects a violation defined as a “minor matter” within 30 days of the service of summons and complaint asserting a claim or receipt of written notice, shall not be liable for a violation of a construction-related accessibility standard. “Minor matters” only include violations for interior and exterior signage, the color and condition of parking lot paint striping, and

truncated domes.

Additionally, it provides that any business that corrects a violation within 90 days of receiving a CASp inspection shall not be liable for a violation of a construction-related accessibility standard.

Other provisions of SB 251 include: 1) Require commercial property owners and lessors to state on every lease form or rental agreement that both they and the tenant are responsible for compliance with ADA; 2) Require an individual who wishes to become a CASp to provide the State Architect with information about the city or county in which they provide, or plan to provide, service and the Architect must post that information on its website; 3) Direct the California Commission on Disability Access to link to the State Architect's CASp website and provide state agencies and local building departments with educational materials explaining the ADA.

Structure fire

SUBMITTED BY BATTALION
CHIEF DOUG MCKELVEY, FREMONT FD

A husband and wife, along with their out of town guests were displaced on May 18 by a house fire. At approximately 12:30 a.m. Fremont Fire Department responded to a report of a home on fire at 948 Umpqua Ct. with people potentially still inside. The first company on

scene reported smoke coming from the upstairs of a two story home, but was able to quickly establish that the occupants had self-evacuated. Five fire crews and two Battalion Chiefs responded as part of the first alarm assignment and were able to contain the fire to the room of origin. However, the fire completely destroyed an upstairs bedroom and with moderate extension to the attic, eaves and roof. The damage was extensive enough that PG&E was requested to secure the power and gas to the home and the

residents were unable to immediately return to the home. They were able to secure alternate lodging for the evening.

According to the homeowner, one of his guests returned from the restroom to notice fire in the bedroom where her husband was sleeping. She was able to alert all the other occupants and after an unsuccessful attempt to extinguish the fire they all evacuated. The fire is still under investigation, but preliminary indications are that the fire was accidental in nature.



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Large expansion to Bay Area BikeShare program

SUBMITTED BY JANICE ROMBECK

The Metropolitan Transportation Commission (MTC) voted unanimously on May 27, to expand the Bay Area BikeShare program, increasing the number of bicycles from 700 to 7,000 at stations in eight cities and giving special consideration to disadvantaged neighborhoods.

The action authorized MTC administration to contract with Motivate International to add bike stations in the five cities currently in the program – San Jose, Palo Alto, Mountain View, Redwood City and San Francisco – and start the program in Oakland, Berkeley and Emeryville.

The expansion will be done without using public money and makes the Bay Area BikeShare the 2nd largest in the country. Motivate will fund the costs through corporate sponsorship agreement. Members pay a fee to rent the bikes.

San Jose’s number of bikes will increase from 129 to 1,000, and the public will have a say in where the new bike stations are located. Santa Clara County

Board President Dave Cortese, who is chair of the Metropolitan Transportation Commission, was reassured by Motivate officials that there would be a public hearing process.

“This is perhaps the greatest public private partnership we have accomplished here at the MTC because it involves the rising star of transportation—the bike,” Cortese said in thanking the MTC staff.

Launched in 2013 as a pilot program, the California’s first regional bike sharing service currently has 4,500 annual members and 25,000 casual members who use the mint-colored bikes for short trips. Riders rent the specially designed, durable bikes from a network of docking stations located throughout the Bay Area. The bikes can then be returned to any station in the system, creating many possible combinations of starting and ending points.

For more information, call the Office of Supervisor Dave Cortese at (408) 299-5030 or visit <http://www.bayareabike-share.com>.

Consumers warned about cold-smoke salmon

SUBMITTED BY ANITA GORE

California Department of Public Health (CDPH) Director Dr. Karen Smith warned consumers on June 5, 2015, not to eat certain batch codes of Santa Barbara Smokehouse’s cold-smoked salmon because these products may be contaminated with Listeria monocytogenes, which can lead to severe illness or death.

CDPH and the U.S. Food and Drug Administration (FDA) are currently investigating Santa Barbara Smokehouse in Santa Barbara, California, due to bacteriologic contamination found in the processing facility and in a packaged sample of smoked salmon.

Santa Barbara Smokehouse has initiated a voluntary recall of all cold-smoked salmon manufactured at its Santa Barbara facility between March 1, 2015 and April 8, 2015, after learning about Listeria monocytogenes contamination in a product surveillance sample and environmental samples collected at the processing facility. No illnesses have been associated with the recalled products at this time. Santa Barbara Smokehouse’s recalled cold-smoked salmon was packed under the Cambridge House, Channel Islands, Coastal Harbor, Santa Barbara, North Shore, S.F. Specialty, and Harbor Point brand names. The recalled products were vacuum-packed and distributed as both fresh and frozen products.

The CDPH Website has a list of the specific product names and batch codes affected by this recall. CDPH recommends not eating any cold-smoked salmon manufactured by Santa Barbara Smokehouse with the affected batch numbers. CDPH also recommends that anyone in possession of these recalled products return them to the place of purchase for a refund or dispose of the product into a garbage bag and put it in the trash. The brands of smoked salmon identified above were likely distributed to wholesale food distributors, airline catering companies, and foodservice distributors. Subsequent product distribution may have resulted in retail sales to consumers.

Symptoms of Listeria infection may include high fever, headache and neck stiffness. Infants, the elderly and people with weakened immune systems are at highest risk for severe illness and death. Listeria infection in pregnant women can lead to miscarriage or stillbirth, premature delivery or infection of the newborn baby.

The CDPH website www.cdph.ca.gov has more information about Listeria infection. CDPH recommends that consumers who feel sick after eating cold-smoked salmon products should consult their health care provider. Consumers that see smoked salmon with the affected batch numbers manufactured by Santa Barbara Smokehouse being sold are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232.

Obituary

Joseph Anthony Abreu

September 23, 1935 - June 5, 2015

Joseph Anthony Abreu entered into rest on June 5, 2015 in Fremont, at the age of 79. He is survived by his loving wife of 59 years, Shirley Abreu. His children, Brenda DeCosta (Larry) and Joseph M. Abreu (Paige); grandchildren, Lauren Dupuis (Mike), Lindsay Putre (Chris), Steven DeCosta (Carin), Megan Abreu and Logan Abreu. He was preceded in death by his parents, Manuel and Mabel Abreu, daughter Joela Abreu and sister Bernadine Goularte.

Joseph was a life long resident of Fremont. He was born on September 23, 1935 in Niles and graduated from Washington High School in 1954. He was a realtor for 40 years and owner of Century 21 Mission, member of Elks 2121 in Fremont and Washington Parlor Native Sons of the Golden West. Avid golfer and fisherman who always enjoyed trips to Alaska every year fishing for salmon and halibut.

Visitation will be held on Thursday, June 11, 5-8pm with a Vigil service at 6:30pm, at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Funeral Mass will be held on Friday, June 12, 12pm at Holy Spirit Catholic Church, 37588 Fremont Blvd., Fremont, CA 94536. A private family burial will take place at Holy Sepulchre Cemetery in Hayward. In lieu of flowers the family asks for donations to be made to Holy Spirit Catholic Church or to donors favorite charity.



Obituary

Gordon R. Lux

October 21, 1941 - June 2, 2015



Gordon passed away peacefully with his family by his side in his hometown of Fremont on June 2nd. He worked at McCollisters Moving & Storage in San Jose, CA. He also owned Gordon Lux trucking for many years. He made numerous friends throughout his life time. He was loved and well respected and will be deeply missed by all who knew him.

He is survived by his wife of 37 years Lonnie; son Robert Hewes (Jen) and daughter Lori Hewes, all of Fremont; granddaughter Crystal and great granddaughter Alanah, both of Merced; step-grandchildren Anthony and Ashley, both of Fremont; and many cousins. He is predeceased by his sister Patricia Williamson.

Visitation will be held on Saturday, June 13, from 10-11am and a Chapel Service will begin at 11am at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont, CA 94536. Burial will follow at Lone Tree Cemetery in Hayward, CA.

Obituary

Dennis Toni Satariano

August 8, 1946 - June 4, 2015

Dennis Toni Satariano, 68, passed away Thursday, June 4, 2015 peacefully at his home in Fremont, California.

Dennis is survived by his daughter, Jennifer; his two sons Jason and Matthew; his two dogs Shilo and Scout; and many dear friends. He was preceded in death by his wife Darlene in 1999.

Dennis was born August 8, 1946 in San Francisco, California. He graduated college from Cal State Hayward and later moved to Fremont, California where he raised his family.

Dennis was known for his active involvement in the Fremont community where he held title as the Public Information Officer for Fremont Fire Department and Fremont Police Department. Among his colleagues, Dennis was known for his well-thought-out and playful pranks. In his honor, the City of Fremont has placed all city flags at half-mast for one week.

An avid baseball lover, Dennis was a passionate San Francisco Giants fan and relished the opportunity to attend three World Series games. For many years, Dennis took pride coaching Mission San Jose Little League and had the honor of coaching his three children. Among other things, Dennis also loved the outdoors and was often found visiting Yosemite and Lake Tahoe.



A memorial will be held at Saint Joseph Catholic Church in Fremont on Monday, June 15th at 11:00 A.M. In lieu of flowers, donations can be made to Mission San Jose Little League, 502 Lemos Lane, Fremont, CA 94539.

Call for Economic Vitality Grant applications

SUBMITTED BY TAMAR SARKISSIAN

In an effort to build a better California and promote local economic growth in the state, PG&E has announced the open application period of its Economic Vitality Grant Program. In its third year, the utility’s economic development effort provides a total of up to \$200,000 to deserving local government organizations, educational institutions and 501(c) 3 nonprofit organizations to fund projects or programs designed to spur innovation and job creation.

“PG&E wants to help the communities where we deliver gas and electricity to grow and thrive economically. As one of California’s largest employers and taxpayers, we are a key contributor to local economies,” said PG&E Chairman, CEO and President Tony Earley.

Applications for PG&E’s Economic Vitality Grant Program will be accepted through July 31. To learn more and apply, visit www.pge.com/evgrants.

LIFE CORNERSTONES

Birth

Marriage

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

Obituaries



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

Dianne M. Burrell
RESIDENT OF SAN LEANDRO
February 2, 1973 – March 22, 2015

Kyle Jaymes Lucas
RESIDENT OF NEWARK
June 13, 1989 – May 28, 2015

Lupe Silva
RESIDENT OF UNION CITY
December 12, 1949 – May 28, 2015

Laura P. Gehl
RESIDENT OF POCONO SUMMIT, PA
October 7, 1956 – May 31, 2015

Michael Joseph Wright
RESIDENT OF FREMONT
April 21, 1978 – June 1, 2015

Maria Sidonia Brasil
RESIDENT OF NEWARK
July 7, 1921 – June 2, 2015

Gordon R. Lux
RESIDENT OF FREMONT
October 21, 1941 – June 2, 2015

Diane Marie Lima Levitan
RESIDENT OF FREMONT
April 19, 1941 – June 3, 2015

Alice E. Rosgen
RESIDENT OF HAYWARD
November 5, 1938 – June 4, 2015

Joseph Anthony Abreu
RESIDENT OF FREMONT
September 23, 1935 – June 6, 2015

Hong Wei Mao
RESIDENT OF FREMONT
July 6, 1964 – June 5, 2015

Chakrapani Sanjeevi
RESIDENT OF CAMPBELL
October 2, 1925 – June 6, 2015



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Emiline C. Rose
RESIDENT OF FREMONT
May 5, 1913 – May 23, 2015

Ronald L. Whigham
RESIDENT OF FREMONT
November 7, 1940 – May 24, 2015

Frank B. Bowman
RESIDENT OF FREMONT
December 25, 1923 – May 27, 2015

Sister M. Assumption Guadalupe
RESIDENT OF FREMONT
July 4, 1931 – May 28, 2015

Jennie R. Ignaut
RESIDENT OF ROCKLIN
May 16, 1923 – May 28, 2015

Padma Bodas
RESIDENT OF FREMONT
October 15, 1923 – May 29, 2015

Yin Kum C. Au
RESIDENT OF FREMONT
May 5, 2015 – May 13, 2015

Flor De Lisa Bernabe
RESIDENT OF HAYWARD
January 13, 1943 – May 27, 2015

Joseph J. Faia
RESIDENT OF FREMONT
October 4 1972 – May 30, 2015

George Nekoksa
RESIDENT OF SAN RAMON
April 16, 1929 – May 30, 2015

Hien M. Nguyen
RESIDENT OF SAN JOSE
April 23, 1942 – May 29, 2015

Esmeralda Villartoro
RESIDENT OF FREMONT
July 24, 1965 – May 30, 2015

Alfred D. Grasseschi
RESIDENT OF FREMONT
January 26, 1932 – June 1, 2015

Eleanor E. Stark
RESIDENT OF BRENTWOOD,
FORMERLY OF FREMONT
May 4, 1937 – June 2, 2015

Sakunthala Kadambi
RESIDENT OF FREMONT
September 24, 1923 – June 3, 2015

Arturo B. Munoz
RESIDENT OF FREMONT
August 22, 1948 – June 2, 2015

Dennis T. Satariano
RESIDENT OF FREMONT
August 8, 1946 – June 4, 2015

Louise C. Perry
RESIDENT OF FREMONT
December 24, 1912 – June 5, 2015

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June 11, 1955 – May 09, 2015

Robert Deisenroth
RESIDENT OF SAN LEANDRO
March 25, 1929 – May 13, 2015

Eric Silva
RESIDENT OF SAN LEANDRO
January 07, 1966 – May 12, 2015

George DeCosta
RESIDENT OF SAN LORENZO
June 03, 1926 – May 14, 2015

Dorothy Morey
RESIDENT OF PLEASANTON
January 19, 1940 – May 15, 2015

Rose Marie Silva
RESIDENT OF SAN LORENZO
March 15, 1923 – May 16, 2015

Sharon Spengler
RESIDENT OF SAN LORENZO
May 10, 1937 – May 17 2015

Margaret Teasland
RESIDENT OF DALY CITY
June 20, 1926 – May 18, 2015

Karen Harmon
RESIDENT OF MANTECA
September 09, 1955 – May 20, 2015

Mary Sisler
RESIDENT OF HAYWARD
February 3, 1921 – May 20, 2015

Angela Allen
RESIDENT OF OAKLAND
November 24, 1959 – May 20, 2015

Ricardo Tabarne
RESIDENT OF SAN LORENZO
June 17, 1961 – May 28, 2015

Edmund Gimpel
RESIDENT OF SAN RAMON
May 04, 1927 – May 15, 2015

Keith Marsh
RESIDENT OF HAYWARD
September 14, 1968 – May 18, 2015

Katherine Reeder
RESIDENT OF SAN RAMON
September 28, 1955 – May 18, 2015

Doris Burger
RESIDENT OF DANVILLE
February 26, 1919 – May 20, 2015

Carletha Smith
RESIDENT OF ANTIOCH
March 21, 1965 – May 21, 2015

Helen Rumery
RESIDENT OF PLEASANTON
July 09, 2015 – May 24, 2015

Darling Armon
RESIDENT OF SAN LEANDRO
November 29, 1940 – May 24, 2015

Jagdish Naharas
RESIDENT OF SAN RAMON
December 06, 1936 – May 25, 2015

Nabor Cordova
RESIDENT OF SAN RAMON
October 13, 1945 – May 26, 2015

Donald Carothers
RESIDENT OF PLEASANTON
February 05, 1933 – May 25, 2015

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Obituary

Alfred Grasseschi

Jan. 26, 1931 - June 1, 2015



On June 1, 2015, Alfred Grasseschi died peacefully at the age of 84. A man whose life was filled with faith, family, and friendship, Al leaves behind six children, twelve grandchildren, seven great-grandchildren, and a lengthy legacy of caring for others.

Born in Black Eagle, Montana, Al was the ninth of twelve children. The family relocated to Hayward, California and be-

came part of All Saints Parish. Freddie, as he was known by his brothers and sisters, graduated from Hayward High School in 1950. After spending two years in the Army at Fort Lee, he returned to Hayward to work in the family business, Alfred and Sons Shoe Repair.

At a Christmas party at All Saints Parish, he met the love of his life, Paula Joanne Healy; they married on August 27, 1955. Together they raised a family of seven children, first in Castro Valley, then Hayward, finally settling down in Fremont's Irvington district.

With his younger brother Rudy, Al opened The Cobbler's Shoe Repair on A Street in downtown Hayward. Together they built a business that would become a cornerstone of the Hayward Strip.

Al was always involved with his community, a natural outgrowth of his generous nature. He served as President for many organizations: the Downtown Hayward Association, the Holy Names Society, the Santa Paula Parish Council, the Italian Catholic Federation, the Sons of Italy, and the Saint Vincent de Paul Society.

He was the youngest person to serve as Grand Knight of the Knights of

Columbus, Hayward Council 1615. Al then served as the District Deputy.

Together with his friend Dave Bennett, he created a Catholic Youth Organization sports program for what was then Santa Paula Parish, and also became an important figure in Fremont's Little League program.

Al is survived by his siblings (Rose, Romeo, Virginia, Rudy, Angie, and Addie), his children (Chris, Danny, Margaret, David, Kathy, and Paul), grandchildren (Sierra, Shaina, Aaron, Teresa, Casey Rae, Kyle, Danny, Maggie, Bradley, Lexi, Alex, and Michael), and seven great grandchildren. He is preceded in death by his wife Paula, son Thomas, and five siblings.

Family and friends are invited to a 7:00 pm vigil, June 18th at Berge-Pappas-Smith Chapel of the Angels, 40842 Fremont Blvd, Fremont, CA. Mass will be 11:00 AM, June 19th at Our Lady of Guadalupe Church 41933 Blacow Rd, Fremont.

The family requests that that no flowers be sent. Donations in Al's honor should be sent to the St. Vincent de Paul society of Our Lady of Guadalupe Parish.

LETTERS POLICY

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

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www.hopeservices.org

Rev.04242015



Hay Harvesting at Ardenwood

SUBMITTED BY BERNADETTE CRUZ AND
JENNA SCIMECA
PHOTOS COURTESY OF IRA BLETZ

Join in the fun of an old-fashioned hay harvest on Sundays from June 14 to 28 at Ardenwood Historic Farm. Harvesting is the process of gathering mature crops from the fields, marking the end of the growing cycle of a particular crop. Crops are harvested for food, clothing, animal feed, medicine and more. Aside from sugarcane, pumpkin, maize (corn) and wheat, hay is one of the major crops used to feed livestock.

Visitors will learn about Ardenwood's oat crop and participate in the process of harvesting. Join a tractor-drawn wagon ride out to the field and help toss the cut oat hay into the wagon using wooden pitch forks. The hay will then be brought back to the hay boom (a large wooden post that looks similar to a ship's mast). Using the hay boom and the Jackson fork attached to it, visitors can help lift and lower the Jackson fork to take the hay from the wagon and drop it into a pile, creating the hay stack.

This is a drop-in program; no registration is required. Ardenwood admission fee applies. For more information, call (510) 544-2797.

Ardenwood Hay Harvesting
Sunday, Jun 14, 21 & 28
1 p.m. – 3 p.m.
Ardenwood Historic Farm (Granary)
34600 Ardenwood Blvd, Fremont
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www.ebparks.org/parks/ardenwood
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ABWA-Pathfinder Chap. American Business Women's Assoc. provides opportunities for women personally & professionally thru leadership, education, networking Dinner Meetings: 3rd Wednesday each month. Sinodino's Rest. (Newark): 6:30-9:00 pm Call Ola at 408-393-2591 www.abwa-pathfinder.org	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	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	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	
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	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	Fremont Area Writers Want to write? Meet other writers? Join us from 2-4 p.m. every fourth Saturday except July and December. Rm. 120 at DeVry University, 6600 Dumbarton Circle, Fremont Call Shirley at (510) 791-8639 www.cwc-fremontareawriters.org	
Troubled By Someone's Drinking? Help is Here! Al-Anon/Alateen Family Groups No cost program of support for people suffering from effects of alcoholism 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 & other group events August—visitors from Brazil www.ffsba.org www.thefriendshipforce.org Call 510-794-6844 or 793-0857		Alder Ave. Baptist Church 4111 Alder Ave., Fremont Serving GOD Southern Baptist Tradition - Pastor-Randy Walters Sunday Bible Study -9:30am Worship Service - 11am Community Sing-Along First Friday every month 510-797-3305 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
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The American Assoc. of University Women AAUW advances equity for women and girls through advocacy, education, philanthropy and research We are all inclusive, welcoming, smart and fun. fremont-ca.aauw.net	Hayward Arts Council 22394 Foothill Blvd., Hayward 510-538-2787 www.haywardarts.org Open Thurs., Fri., Sat., 10am-4pm Promotes all the arts & encourages local artists in all art mediums. Foothill Gallery, John O'Lague Galleria, Hayward Area Senior Center Exhibit Hall. All FREE	Join East Bay's Local AARP Residents of Fremont, Newark, Hayward, Union City, Castro Valley, San Lorenzo, San Leandro First Thursday of the Month 10am - Newark Senior Center 7401 Enterprise Dr., Newark 510-489-5345 ebaarp_dalla@yahoo.com	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	4TH ANNUAL JUNETEENTH FESTIVAL A Celebration of Freedom Sat. June 20 - 10-4pm PALMA CEIA BAPTIST CHURCH 28605 Ruus Rd., Hayward For Info: 510-786-2866 Budget friendly event for the whole family. Entertainment, food, music, kids play zone
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Phone Number: 510-413-3700
Email: leannhall@remingtonhotels.com
Fax: 510-413-3710

LEAD BUSINESS ANALYST (FREMONT, CA)

Analyze & document current & future business process model to identify software solutions.
Create Business Process flows in Visio Diagramming. Gather requirements using standard Requirement Gathering techniques; meetings, Joint Application Design (JAD) session, questionnaire, interface analysis, document analysis, prototyping, Functional Specifications/Design & User Acceptance Testing.
Analyze & document high-level requirements (scope), detailed functional requirements & business rules (use cases), data requirements (from business needs perspective). Create & manage project documents including System Risk Assessment (SRA), User Requirement Specification (URS), Functional Risk Assessment (FRA), Requirement Traceability Matrix (RTM).

Req: Bachelor's in Computer Science, Info. Tech., Electronics & Communication, or closely related. 60 months in job offered, or as Quality Assurance Analyst/Specialist, Software Engineer, Support Analyst or related. **Special Skills Required:** Project Management: Microsoft Office, Visio, FreeMind Version Control Tools: VSS, Caliber, Star Team, Clear Case Testing Tools: QTP, Load Runner, RFT, SoapUI, Selenium, Sahi Test/Defect Management: Quality Center, Clear Quest, Remedy Database: Oracle, Raptor, SQL, TOAD, SQL Plus Programming Languages: C, C++, Perl, ASP, PHP Scripting Languages: HTML, XML, CSS, VBScript, JavaScript Web Technology: Web Services, SOAP, WSDL, XML, DTD, XML Schema. Other Tools: Photoshop, Dream Weaver.

Resume to: Tafaal Consulting, Inc. Attn: Ali Ahmed, C.E.O.,
39355 California Street, Suite 203, Fremont, CA 94538

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 **CENTRAL TRANSPORT**

Prowlers arrested

SUBMITTED BY
LT. RAJ MAHARAJ,
MILPITAS PD

On Wednesday, June 3, at approximately 2:55 a.m., a Milpitas Police Officer was patrolling the area of the Crowne Plaza Hotel, when he observed Jimmy Fred Priestly (28 year-old male, San Francisco resident) and Dante Luke Roper (29 year-old male, San Francisco resident), ducking down between parked cars. Milpitas Police Officers contacted Jimmy Priestly and Dante Roper as they were trying to walk away from the hotel parking lot.

During the investigation, officers discovered Priestly had an outstanding warrant from the



Dante Luke Roper

Kings County Sheriff's Office for reckless driving and driving on a suspended driver license. Roper had an outstanding warrant from the Mountain View Police Department for false impersonation.

Officers also contacted Diwonda Jackwater Moody (31 year-old female, San Francisco resident), asleep in a stolen black 2012 BMW 328i parked nearby. Moody provided officers with



Diwonda Jackwater Moody

several false names and eventually identified her as an associate of both Priestly and Roper. Moody had an outstanding warrant for robbery from the San Mateo County Sheriff's Office and a warrant for grand theft from the Napa County Sheriff's Office.

After further investigation,



Jimmy Fred Priestly

Priestly was booked into the Santa Clara County Jail for prowling, possession of burglary tools, possession of a stolen vehicle and his warrant. Roper was booked into the Santa Clara County Jail for prowling, possession of a stolen vehicle, possession of a controlled substance,

possession of a controlled substance in a correctional facility, and his warrant. Moody was booked into the Santa Clara County Jail for providing a false name to a police officer, possession of drug paraphernalia, possession of a controlled substance, possession of a stolen vehicle, and her two warrants.

Anyone with any information regarding this investigation involving Priestly, Roper, and Moody or other incidents occurring in Milpitas is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling the Crime Tip Hotline at (408) 586-2500 or via the Milpitas Police Department website at: http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp

PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15770824
Superior Court of California, County of Alameda
Petition of: Archana Sanjay Bindra for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Archana Sanjay Bindra filed a petition with this court for a decree changing names as follows:
Archana Sanjay Bindra to Archana SarDesai Bindra
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 08/14/2015, Time: 8:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri City Voice
Date: May 19, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
6/2, 6/9, 6/16, 6/23/15

CNS-2757073#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15768819
Superior Court of California, County of Alameda
Petition of: Thorvald Andreas Hesselund IV for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner filed a petition with this court for a decree changing names as follows:
Thorvald Andreas Hesselund IV to Andreas Sistena-Hesselund
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: Fri 9/04/2015, Time: 8:45 a.m., Dept.: 503
The address of the court is 24405 Amador Street, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: May 4, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
6/2, 6/9, 6/16, 6/23/15

CNS-2756321#

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG15770991
Superior Court of California, County of Alameda
Petition of: Susan Gutierrez-Dulos for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Susan Gutierrez-Dulos filed a petition with this court for a decree changing names as follows:
Susan Gutierrez-Dulos to Susan Figueroa Gutierrez
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:
Date: 08/07/2015, Time: 8:45 a.m., Dept.: 504
The address of the court is 24405 Amador Street, Civil Division, Rm. 108, Hayward, CA 94544
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Tri-City Voice
Date: May 20, 2015
WINIFRED Y. SMITH
Judge of the Superior Court
5/26, 6/2, 6/9, 6/16/15

CNS-2755284#

FICTITIOUS BUSINESS
NAMESFICTITIOUS BUSINESS
NAME STATEMENT

File No. 504882
Fictitious Business Name(s):
RS Trucking, 37326 Vineland Terrace, Fremont, CA 94536, County of Alameda
Registrant(s):
Rajinder Singh, 37326 Vineland Terrace, Fremont, CA 94536
Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Rajinder Singh
This statement was filed with the County Clerk of Alameda County on May 11, 2015.
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
6/9, 6/16, 6/23, 6/30/15

CNS-2759298#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505219
Fictitious Business Name(s):
Golden Dream Realty, 2800 Baylis Street, Fremont, CA 94538-3515, County of Alameda
Registrant(s):
Kuldeep Singh Dhindsa, 2800 Baylis Street, Fremont, CA 94538-3515

Business conducted by: an Individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Kuldeep Singh Dhindsa
This statement was filed with the County Clerk of Alameda County on May 20, 2015.

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
6/9, 6/16, 6/23, 6/30/15

CNS-275856#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 493398
The following person(s) has (have) abandoned the use of the fictitious business name: **Pacific Wire Die Company, 661 Olive Avenue, Fremont, CA 94539**
The Fictitious Business Name Statement being abandoned was filed on 07/01/2014 in the County of Alameda.
Kenneth Sung-Ching Lo, 661 Olive Avenue, Fremont, CA 94539
S/ Kenneth Lo
This statement was filed with the County Clerk of Alameda County on May 14, 2015.
6/2, 6/9, 6/16, 6/23/15

CNS-2757359#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505349
Fictitious Business Name(s):
Grocery Outlet Hayward, 426 West Harder Road, Hayward, CA 94544, County of Alameda
Registrant(s):
McMahan's Family Market, 616 Berlin Way, Patterson, CA 95363, California
Business conducted by: a Corporation
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Troy D. McMahan, CEO
This statement was filed with the County Clerk of Alameda County on May 26, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
6/2, 6/9, 6/16, 6/23/15

CNS-2757066#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505282
Fictitious Business Name(s):
Win Trucking, 39153 Sonora Ct., Fremont, CA 94538, County of Alameda
Registrant(s):
Win Naung, 39153 Sonora Ct., Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on May 22, 2015

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Win Naung
This statement was filed with the County Clerk of Alameda County on May 22, 2015
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
6/2, 6/9, 6/16, 6/23/15

CNS-2756486#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505188
Fictitious Business Name(s):
OnlyMyCare Home Health, 39176 State Street, Suite D, Fremont, CA 94538, County of Alameda
Registrant(s):
34834 Begonia St., Union City, Alameda, CA 94587
Registrant(s):
OnlyMyCare LLC, 39176 State St. Suite D, Fremont, CA 94538; California
Business conducted by: A Limited Liability Company
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Hansjeet Gill, President
This statement was filed with the County Clerk of Alameda County on May 20, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/26, 6/2, 6/9, 6/16/15

CNS-2755943#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505191
Fictitious Business Name(s):
Pegasus Intl Courier Service, 42329 Osgood Rd. #D, Fremont, CA 94539, County of Alameda
Registrant(s):
Mike Zhu, 5 S. Claremont St., San Mateo, CA 94501
Business conducted by: individual
The registrant began to transact business using the fictitious business name(s) listed above on 3/13/2014
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Mike Zhu
This statement was filed with the County Clerk of Alameda County on May 20, 2015
NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/26, 6/2, 6/9, 6/16/15

CNS-2755876#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 444803
The following person(s) has (have) abandoned the use of the fictitious business name: **Creations, 40815 Fremont Blvd, Fremont, CA 94538**
The Fictitious Business Name Statement for the Partnership was filed on Nov. 10, 2010 in the County of Alameda.
Carleen Cafferata, 6232 Cedar Blvd., Newark, CA 94560
Karen Gallagher, 2068 Schaffhausen St, Manteca, CA 95337
S/ Karen Gallagher
S/ Carleen Cafferata
This statement was filed with the County Clerk of Alameda County on May 18, 2015.
5/26, 6/2, 6/9, 6/16/15

CNS-2754753#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 505154
Fictitious Business Name(s):
Classke Brothers Trucking, 4736 Selkirk St., Fremont, CA 94538, County of Alameda
Registrant(s):
Virender S. Classke, 4736 Selkirk St., Fremont, CA 94538
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Virender S. Classke
This statement was filed with the County Clerk of Alameda County on May 19, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/26, 6/2, 6/9, 6/16/15

CNS-2754684#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 504539
Fictitious Business Name(s):
Jammu Truck Line, 37566 Glenmoor Dr. Apt. B, Fremont, CA 94536, County of Alameda
Mailing address: 37566 Glenmoor Dr. Apt. B, Fremont, CA 94536
Registrant(s):
Ranjit Singh, 37566 Glenmoor Dr. Apt. B, Fremont, CA 94536
Business conducted by: an individual
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Ranjit Singh
This statement was filed with the County Clerk of Alameda County on May 1, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/26, 6/2, 6/9, 6/16/15

CNS-2753925#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 504976
Fictitious Business Name(s):
The Black Hole Press, 26256 Hickory Ave, Hayward, CA 94544-3112, County of Alameda
Registrant(s):
Robert B. Wister, 26256 Hickory Ave., Hayward, CA 94544-3112
Business conducted by: An Individual
The registrant began to transact business using the fictitious business name(s) listed above on 4/20/2015
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ Robert B. Wister
This statement was filed with the County Clerk of Alameda County on May 13, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under

federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/19, 5/26, 6/2, 6/9/15

CNS-2752961#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 504834
Fictitious Business Name(s):
Happy Turf, 5120 Hebrides Ct, Newark, CA 94560, County of Alameda
Registrant(s):
Happy Turf L.L.C., 4035 Norris Rd, Fremont, CA 94536; California
Business conducted by: A Limited Liability Company
The registrant began to transact business using the fictitious business name(s) listed above on N/A
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars [\$1,000].)
/s/ AJ Kocer, President
This statement was filed with the County Clerk of Alameda County on May 8, 2015

NOTICE: In accordance with subdivision (a) of Section 17920, a fictitious name statement generally expires at the end of five years from the date on which it was filed in office of the county clerk, except, as provided in subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A new fictitious business name statement must be filed before the expiration.
The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq., Business and Professions Code).
5/19, 5/26, 6/2, 6/9/15

CNS-2752165#

STATEMENT OF ABANDONMENT
OF USE OF FICTITIOUS
BUSINESS NAME

File No. 440985
The following person(s) has (have) abandoned the use of the fictitious business name: **Precious Memories Restored, 5375 Coco Palm Drive, Fremont, CA 94538-1828**
The Fictitious Business Name Statement for being abandoned was filed on July 22, 2010 in the County of Alameda.
Susan Marie Fazio, 5375 Coco Palm Drive, Fremont, CA 94538-1828
S/ Susan Marie Fazio
This statement was filed with the County Clerk of Alameda County on April 30, 2015.
5/19, 5/26, 6/2, 6/9/15

CNS-2752157#

PROBATE

NOTICE OF PETITION TO
ADMINISTER ESTATE OF

CHING C. SHIH

CASE NO. RP15770532

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Ching C. Shih, Ching Chia Shih, Ching Shih
A Petition for Probate has been filed by Lily T. Shih in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Lily T. Shih be appointed as personal representative to administer the estate of the decedent.
The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A hearing on the petition will be held in this court on 6/24/2015 at 9:30 a.m. in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner/Attorney for Petitioner: Heidi R. Yousef, 1999 South Bascom Avenue, Suite 950, Campbell, CA 95008, Telephone: (408) 371-5376
6/9, 6/16, 6/23/15

CNS-2760452#

NOTICE OF PETITION TO
ADMINISTER ESTATE OF

DARLENE D. VERCellino

CASE NO. RP15 770533

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Darlene D. Vercellino, Darlene Dolores Vercellino, Darlene D. Hobbs
A Petition for Probate has been filed by Boni Porter in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Boni Porter be appointed as personal representative to administer the estate of the decedent.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on 06/30/15 at 9:30 a.m. in Dept. 201 located at 2120 Martin Luther King Jr. Way, Berkeley, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Linda J. Headrick, Attorney at Law, 33484 Alvarado Niles Rd., Union City, CA 94587, Telephone: 510-324-8567
5/26, 6/2, 6/9/15

CNS-2754042#

NOTICE OF PETITION TO
ADMINISTER ESTATE OF

MARCELO ALANIS

CASE NO. RP15770486

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Marcelo Alanis
A Petition for Probate has been filed by Ana Martinez in the Superior Court of California, County of Alameda.

The Petition for Probate requests that Ana Martinez be appointed as personal representative to administer the estate of the decedent.
The Petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The Petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court on June 24, 2015 at 9:30 a.m. in Dept. 201 located at 2120 Martin Luther King Jr. Way, 2nd Floor, Berkeley, CA 94704.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner: Diana Redding, Esq., 2500 Santa Clara Avenue, Alameda, CA 94501, Telephone: 510-522-6900
5/26, 6/2, 6/9/15

CNS-2753852#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction: on the **18th day of June, 2015** at or after **12:30 pm** pursuant to the California Self-Storage Facility Act. The sale will be conducted at: **U-Haul Moving & Storage of Thornton, 4833 Thornton Ave. Fremont, CA 94536**. The items to be sold are generally described as follows: clothing, furniture, and / or other household items stored by the following people:
Name Unit # Paid Through Date
Anabel Davis A48169E 3/31/15
Barbara Rutshena B162 3/27/15
Eather Aleem B169 4/4/15
Jamie Marks B246 4/2/15
Leah Turner B275 4/9/15
Ben Hennmann B309 3/19/15
6/9, 6/16/15

CNS-2758369#

Grant prepares teachers for new science standards

SUBMITTED BY PATRICK GANNON

Alameda County Office of Education (ACOE) was awarded \$3 million over three years from the California Department of Education to bring cutting edge professional development to 150 Bay Area teachers to prepare them for new Next Generation Science Standards (NGSS). The grant, provided through the CDE's California Mathematics and Science Partnership (CaMSP) will build on ACOE's existing partnership with California State University, East Bay, bringing progressive curriculum and instruction to classrooms that connects with current

skills and content that reflect what's being taught at a collegiate level.

ACOE's Integrated Middle School Science Partnership (IMSS) will drive expanded professional development funded by the grant targeting teachers in grades 3-8. The professional development delivered in partnership with CSU East Bay science faculty will integrate content with instructional strategies and activities

Fremont Police Log

SUBMITTED BY
GENEVA BOSQUES,
FREMONT PD

Friday, May 29

Between 3:00 a.m. and 7:45 a.m., unknown suspect(s) smashed the front glass window to a business in the 3100 block of Capitol Avenue. The loss was a cash register.

Saturday, May 30

Between 10:45 p.m. on Friday, May 29, 2015 and 7:45 a.m. on Saturday, May 30, 2015, unknown suspect(s) entered a business in the 5100 block of Mowry Avenue by smashing the front window. The losses were a cash register and cash.

Between 5:00 p.m. on Friday, May 29, 2015 and 9:00 a.m. on Saturday, May 30, 2015, unknown suspect(s) entered a residence in the 43500 block of Bryant Street by prying open the garage door. The losses were electronics and security equipment.

At 7:43 p.m., dispatch received multiple calls regarding a male at Blacow Road/Mowry Avenue who was pointing a gun at passing cars. Numerous officers responded and detained the male, 33 years old from Fremont, on the Mowry Avenue frontage road. Officers conducted a high-risk stop on the male as well as the occupants of a car parked adjacent to the male. The male complied with commands and all parties were detained. Officers determined that the male had been shooting a BB pistol into a wooden fence. The male was ultimately arrested for FMC violations.

At 11:00 p.m., the victim called to report that she heard a loud smashing noise downstairs on the side of her residence, in the 400 block of Calistoga. Officers arrived and found the living room window smashed and the screen had been removed. Entry was not made into the residence.

Sunday, May 31

Between 12:30am and 7:00am, unknown suspect(s) entered a residence in the 41000 block of Ellen. The loss was electronics, jewelry, accessories and a vehicle.

Around 4:50pm, unknown suspect(s) entered a residence in the 4400 block of Faulkner by smashing a bedroom window. The loss was jewelry and cash.

At 11:45pm, a female victim reported that she had been robbed approximately 20 minutes prior in the Bass Lake area. She ultimately stated that three unknown males, who were wearing hoodies, took her purse and wallet containing cash and a debit card. The unknown males then fled in older dark colored four door vehicle.

At 12:12am, a male victim, residing at the Parkway Apartments, reported that a black male suspect approached him and attempted to grab his gold chain around his neck and then fled the area on foot. The suspect was described as a dark skinned black male adult, approximately 25 years old, between 6’02” to 6’03”, bald and last seen wearing a black leather jacket.

Monday, June 1

At 12:00 p.m., Officer O’Neal was dispatched to the Mission Boulevard/I-680 off ramp for a report of a dead body. Cal Trans workers were in the area and noticed a body in the foliage near the off ramp. Officers arrived and determined that the person had been deceased for an unknown period of time. The coroner’s office took custody of the body and at this point it is being considered an unattended death. The coroner’s office will release the identity of the person once next of kin has been notified.

At 2:14 p.m., officers were dispatched to Meyer Park regarding a “person down” near a tree. After further investigation, the evidence was consistent with a suicide. The coroner’s office took custody of the body will release the identity of the person once next of kin has been notified.

Between 8:45 a.m. and 5:15 p.m., unknown suspect(s) entered a residence in the 40000 Gualala by prying the rear glass sliding door frame open with an unknown object. The loss was jewelry.

Tuesday, June 2

Between 8:30 a.m. and 7:30 p.m., unknown suspect(s) entered a residence in the 1800 block of Mandan Court through a rear sliding glass window. The loss was jewelry.

manded money from the clerk.

At 8:12 p.m., Ofc. Homayoun investigated a residential burglary on Joaquin Murieta Avenue that occurred within the last 24 hours. Entry was gained via a broken window.

Sunday, May 31

At 6:09 a.m., the business located at 34916 Newark Blvd. was burglarized between 3:00 p.m. and 3:00 a.m. Entry was made via window smash.

At 9:06 a.m., Ofc. Lopez investigated a theft from a vehicle that occurred between 2:20 a.m. and 9:00 a.m. at Residence Inn, located at 35466 Dumbarton Ct.

At 3:19 p.m., during a domestic violence investigation on Goldenrod Drive, Ofc. Lopez arrested a 40-year-old male from Newark for felony domestic battery.

Monday, June 1

At 5:39 p.m., Ofc. Nobbe investigated a strong arm robbery of a child’s scooter from a 12-year-old child in the area of Ash Street and Wells Avenue. The child was pushed to the ground and his scooter was taken. A 42-year-old male from Newark was arrested for the crime.

Tuesday, June 2

At 5:39 p.m., during a theft investigation on Jarvis Avenue, Ofc. Geser arrested a 29-year-old male from Newark for warrants.

At 10:02 p.m., Sgt. Kimbrough investigated a vehicle burglary that occurred at the BJ’s Restaurant parking lot.

Wednesday, June 3

At 5:15 p.m., Ofc. Taylor investigated a grand theft from a vehicle on Mayhews Landing Road.

Officer Slater recognized as Community Hero

SUBMITTED BY CMDR MIKE CARROLL,
NEWARK PD

Newark Police Officer Aaron Slater was recently recognized as a Community Hero of Assembly District 25 during a ceremony held on May 28. Community members were asked to submit a summary of a community member’s contributions as well as a nomination. This process was handled through Assembly member Kansan Chu’s office.

Officer Slater was selected as an extraordinary community leader and recognized for his impact within the assembly district. Officer Slater was nominated by several community members for the professional way he does his job, his community policing approach to law enforcement and for going the extra mile to assist families during times of need and crisis.

One of the several nominations for Officer Slater was from a person he arrested. The arrestee wanted to thank him for the advice given to him on the day of his arrest and how the whole experience helped him become a better person that changed his life. That person also noted he would never forget how Officer Slater treated him and how Officer Slater later testified to his character in a court of law.



The person nominating Officer Slater wrote, “You may not remember me much but I remember you. Your words stuck with me and I changed a lot. I’m not too good with words but basically I wanted to say thank you; you were a BIG impact in my life. You helped me become a better person maybe without you even knowing.”

Congratulations to Officer Slater!

Union City Police Log

SUBMITTED BY UNION CITY PD

Monday, May 25

Ofc. Martin responded to a late-reported robbery at a store in Union Landing. About 8:00 p.m., two subjects cut the security cords for two iPhones and ran toward the front door. In the process of fleeing, they dropped one of the phones. When a store manager followed them into the parking lot, the female suspect pointed a pink Taser at him. The first suspect was described as a 25-year-old black male, about 5’10” and 190 lbs., with black hair and brown eyes. The second suspect was described as a 25-year-old black female, 5’4” and 130 lbs., with long black hair. They left in an older model, sky blue Ford Taurus.

Thursday, May 28

At around 2:45 p.m., Ofc. DeJong conducted a traffic stop and located two shaved keys on the driver. Shaved keys are commonly used to steal older model vehicles. A 22-year-old male and Union City resident was arrested.

Friday, May 29

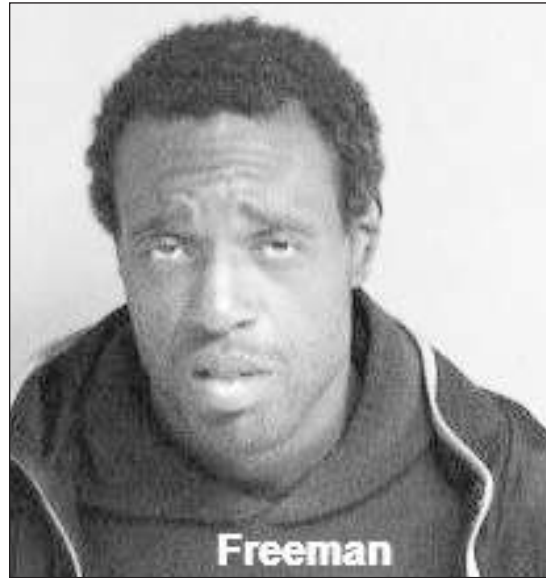
A commercial burglary occurred on the 34500 block of Alvarado-Niles Road at around 4:45 a.m. The glass door was smashed, and the loss included cash from the register. The suspect was captured on surveillance video but could only be described as a tall, slender male.

Saturday, May 30

At around 4:00 p.m., Ofc. Parodi responded to a brandishing call in the 31700 block of Alvarado Boulevard. The apartment manager noticed two suspects sleeping in a vacant apartment. When he entered the apartment, one of the suspects brandished a knife, and both suspects fled on foot. The knife-brandishing suspect is known to police as a local transient.

Sunday, May 31

At around 12:45 a.m., Ofc. Jensen conducted a records check of a vehicle and determined it was stolen out of Oakland. He and Ofc. Olson conducted a vehicle stop and arrested Marcos Echeverria of Oakland for vehicle theft.



A commercial burglary occurred on the 1700 block of Decoto Road at around 3:00 a.m. A man stole a worker’s jacket, then used the car keys in the jacket pocket to steal a phone and work keys from the victim’s work van. A couple of hours later, he returned to the business and gave the victim all the stolen properties back. Robert Freeman of Oakland was arrested.

Newark Police Log

SUBMITTED BY
CMDR. MIKE CARROLL,
NEWARK PD

Thursday, May 28

At 8:48 a.m., officers responded to the Residence Inn (35466 Dumbarton Ct.) to stand by while management conducted an eviction of two rooms. Ofc. Stone arrested a 43-year-old female from Hayward for possession of a controlled substance, possession of drug paraphernalia, possession of stolen property, possession of a fictitious check and a warrant; a 27-year-old female from Hayward was arrested for possession of stolen property and possession of stolen access card information; and a 25-year-old male from Hayward was arrested for possession of a fictitious check, possession of stolen access card information, possession of stolen property, possession of a controlled substance and possession of drug paraphernalia.

At 2:23 p.m., Ofc. Fredstrom investigated a theft of a vehicle from Pick-n-Pull (7400 Mowry Ave.) that occurred on Monday, May 25, 2015 between 9:00 a.m. and 4:30 p.m. Stolen was a blue 1998 Chevrolet Suburban.

Friday, May 29

At 4:14 a.m., officers investigated an armed robbery at 7-Eleven (7288 Thornton Ave.) The suspect entered the store, vaulted the counter and de-

curred at the Courtyard Marriott. Entry was via a window smash.

At 3:41 p.m., Ofc. Horst responded to Peachtree Avenue and investigated a theft of baseball practice equipment.

Friday, June 5

At 1:01 a.m., officers responded to O’Sullivan’s bar after a patron called and stated she was

hit in the face by an unknown male in the parking lot. The male fled on foot towards Ruschin Drive. Ofc. Rodgers located two males on Ruschin Drive and determined both to be involved. A 32-year-old male was arrested for public intoxication, and a 27-year-old male was arrested for a warrant. Both were from San Lorenzo.

Update on vehicle collision

SUBMITTED BY SGT. RYAN CANTRELL, HAYWARD PD

On May 27 at 12:10 p.m., a school bus was traveling westbound on Elmhurst Street and began to negotiate a left turn onto southbound Santa Clara Street. During that turning movement it collided with a pedestrian who was in a marked crosswalk. The driver, a woman in her 30’s, failed to notice the pedestrian and was unable to make any evasive maneuvers until it was too late. The female pedestrian, Kaur Bhandaal, 69, sustained critical injuries and was rushed to Eden Hospital and subsequently passed away on June 3.

The school bus had no students or other occupants on-board at the time of the collision. It is owned by the Hayward Unified School District and was being driven by an HUSD driver at the time.

This collision is still under investigation and witnesses to the incident are encouraged to contact Sergeant Jason Corsolini of the Hayward Police Traffic Bureau at (510) 293-7179.

City of Fremont News Briefs

SUBMITTED BY CHERYL GOLDEN

Fremont Receives Certificate of Achievement

The Government Finance Officers Association of the United States and Canada (GFOA) awarded a Certificate of Achievement for Excellence in Financial Reporting to the City of Fremont for its comprehensive annual financial report for the fiscal year ending June 30, 2014. The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by the Fremont City Council and City staff.

“This recognition is aligned with the City’s commitment to transparency in our financial reporting and accounting,” said Mayor Bill Harrison. “Our comprehensive annual financial report is easy to read and provides the public with detailed information on how the City spends taxpayer dollars.”

This was the 31st consecutive year that the Fremont city government has achieved this prestigious award. To view a copy of the City of Fremont’s Comprehensive Annual Financial Report, visit www.Fremont.gov/FinancialReports.

Textile Exhibit at Olive Hyde Art Gallery

The Olive Hyde Art Gallery’s 47th Annual Textiles Exhibit opens with a reception from 7 p.m. to 9 p.m. on Friday, June



Jewelry by Kay Hille-Hatten

19, and runs through July, 18, 2015. This annual exhibit began in 1968 in recognition of the Art Center’s original benefactor and Textile Art enthusiast, Olive Hyde. Primarily a quilt exhibition in its early years, this annual show currently spans a broad spectrum of the textile arts.

As one of Olive Hyde’s most popular exhibits, this year’s Textile Show will feature the work of artists’ well known in the Bay Area as well as that of several others who have exhibited extensively throughout the United States.

Curator Gloria Kim has selected the work of 21 contemporary Bay Area artists that include Adriane Dedic, Ann May, Denise Oyama Miller, Diane Goff, Emi Tabuchi, Geri Patterson-Kutrs Giny Dixon, Irene Schlesinger, Jeri Bodemar, Joan Dyer, Kay Hille-Hatten, Melba Vincent, Michael Rohde, Miran Lee, Mirka Knaster, Moitreyee Chowdhury, Nancy Bardach, Nancy Ryan, Sandra Wagner, Schatzi Brimer, and Susan Helmer, creating an exhibit featuring the spectrum of today’s Textile Arts.

The Olive Hyde Art Gallery is open Thursday through Sunday, from noon to 5 p.m. The Opening reception is Friday, June 19, from 7 p.m. to 9 p.m. at the Olive Hyde Art Gallery, 123 Washington Blvd. in Fremont. For more information call 510-791-4357 or visit www.Fremont.gov/OliveHyde.

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 Wednesday, June 24 from 7:30



a.m. to 9 a.m. at Suju’s Coffee & Tea, located at 3602 Thornton Ave. in Fremont.

Officers from Patrol, Investigations, and other Police Department units will be available to talk with residents and busi-

ness owners about community issues, neighborhood concerns, or just get acquainted. Regular and decaffeinated coffee will be provided.

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

Friday Nights at the Museum

Spend your Friday Night at the Patterson House and join us for a mix of live entertainment, local microbrews, and great food at the Patterson House at Ardenwood



Historic Farm, located at 34600 Ardenwood Blvd. Admission is free with food and beer available for purchase. Each Friday night from 6 p.m. to 9 p.m., we will unveil a new element of the museum before it is opened to the rest of the public. Dates include June 19 and July 17. For more information, visit www.Fremont.gov/PattersonHouse or call 510-791-4196.

Picnic Reservations

Looking for a great outdoor space for your



next event? Come check out the Recreation Services picnic reservations. We have multiple locations throughout Fremont and different sizes to fit your needs. Our picnic sites make a perfect setting for birthdays, parties, family reunions, and much more. Don’t delay. Reserve a picnic site today. For more information, visit www.Fremont.gov/Picnics or call 510-790-5541.

Give Us Your Design Ideas for the boxART! Program

With a new wave of artwork approved for traffic signal control boxes, expect to see more boxART! murals popping up all over the city. The boxART! Program helps deter unsightly vandalism and creates inviting spaces for residents and visitors alike. Traffic signal control boxes, typically



painted gray or olive green, are placed on or near street corners where there are traffic signals, and are visible to both pedestrian and vehicular traffic. The location of the traffic signal control boxes are selected based on their visibility and their susceptibility to graffiti.

As the popularity of this program grows and expands, the City is looking to the public for design ideas for future phases. Please take a moment to answer the following question in regard to the City’s boxART! program: What future designs would you like to see included on utility boxes as part of boxART!?

You can voice your opinion on Fremont Open City Hall at www.Fremont.gov/OpenCityHallboxart.

City Budget Public Hearings

The City’s proposed operating budget for next –fiscal year, which runs from July 1, 2015, through June 30, 2016, was presented to the Fremont City Council at their regularly scheduled Council meeting on May 19. The first public hearing to comment was June 2 and the second one, June 9. Public hearings are part of the Council meeting and begin at 7 p.m.

Fatal collision on Mission Blvd / State Route 238

SUBMITTED BY FREMONT PD

On June 1, at about 3:46 a.m., the Fremont Police Department received a report of a vehicle collision on Mission Boulevard near the Sullivan Underpass. Responding officers found a 1999 Honda with major damage resting against a tree. The driver and only occupant was a 61 year old man who was extracted by Fremont Fire Department personnel. The driver was transported to a local hospital with life threatening injuries. Unfortunately, the driver did not survive.

The collision is being investigated by the Fremont Police Department Traffic Unit. The preliminary investigation shows that the vehicle was southbound on Mission Boulevard, veered off the roadway, and hit the tree.

Anyone who witnessed the collision or anyone with information is asked to call the Traffic Unit at (510) 790-6760, or email trafficunit@fremont.gov

Fremont

Fourth of July Parade

SUBMITTED BY CITY OF FREMONT

Get ready for the 2015 Fremont 4th of July Parade on Saturday, July 4 at 10 a.m. The parade promises to be a spectacular event, featuring creative floats, marching musical units, large helium balloons, antique vehicles, drill teams, and other specialty units.

The one-mile parade route starts on Paseo Padre Parkway at Stevenson Boulevard and will proceed down Paseo Padre and end at Capitol Avenue. It’s expected to take just under two hours. When Downtown, please avoid parking in the private lots surrounding the parade route.

The parade is organized and funded by the Fremont 4th of July Parade, a 501(c) (3) nonprofit community organization. The committee wishes to thank parade sponsors and the local community for all their support. Please visit www.Fremont4th.org for more details.

Fremont Fourth of July Parade
Saturday, Jul 4
10 a.m – 12 noon

Paseo Padre Prkwy at Stevenson Blvd
to Capital Ave, Fremont
www.Fremont4th.org

Financial literacy in our community

BY ANAHA RAGHUNATHAN,
SARA PANJWANI, SHREYA ATTIKAR

“Freshmen get F on Finance” is not just a catchy slogan, but an accurate reflection of how illiterate an average college freshman is on finance, one of the most important life skills. High school seniors all over the country are receiving their admission packets from colleges and grappling with one of the first important decisions they will make in their life: Which college to attend? Most are also probably waking up to a hard reality that will influence their decision: How will I pay for college? Parents of these aspiring freshmen are also realizing a shocking truth: Their child has a grade F when it comes to financial literacy, the knowledge and skills required to make sound decisions on monetary matters including budgeting and tracking expenses.

A survey of seniors in Bay Area schools showed that 62 percent fail a basic literacy test. The survey was conducted by Money Matters, a campaign led by juniors from Fremont’s Mission San Jose High School DECA chapter. It is critical that we teach our young adults the importance of creating and sustaining a healthy financial habit.

Financial literacy starts with the basic knowledge that you need money to buy things and you get money by working. That is the easy part. What is difficult is to learn the difference between what one wants and what one needs, the fundamental source of many financial troubles in life. Another crucial

misconception that should be corrected early is use credit cards to purchase, even when lacking money to pay for it. It is important to educate children that credit cards are not free money, rather a loan requiring payment. Children should also learn to compare prices. Finally, it is important for children to understand the damaging consequences of identity theft and online fraud.

Financial literacy beyond the basics is necessary to survive and thrive in the complex, modern capitalistic financial environment. A fundamental skill is the ability to make a budget. This exercise should include the basic costs of tuition, boarding, and the essential needs of life and how to pay for them. It is also important to think long term and make a plan to purchase big ticket items.

College freshmen should have the discipline to save approximately 10 percent of money earned and be aware of the multiplier effect of compound interest. Financial education must introduce young adults to the world of investing.

Financial literacy is a complex subject that is essential for the proper functioning of a democratic, capitalistic society. Unfortunately, this skill is not taught in our K-12 education. To promote awareness and educate the future citizens of this country, members of the DECA chapter at Mission San Jose High have launched a campaign called Money Matters. As part of this program the students created a website to share useful resources on this topic. Visit <http://msjflpp2015.wix.com/financial-literacy> to learn more.

Local student chosen for leadership program

SUBMITTED BY EDGE YOUTH LEADERSHIP

Newark Memorial High School sophomore Logan Alcosiba joined over 150 sophomores from various high schools throughout California at the 13th annual EDGE Youth Leadership seminar held from May 22-24, 2015 at UC Berkeley, Clark Kerr Campus. Each year, high schools are asked to nominate one exceptional student who has demonstrated strong leadership abilities or potential.

Over the past 13 years, EDGE has trained and encouraged thousands of young leaders in the region. Each year, EDGE students participate in a variety of leadership exercises, including hands-on activities and opportunities to engage with well-renowned speakers. The EDGE program is designed

to cultivate students’ communication skills, foster their capacity for teamwork, and help them build resilience in the face of obstacles.

EDGE also encourages students to find ways to make a positive impact on their community through volunteerism. The conference jumpstarts student service projects through goal-setting practices and provides a post-conference mentorship program to support students in reaching their goals.

The students all attended free of charge thanks to funding from generous community organizations such as General Federation of Women’s Clubs, Kiwanis Clubs, Saratoga Rotary Foundation, and donations from individuals committed to encouraging young leaders to change the world. For more information, visit www.edgely.org or call (323) 717-8793.

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ON TIME SIGNS

continued from page 1

3D printing: *the future is now*

from nothing, as opposed to the more traditional method of carving away material from a block (which creates more waste). Early 3D printers were large and expensive, costing millions of dollars, and used patented technology. Then, in 2008, the patents began to expire, opening the doors to makers and small startups everywhere.

One of these companies is Type A Machines, formed in 2012. A few years ago they moved from the Tech Shop in San Francisco to The Gate in San Leandro, where they now maintain a 10,000 square foot manufacturing facility. This is where



Photo courtesy of Type A Machines

they make, test, and ship out their 3D printers. Their main goal is to make 3D printing affordable and accessible, much like Bill Gate's vision of a computer in every home.

According to Type A Machines' Chief Design Officer Bryan Allen, "The intention of our Series I 3D Printer line is to bring industrial capability, the ability for anyone to make anything, bring that to the

desktop; to democratize manufacturing." Their machines cost about \$3,000.

There are currently several different 3D printing technologies out there. One method is to push a filament on a spool through a heated nozzle (called an extruder), where it is melted and softened, then applied to a moving platform as a thin bead, similar to a glue gun. This process is called Fused Deposition Modeling (FDM), developed by Scott Crump, and is the technology that Type A Machines use in their printers. Other methods involve spraying a liquid photopolymer that cures under UV light (Polyjet) and fusing small powder particles with a high power laser (Selective Laser Sintering).

Type A Machines use over forty types of material for their printers, with 140 in development. They all look like different colored wires on spools. Many of these filaments are thermoplastics with varying degrees of hardness and elasticity, while others simulate metals and woods. Many are biodegradable and exceed the engineering specs that are required to operate in the real world. So not only can they create prototypes, they now have the capability to create the actual parts. "As the materials catch up to the machines, more and more manufacturing is actually going to take place using 3D printers," Allen says.

3D printers get their instructions from a computer file that is generated by a 3D scanner or modeling program, in much the same way you send a Word file to a LaserJet printer. So practically anything that can be designed on the computer can now be made in real life, the only limits being size and material. The maker community has experimented with plastic toys and figurines for years now, and 3D printing technology is often used for prototyping. But Type A Machines wants to change that by offering a print farming service, where



Photo courtesy of Type A Machines

other companies send them their designs to print out in small batches. "We see this as the factory of the future. Clusters of 3D printers working together in an ecosystem to fabricate parts in concert," says Allen. Type A Machines, along with seven other companies who currently share space at The Gate, boast the highest concentration of 3D printers in the world.

One area that has seen a huge growth in 3D printed products is the medical field. FATHOM, an Oakland company specializing in 3D printer sales and production, has created a customized hot pink prosthetic forearm to help a four-year-old girl from Bakersfield who was born with an underdeveloped hand. By partnering with e-NABLE, an online community whose mission is to connect people with 3D

printers with patients who need prosthetics, companies like FATHOM are changing the world.

"It's truly affecting our lives," says Elizabeth Griffin-Isabelle, marketing manager at FATHOM. "The medical side of what you can do with additive manufacturing is really amazing." Other applications include customized casts created out of the names of family and friends, models of skulls from CAT scans for surgeons, implants, and on and on. In fact, researchers in China have been able to successfully print human organs using specialized 3D bio printers that use living cells instead of plastic.

3D printing has even made it into outer space. In 2014, SpaceX delivered the first zero-gravity 3D printer to the International Space Station, where they can now 3D print the tools and parts that they need. As you can see, the future is now. And it's in 3D.

For more about Type A Machines, visit www.typeamachines.com or e-mail info@typeamachines.com. To learn more about FATHOM, visit <http://studiodfathom.com/> or call (510) 281-9000.

Photo courtesy of FATHOM



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